



# **NEED A NATTER**

**ISSUE 2**

**NEED A FRESH START**

**IS SHE CHEATING**

**FOOD BANK  
WORRIES**

**HELP I AM BEING  
TROLLED**

**AND MUCH MORE.....**

## Is She Cheating

Hi Jen

Hoping you can give me some advise please. Its about my Wife. We have been together now for 22 years and what used to be fun soon turned in to routine and everything the same each day . We have our rows like everyone else I think mainly through boredom but we usually get through them ok. The problem is with one of my friends and my wife whenever he is around they seem to have more so much fun together they are always laughing and joking and grabbing each other. Whenever he comes around the first thing he asks is whether she is in or if not when is she coming back. The situation is even morse when they have been drinking.

I have asked them both about their behaviour and all I get is comments like don't be stupid and made to feel like a fool with comments like oh are you feeling jealous especially in front of people. I am getting really sick of it now. Can you tell me how to handle this before I leave.

Thanks T

Hi T

I'm sorry you're feeling this way—it sounds like a tough situation that's causing you distress. It's important to approach this carefully, as it involves your feelings, your

wife's behaviour, and your friendship dynamics. Here's some advice on how to address the situation constructively:

## **1. Reflect on Your Feelings**

- Take some time to understand what exactly about their behaviour bothers you most. Is it the level of attention they give each other, the teasing, or how it makes you feel about your role in the relationship?
- Acknowledge your feelings without judgment—they are valid, and recognizing them can help you communicate more effectively.

## **2. Open and Honest Communication with Your Wife**

- Choose a calm, private moment to talk to your wife about how you feel. Avoid bringing this up during or immediately after an incident with your friend.
- Use "I" statements to express your emotions without placing blame. For example:
  - Instead of: "You and my friend are always flirting, and it's disrespectful."
  - Say: "I feel uncomfortable and left out when you and [friend] act in a way that seems overly playful or exclusive."
- Focus on your feelings and the impact on your relationship, not just the behaviours.

## **3. Set Boundaries**

- Once you've discussed your feelings, talk about boundaries. Let your wife know what behaviours make you uncomfortable and work together to establish guidelines that respect your feelings while maintaining

her comfort and autonomy.

- If the dynamic with your friend crosses boundaries you both agree on, it's worth addressing it together.

#### **4. Talk to a Friend**

I'm sorry you're feeling this way—it sounds like a tough situation that's causing you distress. It's important to approach this carefully, as it involves your feelings, your wife's behaviour, and your friendship dynamics. Here's some advice on how to address the situation constructively

#### **5. Reignite Your Connection**

- Long-term relationships can become routine, and it's natural to feel a loss of spark. Use this as an opportunity to rekindle your bond. Try to:
  - Spend quality time together doing something new or exciting.
  - Share activities or hobbies you both enjoy.
  - Communicate openly about how to bring more fun and connection back into your relationship.

#### **6. Evaluate Your Feelings**

- After taking these steps, see how the situation evolves. If the behaviour continues and you still feel unsettled, it might indicate deeper issues that need addressing. Couples counselling can be a helpful resource for working through these dynamics.

Hope this help Jen

## Trolled

Hi Jen

I commented on a online chat post and everyone was just having a bit of fun commenting on this post then I made a silly remark and everyone seemed to take offence and started aiming nasty remarks towards me.

I tried asking why they were saying these things and why they thought my comment was offensive in any way but they all seemed to have grouped together and decided to pick on me. I came of the chat and thought that would be the end of the matter but they still keep posting nasty things about me and even private message me. I feel so upset about all this.

Hope you can help Thanks C

Hi C

I'm really sorry you're experiencing this. Online interactions can sometimes escalate unexpectedly, and it's painful when a fun conversation turns into something negative. Here are some steps you can take to protect yourself and regain peace of mind:

### **1. Understand It's Not About You**

People online can overreact, especially in group settings where "mob mentality" might come into play. This isn't a reflection of who you are—it's more about how some

individuals behave when they're behind a screen.

