



NEWSLETTER 2025



HELLO AND WELCOME/ IT IS TIME AGAIN FOR AN UPDATE OF MY CONTENT AND MEANS ONE THING, MORE BLOGS, BOOKS AND VIDEOS TO COME AND IT IS ALMOST TIME FOR MY LIFE COACHING PROGRAMME THE SUMMER PROJECT 2025.



There will be a printable and starts on the 1st June to 31st August.
This Life Coaching programme was put together three years ago.
There will be blogs and videos. The Videos will be on my Educational Youtube Channel: .
<https://www.youtube.com/@CarrieEducationalYoutube-ws4xp>



I will be doing Race For Life on the 22nd June up on the Epsom Downs. raising money for Cancer Research and then my husband and I will be going to see Billy Idol and so lot to look forward to. I plan to have my book Mum&Me Book 1 finished ready for publishing.

This is the last week of term in the UK and so it is half term and means making plans so your kids can go on holiday and means no school run. As my son wakes up super early even during half term, there will be no lie in for me but that is okay. He will be going to his holiday club and so will still have time for myself and he asked me if he could go, to his holiday club so not forced. He really enjoys it.

I will be still be doing some posting but will be out and about. I will fit in some walking and pray that the weather is good so I can go to the park to read my book with a flask of tea or cold coffee and do a bit of writing too.

I will still be doing my radio show this Sunday but not the week after as it is my nieces and husbands birthdays.

If you didn't know I do a radio show on Epsom Hospital radio 4pm to 6pm so check it out: <https://www.epsomhospitalradio.org.uk/on-air/presenters/carrie-challoner>

We will go out too with my son, depending on the weather as it is set to change, which is typical but nevertheless try to fit in some bus and train rides somewhere and play some games indoors instead.

On my nieces birthday we did tenpin Bowling and it was great fun and so would like to take Henry there again. The one we went to was the Hollywood Boiling in Tolworth and I used to go to the one in Frisby park and I had my birthday there and they would put on a disco afterwards.
<https://www.hollywoodbowl.co.uk/>

Then there are Cat Cafes. The one we have gone to, is the one in Westfields in Shepherds Bush and would suggest you book in advance as it can be busy but good fun and afterwards have a bit of retail therapy, that's if your kids like shopping, which my son does not and easy to get to by train. <https://javawhiskers.co.uk/book-visit/>

I did a cheat sheet giving tips of what things to do during he holidays: <https://everyonecanbuildacastle.com/2025/05/19/my-weekly-cheat-sheet-holidays-things-to-do/>

The holidays for me are also about having a good declutter and do a bit of a reset or afterwards. Have a loud of activities set out and have your kid choose and if they tidy their room for example then do one thing on each of their lists. Have your kids put on a show for the family and friends. My friend and I when we stayed at my aunties house did this and my niece goes to a drama school and it can be good to play games indoors, or watch a film night. Or why not a good old fashioned sleepover or play date in the park.

There are so many things you can do and do it as a family. Even going on a bike ride somewhere.
Go to a family pub where there is a playground as some pubs do and have a nice pub lunch.
It is good to do different things.

So thank you for reading and will be back doing a newsletter for June.
ENJOY!

