

PRESS RELEASE

Why September is the month we all want to get back on track

Malmesbury coworking space launches September Reset in response to the familiar post-summer desire to regain routine, focus and momentum

There is something about September that brings a collective feeling of: "Right, let's get back to it."

After weeks of holidays, childcare juggling, colleagues being away and disrupted routines, schools return, diaries fill up and businesses begin moving at full speed again.

It's this familiar post-summer feeling that has inspired Malmesbury coworking space **Nook & Huddle** to launch **September Reset – Reset. Refocus. Reconnect.**

Founder Sara Harrod explains:

"You can almost feel the change of pace in September. People are back, routines return and there's a real desire to regain focus and tackle all those things that have quietly slipped down the list over summer."

But Sara believes the pressure isn't simply about work.

"We're all expected to keep on top of an extraordinary amount – work, family, finances, mortgages, bills, technology, running a business and running a home."

"Often the problem isn't just finding the time. It's knowing who to ask for help."

Throughout September, Nook & Huddle is bringing local experts into its Malmesbury High Street space to offer informal support covering coaching, business, mortgages, digital confidence, household bills and financial advice.

Rather than formal seminars, the emphasis is on making expertise feel accessible.

"Sometimes you don't need another Google search or a three-hour seminar," says Sara. "You just need someone knowledgeable to sit down with and say, 'Can I ask you something?'"

The campaign also reflects a wider role Sara believes local high streets can play as the way people live and work continues to change.

Nook & Huddle provides a professional local workspace for people who might otherwise work alone from home. It has since developed into a community of remote workers, freelancers and small business owners.

"High streets have always evolved around what communities need," Sara adds.

"Today that isn't necessarily just somewhere to shop or eat. It can be somewhere to work, meet people, access expertise and feel connected to the community around you."

For Sara, September Reset isn't about dramatically reinventing your life.

"It might be sorting the thing you've been avoiding, asking someone for help, finding your working routine again or simply giving yourself some proper time to think."

"September gives us a natural moment to do that. We want to help people make it count."

Nook and Huddle have a program of free events running throughout the month – no booking is required you just turn up on the day and take advantage of the free coffee and what is on offer:

- **9th Sept | FREE Open Day + Matthew Wix Coaching**

Try Nook & Huddle for the day, on us. Plus coffee, doughnuts and complimentary 20-minute coaching sessions with Matt.

- **15th Sept | Business Coaching with Rod Kuchta**

Bring the business problem that's keeping you awake at night.

- **16th Sept | Mortgage Clinic with Tom, TED Mortgages**

Friendly, fee-free mortgage and insurance advice.

- **21st Sept | Digital Confidence Clinic with Otilia**

Websites, SEO, email marketing, tech - bring the thing that's baffling you.

- **23rd Sept | Bills Clinic with James Tanner**

Could you save on energy, broadband or mobile? Come and find out.

- **28th September | Second Free Open Day**

Closing out the month with a second open day – the last chance to pop in and experience Nook and Huddle for yourself for free.

- **30th Sept | Financial Advice with Olivia**

Bring along the money question you've been meaning to ask.

September Reset: Reset. Refocus. Reconnect. Make September count.

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