## **2. Block and Report**

- **Block the individuals:** Most platforms allow you to block users, which prevents them from contacting you or seeing your profile.
- **Report their behaviour:** If their comments or messages are offensive, harassing, or threatening, report them to the platform. Social media and chat platforms often have systems in place to address harassment.

## **3. Adjust Your Privacy Settings**

- Restrict who can send you private messages.
- Limit who can see your posts or profile information.

## **4. Take a Break from the Platform**

- Give yourself some time away from the platform where this occurred. A break can help you feel less overwhelmed and give the situation time to die down.

## **5. Seek Support**

- **Talk to someone you trust:** Sharing how you're feeling with a friend or family member can help you process the situation.
- **Join supportive online communities:** If you feel comfortable, there are online groups that focus on positivity and encouragement where you might find solace.

## **6. Know When to Involve Authorities**

- If the harassment escalates to threats or continues

despite blocking and reporting, consider reaching out to local authorities for advice or assistance.

## **7. Practice Self-Care**

- Remind yourself of your value and that this incident does not define you.
- Engage in activities that make you happy or relaxed to counter the negative feelings.

### **On Reflection**

It's good that you tried to understand why others found your comment offensive—that shows self-awareness and maturity. Unfortunately, not everyone will respond constructively. Focus on moving forward and protecting your peace.

Remember You're not alone in this.

Hope I have been of help to you Jen

## Adopted

Hi Jen

Just a quick issue I hope you can help with. I am adopted and I was told this as a young child quite early on and have never had a problem with this and it was just a word I never really put too much thought in to.

I am now older with my own life and I didn't want to upset my family but I was kind of coaxed in to the situation of finding my other family.

I searched for a while and eventually found them and got quite a loose explanation of why I had been put up for adoption from my biological mother who told me my Father had long since scarpered but she had gone on to have further children after me. Which to be honest left me quite angry. After meeting them all they are very different from me and seem to have a very slack upbringing they just seem to do what they like. I can't even believe this is my biological family. I have tried to spend time with them but I really don't like them they are loud drunk disrespectful people not at all like how I was raised. How can I re-break communication with them. I am happy with the family I have got and now realise its with them I belong. Thanks B

Hi B

It's completely understandable to feel conflicted about this situation. Navigating relationships with biological family



members, especially when their lifestyle or values differ significantly from yours, can be challenging. Here are some steps to help you gracefully step back from the relationship while maintaining your peace of mind.

## **1. Reflect on Your Boundaries**

- Recognize that it's okay to prioritize your emotional well-being and align your relationships with what feels right for you.
- Remind yourself that family is about meaningful connections, not just biological ties.

## **2. Be Honest but Gentle**

- If you feel the need to formally break communication, consider writing a thoughtful and polite message to them. You could say something like:

"It's been interesting to learn more about my biological roots, but I've realized that I'm most comfortable and happy focusing on the life and family I've built. I wish you all the best, but I need to step back from staying in touch."

- Avoid criticism or blame; keeping it neutral will help minimize conflict.

## **3. Gradually Reduce Contact**

- If a direct message feels too abrupt, you can choose to reduce contact gradually. Respond less frequently to messages and take longer to reply. This natural distancing can often phase out the relationship without confrontation.

#### **4. Seek Support**

- Talk to someone you trust, whether it's a close friend, your adoptive family, or a counselor. Sharing your thoughts and feelings can help you process them and feel reassured about your decision.

#### **5. Focus on Your Current Family**

- Celebrate the relationships you treasure with your adoptive family and loved ones. Engage in activities or traditions that reinforce the bond you share with them.

#### **6. Practice Self-Care**

- Feeling angry or unsettled after this experience is normal. Take time for yourself to decompress and reflect on what you need moving forward.

#### **7. Remember: It's Your Life**

- You are not obligated to maintain a relationship that causes you discomfort, especially if it doesn't add value to your life. It's perfectly valid to prioritize the relationships that uplift you and align with your values.

