

March Newsletter 2025



Hello! Here we are in March. Did your children celebrate World Book day?

My son dressed as a Chef as he has a book called Chef Henry. A book that is like where's woolly and it was so fun to see the children we often see, my son and I waiting for him to be picked up, going to school dressed up and its good to have fun days like World book day and my son on Friday is to wear something red as it is Comic Relief.

It was also International Women's day. Check out this blog post:

<https://mydailythoughtsandfeelings.blogspot.com/2025/03/the-week-and-celebrating-being-woman.html> It is good to celebrate being a woman as so much has changed. Look at Women's football. They are getting packed out stadiums and I ran a football team for a while and was the only woman within the club to be coaching.

Then we had pancake day. I cheated. Convenience won over but it was good to celebrate and my son loved it. Seeing the smile on my son's face is why I love these special days so he can learn and if he decides later on in his life, he doesn't, I am fine with that, but at the moment loving them.

I did some Self Development Training. Check out my Educational Youtube Channel:

<https://www.youtube.com/@CarrieEducationalYoutube-ws4xp> I am planning more. I love sharing my experiences to help others and love the online community. Yes there are Trolls but doesn't bother me as there are some great people who do wonderful things. Look at Joe Wicks he has done wonders to help people and children be active and healthy on the internet during Lockdown.

Remember it is Mothers Day on the 30th March, in the UK I know it is different in America and other countries. I have asked my mum what she'd like. I do this all the time now rather than just buying someone a random gift. I know I am buying what she actually wants and use. Cooking a meal, flowers or a plant, a kitchen appliance, homemade chocolates or skincare are good gifts but asking them "What would you like?" works better and they're not feeling the pressure of being thankful if it is something they never going to use or have enough of.

Easter Holidays are coming. Time for Egg hunts. My son is already asking about what Easter Egg he'd like. He will be going to his holiday club during the holidays, which is what he wanted, so I will be going for walks whilst he is there. I pray for nice weather so I can write and read in the garden or in a park. I have been doing Parkrun and really enjoying it, then on Sundays I do a radio show on Epsom Hospital radio 4pm to 6pm: <https://www.epsomhospitalradio.org.uk/on-air/presenters/carrie-challoner>

It is now spring and I have been doing a lot of decluttering and changed my bedding, It is good to have a fresh made bed and let things go. It takes a lot for me to do so, but once it is done I do feel good seeing the results.

One gift is good to do is to visit the English Coast. My mum and step dad took us to Eastbourne and took my son, husband I to Portsmouth Harbour and was really lucky with the weather and had such a good time and because it was a friend birthday we took a trip to Bognor Regis.

So good to see people we hadn't seem for ages.

I hope you have a good rest of March. I will be creating more content on my blog sites. I working on many books and in June I will be doing Race For Life and so will put up my JustGiving page for it, if you'd like to sponsor me.

Carrie X