

September Newsletter 2026





Here we are as of next week it is officially Autumn and I am currently doing my yearly reset, getting unfinished projects completed. It is taking time but with doing one thing at a time it feels less daunting and the one thing that I concentrating on is decluttering as I do need to makes some space and once my extra shelf is put up in my room it will help me and just keep making the most of what I have got.

I went to see Bon Jovi in concert. See front cover of this newsletter and it was fantastic and better than ever and it is my birthday approaching so I am off to see the Real Thing and see the Red Roses at Twickenham so got a few things to look forward to.

I have been buying birthday gifts. They have been for my son and making plans yes sorry but going to say it, CHRISTMAS and saving and making plans leading up to it. I have been doing some shorts on my Youtube channel: <https://www.youtube.com/@CarrieChalloner> of ideas for gifts.

I have been changing my eating habits. I am trying my hardest not to snack, but I am taking it one day at a time. If you need help then the NHS are offering free weightloss programmes and I am doing one and reducing my consumption of biscuits, fizzy drinks and ice cream. I have been cooking, consuming more vegetables and healthy fruits and just listening to my body.

So will be updating you with my health changes via Youtube as I continue. I have been reading a lot of books. I wrote a blog on my blog site My Books and Stories to share a few. <https://mybooksandstories.wordpress.com/> Please checkout my blog on my site: <https://everyonecanbuildacastle.com/> to see the blogs written for my Autumn Reset and then it will be starting in November my Winter Wellness programme.

I have been writing a Get back to school series of blogs: <https://theparentingadventurestipsandtricks.wordpress.com/> It can be daunting for all involved and getting back into the routine. Then there are clubs. My son goes to a tennis club and rugby club. My son goes to a inclusive session and clubs, as he has learning difficulties, He enjoys it and yes it means no lie for me but I don't mind. It is good to watch and there is a club house to get a tea or a coffee. See you in October X

