

Monthly Newsletter

May 2023





Hello and welcome to another newsletter!

It has been great seeing your feedback on my two Wordpress sites: The parenting adventures tips and trick and Everyone can build a castle.

I am in the first month of my Life Coaching programme "Summer Project 2023" and today written another blog check out here in this link: <https://everyonecanbuildacastle.com> and uploaded a video on my main Youtube channel: <https://www.youtube.com/@typicallondongal> and I really hope you like them. and I have another video for my life coaching programme to go up and have uploaded a week in a life: <https://youtu.be/w06X8BLQx8s>

I have filmed a weekend it was for a birthday party and so my son took on the Ninja Warrior Adventure park and then I took my son to his first music festival Pub in Wimbledon park thanks to my mum and so good, Gabriel was the main star and she was brilliant and the weather was nice and so the video I have filmed will go up next week. <https://ninjawarrioruk.co.uk/locations/>
<https://www.pubintheparkuk.com/wimbledon>



Look after yourself in the summer

Summer is upon us and the weather in the UK is slowly changing, so whilst Australia have winter I feel that there will be heatwaves coming, so it is good to be prepared for them and enjoy the sun safely.

- Make sure you have suncream
- Invest in a picnic blanket
- Have a fan in your room
- Spend time in the shade aswell as in the sun
- Have a good book to read
- Good comfortable footwear
- Go through you summer wardrobe and declutter
- Tidy the garden
- Make the most of the lighter mornings and evenings
- Wear light clothing
- Invest in a hat or cap
- Work outdoors

Thank you for reading my newsletter and enjoy the change outdoors to have lots of fun, see you in June XX