Thanks J

## Work from Home Ideas

Hi Jen

Both myself and my husband are both unemployed and have been for some time now due to closures in our workplaces due to covid. We don't have much in the way of skill so can you give me some ideas of a small business we could start up. Thanks L

Starting a small business can be a great way to create income, even without specialized skills. Here are some ideas that could work well for you and your husband:

Hi L

1. **Home-Based Cleaning Services** Offer residential or office cleaning services. It requires minimal equipment and can be scaled as you grow. **Handyman or Minor Repairs:** If one of you has basic repair skills, market them locally for small household tasks.
2. **Meal Prep or Baking:** If you enjoy cooking or baking, prepare and sell meals, snacks, or baked goods. Offer delivery or pickup options.

Catering for Small Events: Provide catering for small gatherings, offering home-cooked meals and snacks.

**3. Online Work Virtual Assistance:** Provide administrative or customer support services. Many small businesses need help with tasks like email management, data entry, or scheduling.

Reselling: Find low-cost items locally (Charity shops, Car boot sales markets, or clearance sales) and sell them on platforms like eBay, Facebook Marketplace.

Freelance Writing or Editing: Even basic writing skills can be valuable for content creation, proofreading, or editing.

**4. Creative or Handmade Products , Crafts or DIY Goods:** Sell handmade items like candles, jewellery or home decor on Etsy or local markets.

Custom T-Shirts or Mugs: Use print-on-demand services sell customised merchandise.

**5. Pet Services . Dog Walking or Pet Sitting:** Many pet owners need help with pet care, especially during work hours or vacations. Home made Pet Treats: If you enjoy baking, making healthy pet treats can be a unique business.

**6. Education & Tutoring Services .** If either of you has strengths in a particular subject, offer tutoring to students locally or online. Workshops or Classes Teach a skill you know, such as basic cooking, fitness, or gardening, in-person or online.

**7. Outdoor & gardening , Lawn Care:** Mowing lawns, weeding gardens, or seasonal clean - up can provide steady work in your community.

**Seasonal Decorations:** Offer services for putting up holiday decorations, lights, or garden displays.

**8. Delivery Services:** Work with several different delivery services, for food , Groceries, Parcels anything .

Advertise to help people with errands or small tasks.

**9. Childcare Services Babysitting or Daycare:** Offer babysitting services from home or at clients' homes if you enjoy working with children. For this you will need to be registered and police checked.

**10. Recycling or Upcycling Refurbishing Furniture:** Fix up old furniture and sell it for a profit. Collecting Recyclables . Collect scrap materials (like aluminum cans or metal) and sell them to recycling centres.

### **Tips to Get Started:**

**1 Start Small:** Choose something low-cost to test the waters. **Market Locally:** Use social media, flyers, and community boards to spread the word. **Use Online Platforms** like , Etsy, Facebook Marketplace, can give you a wider audience.

**2 Work Together:** Combine your strengths—one of you might handle customer service while the other works on the product or service.

# **Starting Your Business**

## **1. Choose Your Business Idea.**

Elect an idea that aligns with your interests, skills, and available resources.

For example:

Reselling if you enjoy finding deals. Food/Baking if you like cooking. Pet Services if you're an animal lover.

## **2. Research Your Market**

- Who are your potential customers? (e.g., busy parents, pet owners, small businesses, etc.)
- What's the demand for your service or product in your area or online?

## **3. Start Small & Minimize Costs**

- Use what you already have (e.g., home kitchen, tools, basic supplies).
- Buy second-hand equipment or supplies when necessary.
- Avoid unnecessary expenses—focus on creating and delivering value first.

## **4. Test Your Ideas**

- Offer your product or service to a small group (friends,

family, or neighbours for feedback.

- Use their input to improve before scaling up.

## **5. Set Up Your Business**

- **Home Business:** Check local regulations if you're operating from home.
- **Online Presence:** Create a simple social media page or a listing on platforms like Facebook Marketplace, Etsy.
- **Pricing:** Start with competitive pricing but ensure it covers your costs and time.

