Subject: Notes from Becky – April 2026 Newsletter

Hello and welcome to April's newsletter.

The eagle-eyed amongst you may have noticed that this newsletter has been sent to you via a different email address than usual. Due to problems some of you experienced accessing my blog via email earlier this month, I decided to take the plunge and invest in a professional email address! Hopefully that will solve any problems (fingers tightly crossed!).

Talking of changes, I'm really enjoying these lighter nights now we're in British Summer Time, as well as all the blossom on the trees, and the nicer weather we've been having in this part of Scotland this week. It seems to have been a long wet winter, so these changes feel very welcome!

"Even the darkest night will end and the sun will rise."
– Victor Hugo

In The News

"I didn't tell my boyfriend my age when we started dating. I worried he might end things"

https://www.bbc.co.uk/news/articles/cz67vwd63wwo

This article caught my eye this month and got me thinking about the concept of large age gaps between romantic partners. Why are large age gaps seen to be an issue? And why does it seem more socially acceptable for a man to be older than their female partner?

Pause For Thought

Progress over success

So much of what we do is measured by success, but little emphasis is placed on the process of becoming, or attempting to become, successful – and sometimes this itself can be the barrier that stops us from being successful.

If we focus solely on the achievement of the end goal, it can make the steps to getting there seem so overwhelming that we may feel paralysed to even start. But once we start acknowledging the small steps along the way, not only are we honouring the process and rewarding our achievements along the way, we are also much more likely to reach the end goal.

And even if we don't get the success we were hoping for at the end of it, instead of seeing it as a failure, we can still value the progress we made on the journey and use this as a stepping stone for whatever comes next.

"A journey of a thousand miles begins with a single step."
– Lao Tzu

From The Archives

Blog post: Hints and tips for long-distance relationships

Long-distance relationships can be both rewarding and challenging. While they can offer the opportunity to build a profound emotional connection, they also come with their own set of unique obstacles.

Whether you've recently entered a long-distance relationship or have been in one for a while, this blog contains some hints and tips to help it to be successful.

This Month I've Been…

Rehearsing: I'm taking part in an amateur musical theatre production next month and, although we've been rehearsing for it since the beginning of the year, with the show dates now in sight, the rehearsals have stepped up, with a lot of practising at home needed as well. Hard work, but musical theatre is one of my main passions in life, so I'm loving every minute! (The show is Made in Dagenham, based on the true story of the sewing machinists at the Ford factory in 1968 standing up for equal pay – girl power at it's finest!)

Watching: Mr Nobody Against Putin Man (BBC iPlayer)
I was unaware of this film until it won the Oscar for Best Documentary Feature and decided to give it a watch. It documents the rise of propaganda and misinformation through the eyes of a school videographer in a Russian school at the start of the Ukraine invasion. Providing a unique insight into the dangerous level of brainwashing of young people, as well as how one, seemingly unimportant, person can made a huge difference, I found it a very moving film on many levels. Well worth a watch if you haven't seen it.

Until next time,
Becky

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