

# Monthly Newsletter

## Typical London Gal

Hello and welcome to my Newsletter October 2022 and in my last Newsletter I talked about this part of the year it is birthday season and so I will be doing some gift guides, I want to finish my book I am writing and complete my Autumn Reset, where I finish unfinished projects and sort out the many different areas of my life.

I have enjoyed doing the reset and Friday's is a reset day for me, because of wrapping up the work I have been doing and put some laundry on, get my son's bed ready as he spends the weekends with me and just organising my life so I don't have too much to do come the next week ahead.



I have been writing blogs for my Autumn Reset so check these out on my site <https://everyonecanbuildacastle.com>, where I share these newsletters and been talking about anxiousness in terms of parenting. Check out my blog <https://theparentingadventurestipsandtricks.wordpress.com>

Getting a good amount of balance in your life is key to having a good no matter how anxious you feel about it, a good day.

I feel anxiousness all of the time, and I realised it makes sure I pick up my bags I need for the day and that I get to places on time and that I don't miss an appointment and I have all that I need each day.

I would like to recommend a podcast and it is a [Diary of the CEO](#) on youtube. They are brilliant and watch them on Youtube.

I have been doing Sunday chat videos on my main Youtube Channel, Typical London Gal Carrie Holmes and showing more days in a life videos. It was my birthday last month and so wanted to film the days leading up to my birthday and was a good week and have more to edit and upload so these will go up next week.

I did have a good birthday and I did a haul a video showing items I bought with the gift cards I got, and I did upload a new video for my other channel My Way Of Living. Check out my links below.



If you had a birthday then, Happy Birthday to you. For my birthday I went out for a meal in Wagamama's and had a couple of days off where I chilled and just enjoying my own company.

Now prices are going up on things It can be hard to buy a gift, check out goodwill stores or charity shops. As they will often have some good bits and items as gifts. And The Works, do craft supplies so you can make a gift. Or buy books as they do a brilliant deals on them, and always a good investment when it comes to buying books as they can be kept and passed on to when your kids begin to have children.

As I write this I have decided I will do a series of birthday ideas, and will be write a series of blogs as you can create your own experiences at home and still celebrate.

Today as I start my newsletter for October going to my son's school who are having a harvest festival and given some tins of food for it, as they are going to a local Food Bank, so if you have a local shelter where you can make donations then why not give, if you can.

# Getting ready for the Winter

So I have already sorted out my wardrobe and wearing layers again, but in the sun it is still humid for this time of the year and I do like it, but I can't help but feel cosy on rainy days when indoors and I feel sad for those that don't have such luxury.

No one should be living in poverty, but there are and I feel more needs to be done to give support and be able to feed their families.

