Autumn 2026

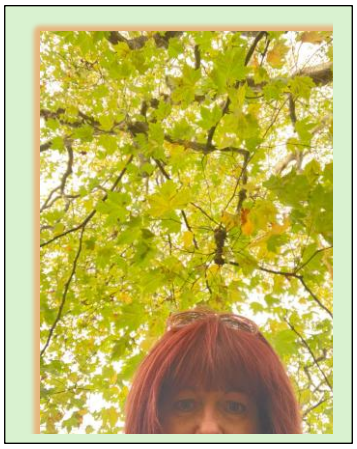
NEWS FROM APRICOT LANE COACHING

I'm starting this newsletter on the evening of 30th October, so Autumn is in full flow. My birthday month has passed and I begin my 62nd year feeling pretty happy with life. That sounds rather smug, so I should qualify it by saying that I do have worries, (health niggles, concerns for loved ones, cost of living…) but I feel safe and I know I am loved. With those two essentials in place I find it possible to deal with the ups and downs that come my way.

Part of me always mourns the end of summer, so to avoid feeling sad I am working on a "recipe" for autumn that helps me to find the best in the new season.

Ingredients:

- September seaside
- A selection of indulgent TV series
- A new jumper
- Apples in cakes and crumbles
- Bulbs to plant and seeds to sew
- Cheltenham Literature Festival
- Birthday fun with friends and family
- Electric blanket on the sofa
- Conker collecting
- Sunny day walks



Method:

Plan ahead to make sure things are in place. Gently adjust your summer routines to gradually accommodate the change of light and weather. Keep moving but allow time for slowing down and pausing. Notice and appreciate autumn colours. Find cosiness. Start to think about Christmas…

I wonder what would be in your recipe for a contented autumn.

#Coachinglife

September sunshine in Brighton. Morning swims in sparkly sea, a meet up in person with an online friend and quality time with my Mum.







You can see more of my #coachinglife on Instagram @apricotlanecoaching

Coaching to Move Forwards from Childlessness.

I've recently had two wonderful chances to reflect on how coaching clients move forwards from the devastation of unplanned childlessness to find new confidence and purpose.

I know from my own experience and from people I work with, that not having children when you wanted and expected to, can crush your self-esteem and sense of purpose. Coaching can help clients to grieve their loss, to accept that they didn't fail and to make new plans for a fulfilling life without children.

I was thrilled to be joined on a webinar for World Childless Week by Lynsay, a client whose coaching journey gave her the confidence to join an improv comedy group and take up creative writing to build new social circles that don't revolve around having children. On the webinar we talked about how writing has helped us to move forward from childlessness.

My website has a link to watch the webinar.

Apricot Lane Coaching - Coaching, Life Coach, Wellbeing

I've also chatted recently with a former client, Catherine Chambers who found the clarity and motivation to create her own podcast "No Kidding," sharing conversations and stories about childless experiences and lives. You can find the podcast on Spotify here **No Kidding | Listen to the Podcast on Spotify** and it's also available on Amazon and Apple.

I'm excited that Catherine is going to give me an opportunity to be a guest on the podcast soon!

It gives me such satisfaction that my coaching work helps others in the childless community to find ways to move forwards.

INSPIRATION …

From Winnie the Pooh who turned a hundred this month

When you've been walking in the wind for miles and you suddenly go into somebody's house, and they say, "Hallo Pooh, you're just in time for a little smackeral of something," … then it's what I call a Friendly Day



Book News

I've been trying to work out how to get my book "Moving Forwards from Childlessness" published. After the enjoyment of the writing process, this is proving – perhaps unsurprisingly - to be a bit of a brick wall.

I wasn't necessarily expecting my book to be snapped up, but I did think I would be able to submit it to publishers and hope they might read it. It turns out though, that many publishers aren't open to submissions. I have tried a couple, but without any progress.

Then, as I was feeling a bit demotivated, I was given some advice from a well respected childless author, to investigate self-publishing. I know this is a thing, but I have very little idea of how to go about it. So that's my next step!

I'll let you know what happens…



Coaching Questions

What do you call a friendly day?

Who else is part of your friendly day?

How might you plan to have a friendly day this month?

Looking Forward to…

- Paul Heaton and The Lightning Seeds, live at The O2
- My niece's graduation
- Planning Christmas crafts

I hope you've enjoyed this Apricot Lane Newsletter.
Stay in touch
Sarah x

You can find me on Instagram @apricotlanecoaching
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