

How do you deal with the changing seasons? A lot of people lament the end of summer, with darkness drawing in earlier and the temperature dropping. For those who are vulnerable I can completely understand. The elderly folk who like to leave their home to maintain their independence suddenly feel more trapped or at least confined to certain hours. In addition the cost of heating and keeping themselves warm increases which in turn bring additional financial pressures to the often already stretched budget.

Then there are those who suffer from a genuine condition called Seasonal Affective Disorder, which is a type of depression that comes and goes in a seasonal pattern but is more prevalent during the winter months. It is a real issue that causes concern but can be managed well to help people through the darker months.

I on the other hand love the change in seasons. Naturally, being British, I will moan about each individual season for all the same reasons as everyone else but at the same time I cannot wait for each one to turn for the excitement and fun it can bring.

So autumn is here. Hurrah! The leaves have turned from green to red to yellow bringing with them an unrivalled beauty. Time spent in the garden clearing up fallen leaves, trimming back the ivy and picking the final weeds was actually a pleasure rather than a chore. Soon autumn will turn into winter, with all the pros and cons of possible snow and ice. I love a good snowfall but loathe the pathetic in between sleet that is simply designed to create chaos!

Embracing the seasons is a good thing while recognising that it bring challenges for many people. If you need any help or advice on how to get through the autumn and winter then please do get in touch.