

October Newsletter 2025



Hello I hope you are having a good Autumn! It is time to start planning those Halloween costumes and of course, Bonfire Night.

It is time for celebrating birthdays. I have three in November and two in December and then yes, Christmas.

I have been doing my Autumn Reset, where I choose areas and projects that I want to complete. One item was to complete draft one, on a new book I am writing. Check out my book I published this year [Mum&Me](#).

If you'd like to read my blogs that I wrote for this years Autumn Reset then check out my site Everyone can build a castle.
<https://everyonecanbuildacastle.com>

I have uploaded new Vlogs on my Youtube Channel Typical London Gal as I took a break and it is good to be back vlogging. I mainly post on Wednesdays and sometimes Sundays. I won't be doing Vlogmas, but will film part of Christmas and leading up to it.

I have uploaded a few videos on my Youtube channel. [Financial Living](#) site and planning videos for my Educational Youtube Channel.. We have had issues in getting my son a place in a Secondary School, so at the moment Home Schooling.

Soon I will be doing my Winter Wellness Programme to help you through the winter days as it can effect our energy and so created this programme to get more time as we move toward the colder season.



This time of year I love to visit a market. We have often visited the Southbank in London. I love walking up to Borough Market, where you can get all sorts of food and drink. They do have stalls where you can have Mulled wine or Winter Cider.

There is Winter Wonderland in Hyde Park but can be very expensive and it can be pretty busy.

Then there is Panto. I really looking forward to it and its great for Families and we do a Panto each year.

I have more to share, such as Winter Vlogs and events as we head towards the busiest time of year. I mayl do gift guides, with hauls, days out and going through my content. Check out my Pinterest as I have a variety of boards which include my blogs, books and videos:
<https://www.pinterest.co.uk/thetypicalLondongal/>

I hope you have a good rest of October and will post another newsletter in November. Carrie X