## **6. Market Your Business**

- Use free or low-cost marketing tools like:
  - Social media (Facebook, Instagram, TikTok).
  - Flyers in your local area.
  - Word of mouth (tell friends, family, and neighbours. Offer an introductory discount to attract your first customers.

## **7. Scale Gradually**

- As you gain customers, reinvest profits into improving your service, upgrading tools, or expanding your offerings.
- Build long-term relationships with customers by providing excellent service.

## **Practical Examples for Each Idea**

### **Reselling**

- Start by visiting charity shops or clearance sales.
- Focus on items with high resale value (e.g., vintage

- clothes, electronics, or collectibles).
- Sell through platforms like eBay or Facebook Marketplace.

## **Food/Baking**

- Bake a small batch of treats (cookies, cakes, or bread) and offer samples to neighbours or local businesses.
- Take custom orders for events like birthdays or holidays.
- Expand by delivering meal preps for busy families.

## **Pet Services**

- Begin with dog walking or pet sitting for people you know.
- Advertise on local platforms or apps like Rover.
- Add services like pet grooming or home made treats once you're established.

## **Cleaning Services**

- Offer basic cleaning for homes or small offices.
- Build trust and loyalty by being reliable and detail-oriented.
- Expand by offering deep-cleaning or organizing services.

## **Online Work**

- Sign up for virtual assistant jobs . Offer services like data entry, research, or social media management.



## **A Fresh Start**

After accepting a new job offer which meant us moving to a small village seemed a nice idea or so we thought fresh air, country walks etc. until it became a reality. There is nothing to do all there seems to be is organised events and fairs and everyone shuffles around helping. Popping in for cups of tea or going to the local pub people just waffling on about boring stuff like craft or knitting or talking behind each others backs. Its like living in some sort of period drama . Its just awful and I can't leave for another year. Hope you can suggest something before I go mad

Thanks W

Hi W

It sounds like you're really feeling stuck in a place that doesn't align with your interests or expectations. Moving to a small village can feel like stepping into a very different world, and it's tough when you realize that the pace of life or the social scene doesn't suit you.

Here are a few ideas that might help you cope and even find some enjoyment while you're waiting for your year to pass:

### **1. Create Your Own Space or Routine**

If the local events aren't for you, try carving out time for yourself. Maybe explore hobbies you haven't had time for before, like writing, painting, or gardening. It can be a way

to both express yourself and escape the repetitive social environment. Having a personal routine can also give you something to look forward to each day.

## **2. Find Like-Minded People Online**

Small towns can feel isolating if you don't click with the local crowd. Consider joining online communities that focus on your interests—whether that's through forums, social media groups, or virtual meetups. You may be able to connect with others in similar situations, and it might help alleviate some of the loneliness or frustration.

## **3. Volunteering in a Different Capacity**

If you're open to community engagement but are weary of the repetitive local activities, you could look into different forms of volunteering that give you more of a sense of purpose. Perhaps a charity or cause you're passionate about, even if it's something that's not a typical part of village life. It could bring in new people or experiences that may help shake up the monotony.

## **4. Find Small Escapes Nearby**

You mentioned enjoying fresh air and country walks when you first moved there—perhaps you could explore the outdoors more intentionally. Hiking in nearby forests or taking a camera along for photography can turn a dull walk into an adventure. Even day trips to neighbouring towns or cities might offer a temporary escape and fresh perspective.

## **5. Develop a Personal Project**

If you're feeling creative or productive, you might consider

starting a personal project that excites you. It could be anything from starting a blog about your experiences in the village to learning a new skill or language. It will help you keep your mind engaged and provide you with something to look forward to each day.

## **6. Practice Mindfulness or Journaling**

It might help to shift your focus from external circumstances to internal ones. Journaling about your feelings and frustrations can help you process them in a healthy way. Practising mindfulness techniques like meditation or deep breathing can also reduce stress and make the day-to-day living a bit more bearable.

