# Jane’s Sunday Letter

Stories • Yorkshire • Hope

*A quiet moment every Sunday morning.*

## The kettle's on...

Good morning, my lovely friends,

**Here is Sunday Letter #8**

I hope you’re having a lovely Sunday. ☕❤️
Another couple of weeks have rolled around, and here we are again with a little time to catch up.

🍂☕🕯️
The light is changing, the leaves are beginning to turn, and there’s that familiar feeling that summer has quietly slipped away. I’ve always loved this season, perhaps because it permits us to slow down a little, stay closer to home and notice what’s around us.
So, put the kettle on and come and spend a few minutes with me. I’d like to share a heart-warming story from one of my readers, Clare-Marie, who recently contacted me about her wonderful eight-year-old granddaughter, Phoebe. 🌸

Jane xx ☕🍂
Author • Storyteller • Yorkshire life & everything in between

### 🌿 This Week's Thought #1

### 🔥 You Can Be Old and Hot... Just Not 20!

I read something the other day which is true - when we get old we can look old or look weird - you cant look young, believe me i’v tried!
You have already done that, and that part is over. I know, because I am old, so I just look like this now. But the good news is you can still be hot. You can be old and hot at the same time. I try it all the time.

I’m not old old - I’m just older than when I was young. I’m not saying don’t do Botox and fillers etc. I’m just saying when you are 60, people are not going to look at you and think you are 20 - they will look at you and think you have done a lot of things to yourself to look like that, but ultimately they are going to know that you are old. You might be hot, but you are old - I hope this helps.

## 🌿 This Week's Thought #2

Work-life balance is something we often talk about but don't always practise. It's so easy to let work spill into our evenings, weekends and even the quiet moments that should belong to us. But being busy isn't the same as being fulfilled. Making time for family, friends, fresh air, laughter or simply doing absolutely nothing isn't time wasted; it's what helps us recharge and remember there's a whole life beyond our to-do list. Work matters, but so do we. 💚

## 🌸 Phoebe's Big Heart: Making a Difference at Just Eight

I received such a lovely message recently from Clare-Marie, who told me about her gorgeous eight-year-old granddaughter, Phoebe. Nearly two years ago, Clare-Marie was diagnosed with lobular breast cancer, and rather than simply feeling frightened or sad for her nanny, Phoebe decided she wanted to do something positive to help others affected by the disease. Since then, she has sold her own toys, organised a "count the marshmallows" competition, run a World Cup sweepstake and is now holding a £1 raffle, with prizes kindly donated by local businesses. 🌸

At just eight years old, Phoebe is raising money for Lobular Breast Cancer UK, and I think what she is doing is wonderful. Having been affected by breast cancer in my own family, stories like this mean a great deal to me, so I wanted to share Phoebe's efforts with you. Her raffle will be drawn on 1 November 2026, and if you'd like to support her fundraising, you can read her story on the link below. Even sharing her story could help this determined little girl reach a few more people. 💗

💗 Support Phoebe's Fundraising Here

## When Did We Forget to Have Fun?

My partying days are well and truly behind me  and, if I'm truthful, I don't particularly miss them. But do you know what I do miss? Having fun.

Getting together with the girls, laughing until your stomach hurts, talking absolute nonsense and, for a few hours, forgetting about work, responsibilities and whatever drama life has decided to throw at you that week. I don't do it nearly enough anymore.

Somewhere along the way, life became very grown-up.
There is always something that needs doing, someone who needs us, work to finish, a problem to solve or another thing to worry about. And fun seems to be the first thing we postpone.

"We'll have to arrange something."
How many times do we say that?
Then another month disappears

I'm beginning to think that perhaps having fun isn't frivolous at all. Maybe those evenings when we laugh too loudly, stay out a little later than planned and come home with aching cheeks from smiling are just as important as all the sensible things we make time for. I don't need nightclubs or 2am finishes anymore.  But I do need my friends.  And I definitely need more laughter.

So perhaps that's another little promise to myself this autumn: stop waiting until life becomes less busy to have fun. Because I'm beginning to realise it probably never will. ❤️ 🪩 💃 🕺 ✨🎶

## 💌 Until The Next Sunday Letter....

🌿 Let's stay connected

I'd Love to Hear From You ❤️
One of the loveliest things about writing Jane's Sunday Letter is knowing there are real people at the other end of it.
So, if something I've written has made you think, made you smile, or you simply fancy saying hello, I'd genuinely love to hear from you.
Just scan the QR code below to get in touch.
And as always, thank you for spending a little bit of your Sunday with me.
Jane xx ❤️

Until next Sunday...
Warm wishes,

*Jane xx*

Yorkshire Author | Therapist | Creator of Restyle Your Mind