

November Newsletter





Merry Christmas



Yes the Christmas drinks in the coffee shops are out. Mine is always Blackforest Gateaux that you can get from Costa's. I love Mulled Wine. I am hoping that I'll get the chance to have one and Snowball, along with Baileys and no I don't drink a lot. I don't tend to drink in the week but at the weekend and special holidays. **Please be safe when going out.**

My Winter Wellness programme is going to start on the 10th Decembers which will be all about, looking after yourself and get ready for Christmas and the new year and there will be Christmas/Winter vlogs and going to put up decorations and tree once it is December and hope to visit a Christmas Market which is another Christmas Favourite and enjoy the festive season and is to help have a good Winter .



It will be time to buy Advent Calendars and then it is dinner. We tend to wait (me and my husband) before buying the Turkey and other food items, such as a Tin of biscuits and going to make a trifle. Usually my husband cooks the dinner and I love going for a walk on Christmas day and listening to Christmas music along with watching a good Christmas film.

Then there will be those on their own and always feel for them and going to give to the local foodbank, as I do each month of the year and if you can visit a neighbour or someone on their own, why not pay them a visit. and make them a dinner or why not invite them round. When my nan was alive and very elderly we went to hers for dinner, when she couldn't go out and made it a must to celebrate with her, in her final years.

As a kid we would always spent Christmas at my nans, with my cousins and uncles and aunties and loved it. One of the kids would hand out the gifts with our grandad and have dinner, then after dinner play cards games, along with watching TV. So I hope you have a good one and create those wonderful memories, of Christmas.



It is a time of the year to start thinking about the next year. I don't do resolutions anymore but life changes. Having things to look forward to setting goals and get ready for another year of my Programme Summer Project, which is a life coaching programme I do each year.

I am taking part in a Winter Walk in January and raising money for the British Heart Foundation and in London and doing a 5K walk and so will be training and will be setting time to to do others walking events. Please see this link to my JustGiving page if you'd like to sponsor me:

https://www.justgiving.com/page/typicallondongal?utm_term=9bNmdpNek

I hope to have another book out and working on two books at the moment and so will be working on these to finish. Please check my Book Mum&Me, the first book as it is going to be a book series and working on the second book and written a novel called A Lonely Walk to Happiness. these are available from Amazon:

