

August Newsletter 2026





Hello it is time to put away our Summer clothes away unless the heatwave continues. I will be beginning my Autumn Reset on the 1st September and so means completing many different projects. I want to get my bedroom sorted and my sons and complete another book to be published and the Autumn reset will be for subscribers only, on my site Everyone can build a castle and means the end of my Summer Project 2026. But the content I create for my Autumn Reset will still be free.

It has been a brilliant summer. We did so much. We took a trip to Hampton court by boat, walked from Epsom to Kingston, went up London and the Isle of Wight and visited St Albans City for the day and went to the Cinema a few times too to get out of the heat.

Check out my St Albans Vlog: <https://youtu.be/iCAKjWk3Cro>

We went to meet up with friends in North Greenwich whom I hadn't seen for the long time and then got UberBoat back and it's been such fun. Thanks to my mum went on to visit the HMS Belfast and walked from London Victoria to London Bridge.

I have been doing an August Fundraising Challenge, for Cancer Research and been filming everyday, check out my Instagram: <https://www.instagram.com/carriechallenge/>

For September I am going to challenge myself to just enjoy a coffee without my phone, writing or not watch what is around me and just think about just enjoying it and wrote a blog about it: <https://everyonecanbuildacastle.com/2026/08/10/taking-the-time-to-just-enjoy-your-coffee-inc-weekly-cheat-sheet/>

When writing a blog I am going to write them without music, not listening to a podcast and just focus on writing a blog, working on my book and I will be back doing my radio show. I am doing a show on Bank Holiday Monday 10 to 12. Check out Epsom Hospital Radio and then back on Friday doing my normal show on the 4th Sep 2026, 10-12.

It means saving for the birthday season, as I call it for me as I have a lot of birthdays, including my own and leading up to Christmas. My son wants to do another bus tour like we did last year to see the Christmas lights in London and will be going to our yearly Panto.

Yes sorry for mentioning the C word but I like to plan ahead.

It will be time to get ready for school, checking and labelling uniform, getting their bags ready and setting the alarm again and I know my son will be asking for a day off on the first day back, but he has been wanting to see his friends again so hoping it will be a breeze getting back to the school routine.

So let's enjoy the rest of the summer hoping it will cool down.

See you then X

