

JollyGood News

Something is growing....

New Growth in Spring

I absolutely bloomin' love this time of year. All the newly grown buds are beginning to blossom, the daffodils are popping up everywhere and we've even seen our first proper blue sky of 2026.

I am taking the opportunity to focus on my own growth too - both personally and within my business - especially as this month I will be saying farewell to my twenties and hello to a new chapter! It's time to embrace the new - a new outlook, new approaches and making changes which would previously have felt waaay too scary.

Some ways I am growing (I hope):

- Continuing to raise the standard of my business practices (safeguarding, record keeping and participant feedback)
- Increasing my community networking skills
- Attempting some major lifestyle changes and finally addressing a few bad habits
- Stepping into a new spiritual journey and trying to answer some big questions
- Being more sociable outside of work, strengthening relationships and re-connecting with old friends

So - what's new with you?



(Above) Working my stall at Cwm Taf Registered Managers Forum (12/02) where I was kindly asked in to run the 'Invigoration Slot' - a quick singalong to liven everyone up after lunch and a long day of powerpoints. Oggy oggy oggy!

February Highlight



Mini-Sab has been let out her bag once again for a Musical Mood Booster at Whitehalls Sports Bar (They all think she is absolutely crackers but that's nothing to do with me....)

Quote of the Month

'Believe you can and you're already halfway there'

Theodore Roosevelt

PLANNING AN EVENT?

The JollyGood Company can provide musical entertainment and/or stand-up for any occasion

Birthdays, Weddings and Celebration of Life

Community Hubs, Charity Events and Fundraisers (concessions available)

Dementia and Carer Support Groups (concessions available)

Hospital and Home visits for people who need some cheering up during recovery period

Email me: sabrinacartlidge@hotmail.co.uk

Call: 07778488786

Visit: www.thejollygoodcompany.co.uk for more

Did you know I also do stand-up comedy?

Me too!