**I look at myself and think what difference can I make?**

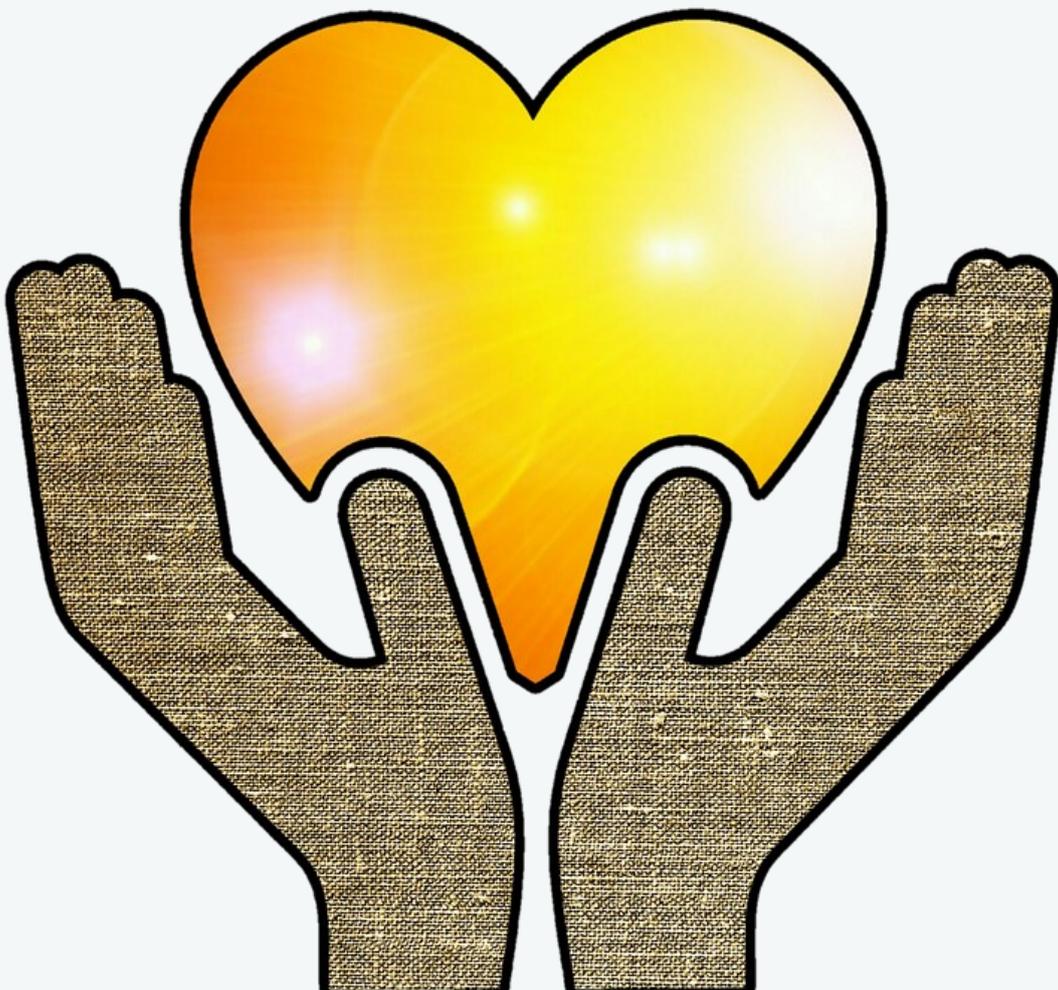
So I will support charity shops, I will donate like I did for my son's harvest festival that was being held at his school, and I will be buying a poppy for Poppy Day.

If I have clothes that are in good condition and can be given to someone else via donating to a charity shop that is what I do, and if I see someone selling the Big Issue I will always pay for one.

**So what difference are you going to make to those in need?**

In the UK we have a fundraising occasion called BBC Children In Need and is done every year and if I see fundraisers with buckets I will be giving and going to look a more ways I can make a difference to help people.

I feel this is my mission and want to do more to reach out to others via my blogs and videos and would like to do more to support families in need and so will be going through how I can do this.





# Here are links to my Youtube channels, my Pinterest my blogs and social media pages:

My other Youtube channels:

<https://www.youtube.com/channel/UCUDFlqjVKLy7NhtcR6Hy0Tg>

[https://www.youtube.com/channel/UCVjvO2fsowvFne\\_iMuG7d1g/videos](https://www.youtube.com/channel/UCVjvO2fsowvFne_iMuG7d1g/videos)

<https://www.youtube.com/channel/UCW6X7xXVFoaToqIDpGLTtSg>

Blogs:

<https://carriesversitilefashion.wordpress.com>

<https://sportsandfitnesspassion.wordpress.com>

<https://theparentingadventuretipsandtricks.wordpress.com>

<https://theparentingadventurethebirthofmyson.wordpress.com>

<https://mystylewayofliving.blogspot.com>

<https://buildingselfconfidencetud.blogspot.com/>

<https://organzie4thebetter.blogspot.com>

<http://stylishmamma.blogspot.com>

<https://mydailythoughtsandfeelings.blogspot.com/>

Social media:

<https://www.instagram.com/typicallondongal/>

<https://twitter.com/Carrie82434764>

<https://www.facebook.com/carriesblognetwork/>

Online Courses:

<https://carriededucationnetwork.thinkific.com/>

