

WELCOME TO OUR

# Monthly Newsletter

*we're so glad you're here!*



## WELCOME TO OCTOBER

**A moment to pause, connect and look after ourselves**

October is here, and with it comes cooler mornings, darker evenings and that unmistakable feeling that the year is moving quickly towards its final few months.

For many of us, this time of year can mean a lot of juggling — school routines are well underway, work is getting busier, and there never seems to be quite enough time in the day.

So this month, we're taking a moment to pause, reconnect and remember that caring for ourselves is part of caring for others.

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### October: Give Yourself Some Grace

Autumn can be a beautiful season, but it can also bring a change of pace.

The days get shorter. The calendar fills up. Half-term arrives. Then Halloween, Bonfire Night, Thanksgiving, the festive season... suddenly we're wondering how we got to the end of the year!

This month, try giving yourself permission to do a little less.

You don't have to attend every event, respond to every message immediately, cook elaborate meals every night or make every weekend count.

Sometimes a quiet evening, an early night or saying "not this time" is exactly what you need.

#### **A little October reminder:**

*You are allowed to put something down.*

*Not everything needs your attention at the same time.*



# What's Coming Up at CaPE

We have another exciting CaPE event planned for October so stay tuned and look out for calendar invites.

In the meantime our 'The Village Exchange' drop in calls have proved to be popular so if you haven't yet joined one of those please do. It's a welcoming monthly gathering where CaPE members come together to connect and learn from one another through conversation, shared experiences, and practical ideas. It's a community conversation built on the belief that our collective experiences are one of our greatest resources so bring a challenge you're navigating, a success you'd like to celebrate, a resource that's been helpful or simply come to listen.

*A note for October*



**Happy October, CaPE community!**

October is here, and as the days get shorter and the year starts moving towards its final few months, many of us are finding ourselves juggling more and more. School routines are well underway, work is getting busier, and family calendars seem to fill up quickly. For those caring for children, parents, partners or other loved ones, the mental load can feel particularly heavy.

So this month, we're taking a moment to remind ourselves of something important: You don't have to carry it all on your own.

**Ask for help.**

**Take the break.**

**Lower the bar when you need to.**

**Celebrate the little wins.**

**And remember — we all wear many capes, but even superheroes need a village.**

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## Listen, Watch & Read

Each month, we share a recommendation to inspire, support, or simply provide a moment to pause and reflect.

This month, we're stepping away from the to-do lists and making a little more space for you. Whether you're a parent, caregiver, colleague, partner, friend — or all of the above — looking after yourself matters too.

### **Listen: *The Happiness Lab with Dr Laurie Santos***

What actually makes us happier?

Dr Laurie Santos, professor of psychology at Yale University, explores the science behind happiness and wellbeing, challenging some of the assumptions we have about what will make us feel better.

From relationships and gratitude to habits, time and how we spend our attention, it's an easy listen with plenty to think about.

Perfect for: your commute, walk or whenever you have a little time to yourself.

### **Read: *Wintering by Katherine May***

What if instead of fighting the difficult seasons of life, we allowed ourselves to rest through them?

In *Wintering*, Katherine May explores the periods when life forces us to slow down — whether through illness, change, burnout, loss or simply exhaustion — and the ways we can use those quieter seasons to recover and reconnect with ourselves.

It's a gentle reminder that we can't always be “on”, and that rest isn't something we have to earn.

Perfect for: anyone who needs permission to slow down a little.

## Community Corner

### **Have a story to share?**

We'd love to hear from you. Whether you've overcome a parenting challenge, found a helpful caregiving resource, attended one of our events, or simply have advice that could help another member, your story could inspire someone else in our community.

If you'd like to be featured in an upcoming newsletter or have an idea for a future event, get in touch with the CaPE team.

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## OCTOBER FAMILY CHALLENGE

As we head towards Halloween, why not create a small family tradition?

It doesn't have to be complicated. Try:

- 🎃 A family movie night
- 🍁 An autumn walk and leaf hunt
- 🧡 A Halloween-themed baking afternoon
- 📖 Reading a spooky story together
- ☕ A cosy evening with hot chocolate and blankets

The goal isn't to create the perfect Pinterest-worthy family experience.

It's simply to make a little space for connection.

## OCTOBER SELFCARE CHALLENGE

Instead of adding another thing to your to-do list this month, try taking something away:

**Cancel something you don't have the energy for.**

**Protect an evening for yourself.**

**Say no without feeling guilty.**

**Take the long way home.**

**Read a few pages before bed.**

**Or simply do nothing for a while.**

Self-care doesn't always need to be another thing we do. Sometimes it's something we give ourselves permission not to do.

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**\*\*IF YOU HAVE DIFFICULTY OPENING THE LINKS PLEASE OPEN THE ATTACHED PDF\*\***