

A festive graphic featuring several golden fireworks exploding upwards, with numerous small golden stars scattered throughout the scene. The fireworks have long, curved trails leading to their starburst patterns.

January Newsletter

2025

Welcome to 2025! I my first newsletter for the year and I hope you had a good new year and Christmas. My son was unwell during the leading up to Christmas. We still, my son and I went on our Christmas walk and yesterday he was was unwell again, but it still been a good start as he got a sticker from school for his work and is his last new year at Primary school. I created a new programme Winter Wellness, check out my blog site [Everyone Can Build a castle](#).

Then in February I will be doing some self developing training so check out my Educational Youtube channel and my site [Everyone can build a castle](#) and creating a free printable for it for you to read and download and is completely free.

I have been working on my book Mum&Me. It is a series I am writing and have been sharing the development of it in my vlogs and did a read through and working on book one and two. I will let you know once these books are going to be available and of other books I wish to publish this year.

When it comes to the new year I don't set resolutions but life changes and one is to continue building my steps and was going to do a winter walk. Due to other events I have had to pull out. However my son and I started to do Parkrun. This is free to do and there many places that you can do it. <https://www.parkrun.org.uk/>

It is a great way to meet new people and get fit at the same time.

Walking gives me so many benefits. I have more energy, clears the mind and no having to apply to do it and I can just get up and go.

It is good to get fit, but do it for you and do what gives you benefits not because it is trendy or you feel you have to. Take away the pressure and try different ways to stay active.

Doing the housework, do Pilates, yoga and swimming.

The new year spells for me, A New Beginnings. So what life changes do you want to make and when?

I will also be continuing doing my cheat sheets. These are posted every Monday and are also free weekly printables and to print off.



Thank you for those that have subscribed to my Youtube Channels and blog site, It helps see a lot and what topics you like for me to share and creating a network where you can with coffee or tea or glass read and watch. Many thanks for the likes and for your time.