## **7. Talk to Someone You Trust**

If you're feeling truly isolated or stuck, confiding in a trusted friend or family member can help you express and release your frustrations. Sometimes just talking it out can provide clarity and remind you that this situation is temporary.

While it may be challenging, finding a way to work through this year could offer some unexpected growth or even help you discover new interests. Hang in there, and don't forget that the temporary nature of this situation can bring new possibilities.

Thanks Jen

## Food Bank worries

Hi Jen

even though we work really hard we are still finding we cant afford to live with everything going up in price continually. We really are living hand to mouth every week and find we need to use a food bank . We are very grateful for this service but is also very humiliating when people we know see us leaving there. Our lives used to be so very different and is now very mundane and a depressing struggle. Can you help.

Thanks N

Hi N

I'm really sorry you're going through such a tough time. It's incredibly hard to watch your life change in such a challenging way, especially when you're doing everything you can and still struggling to make ends meet. Feeling humiliated or ashamed when needing help, even when it's through a food bank, is something that many people can relate to, but it's so important to remember that needing support is not a reflection of your worth or your efforts.

The rising costs of living are affecting so many, and it can be frustrating when you feel like your putting in everything and still not able to get ahead. It's normal to grieve the differences between how things used to be and what they are now, and those feelings are valid. Life can feel mundane and like an unrelenting struggle during times like this, but it doesn't mean it will always be this way.

Is there anything in particular that's weighing most heavily on you right now? Sometimes talking about specific challenges, like managing bills, finding affordable food options, or dealing with the emotional toll, can help identify small steps forward. You're not alone in this, and sometimes sharing these feelings can help make the burden feel a bit lighter.

I hear how deeply this situation is affecting you. The emotional and mental toll of constantly worrying about how to make ends meet while feeling stuck in a cycle of struggle can feel suffocating. It's heartbreaking to work so hard, only to feel like it's never quite enough, and it's exhausting to constantly worry about basic needs like food and shelter. The fact that you've had to use a food bank can feel like a painful reminder of how much things have changed, and I can understand how seeing people you know might add an additional layer of embarrassment. You've had a different life before, one where things felt more stable and secure. It's natural to grieve that sense of security, and to feel frustrated that despite your hard work, you can't seem to get back to that place.

You mentioned a sense of "mundane" struggle, and that's so powerful. When each day is consumed with just getting by—figuring out how to make the bills stretch, how to feed your family, or how to keep up appearances—it can be mentally and emotionally draining. It's like your world shrinks down to just surviving, with little room for joy, rest, or hope for a different future. It's hard to see any light at the

end of the tunnel when things feel so constant and unrelenting.

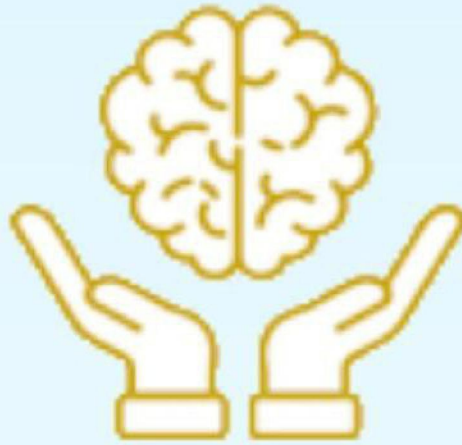
But please remember, asking for help—whether it's from a food bank, a charity, or even friends—is not a sign of weakness or failure. It's a sign of resilience, of doing what you need to keep going, even when things are difficult. You are doing what you can to survive, and that's all anyone can do in times like this. It's not a reflection of your worth or character.

If you're open to it, perhaps we can explore some practical ways to ease the load, even if just a little. Sometimes small adjustments or finding new resources can create small openings for relief. You deserve to have some peace of mind, and I hope that, bit by bit, things can improve for you.

Would you like to talk about specific things you're trying to balance or any other support you might need right now? Sometimes even small moments of connection or brainstorming can help make things feel a bit more manageable.

Hope this helps you thanks Jen





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