



Jane's Sunday Letter

Stories • Yorkshire • Hope

A quiet moment every Sunday morning.

The kettle's on...

Good morning,

I hope you're having a lovely Sunday. ☕



Here's this week's Jane's Sunday Letter — a little collection of thoughts, stories, places I've discovered, writing updates and the everyday moments that have made me smile.

So, whenever you get a quiet moment, put the kettle on, find somewhere comfortable and have a little read. I really hope there's something inside this week that makes you smile, think, or simply stop for a moment.



Thank you, as always, for taking the time to read it. Knowing that someone is at the other end of these words means more than you probably realise. Have a wonderful Sunday and a lovely week ahead.

Jane xx ❤️

Author • Storyteller • Yorkshire life & everything in between



Jane's Yorkshire Gems

☀️ A Little Sunday Morning Magic - Deery Me!

I have to tell you about this...

This morning we walked to Kirk Hammerton Café, and it was the most beautiful sunny Sunday morning. I hope the sun is shining wherever you are too.

Honestly, I'm starting to feel like Mrs Dolittle! 😂 I made some lovely little friends along the way — country life seems to come with an ever-growing cast of characters.

I think I've well and truly hung up my chaos boots these days. There was certainly a time when noise, busy places and nights out were my idea of fun, but as I've grown older, something has shifted. Peace and tranquillity are definitely my vibe now, and cottage life has become my happy place. cont....



And there's a lovely little bit of nostalgia here too. The café sits directly beside the house in the picture, which featured in *The Darling Buds of May*. Walking past it on a sunny Sunday morning, surrounded by countryside and my new animal friends, felt rather idyllic.

Funny how the things that make us happy change as we get older. These days, give me a country walk, a few four-legged friends and a good café at the end of it, and I'm more than content. ❤️



Behind the Pages

A Little Piece of Yorkshire Is Off to Canada...



I had one of those lovely little moments this week that makes being an author rather special.

A lovely lady called Jacqueline contacted me to say that she is travelling to Nova Scotia, Canada on Tuesday - and she is taking my book with her (*The Choices That Change Us* - The story is set between Green Hammerton and Nova Scotia). But then she asked for another signed copy. Her idea? To see whether she can leave it in a bookshop or library while she is there.

I just love the thought of that.

A book that started as an idea in my head here in Yorkshire, written one word and one page at a time, is about to cross the Atlantic. And perhaps, somewhere in Nova Scotia, someone I have never met will pick it up, turn the first page, and begin reading.

There is something rather wonderful about never quite knowing where a story might take you - or where your story might end up. ❤️

Thank you Jacqueline 🙏



“You never know who may cross your path — or whose thoughts you may already be in.” ❤️



♥ When Growing Old Comes With a Price

This is a subject I feel incredibly passionate about, and writing this particular article genuinely upset me. I find it deeply troubling that, after a lifetime of working, paying taxes, raising families and carefully saving for the future, people can reach the point where they need care only to find that the security they spent decades building may be swallowed up paying for it.

What disappoints me most is that this issue keeps rearing its ugly head, yet we never seem to find a fairer answer. This isn't about criticising the wonderful carers doing an

incredibly demanding job – quite the opposite. I believe they deserve better pay, better training and enough time to provide genuine human care, not simply rush from task to task. Our older generation deserve dignity, conversation, kindness and, above all, to still be seen as the people they have always been. One day, after all, it could be any one of us sitting in that chair.

👉 Read my full article: When Growing Old Comes With a Price – Is Our Care System Really Fair? Use the QR code or visit my website Janekellett.com



🌱 Less is More

We live such busy lives, rushing from one thing to the next, that we barely give ourselves time to catch our breath, but what would happen if we aimed for less?

- 🌱 **Less Stress**
- 🌱 **Reduce screen time**
- 🌱 **Minimise Clutter**
- 🌱 **Shop Sustainably**
- 🌱 **Make the most of your “me time”**

By choosing a lifestyle that is less busy, less cluttered and less stressful, you will instantly feel healthier and happier.

Until Next Sunday...

Before next Sunday arrives, I hope life surprises you in a small but unexpected way.
Perhaps it'll be a conversation you weren't expecting...
A place you haven't visited for years...
Or simply a quiet moment that makes you stop and smile.

Whatever this week brings, I hope you notice it.
Because those ordinary moments often become the stories we remember most.

Until next Sunday...
Warm wishes,

Jane xx

Yorkshire Author | Psychotherapist | Creator of Restyle Your Mind

A meaningful life isn't built from extraordinary occasions. It's built from ordinary moments we choose not to rush through.

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 janelkett.com

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