



Federation of Holistic Therapists
The UK's largest professional therapist association

Calendar of Events 2012

Events for those interested in their health and well being

South Gloucester Local Support Group

What's on, where and when and for whom?

Below are the events for the next year for the local support group of the FHT. The events and talks are open to everyone; FHT members, members of other therapy associations and the general public. The entrance fee for each of the talks is now £5.00

Date: Monday 12th March -
Venue: Brockridge Centre, Woodend Rd, Frampton Cotterell. BS36 2LQ
Topic: Thai Foot Massage Refresher & Treatment Swap evening

During this meeting, those who have trained in Thai Foot Massage will be led through a guided refresher by Judith Ryder (who teaches Thai Foot Massage & Hopi Ear Candling via Teach Therapy), enabling the others to have a treatment. The 2nd part of the evening will allow the Thai therapists to receive a treatment from the person that they have worked on. The variety of treatments available will depend on the qualification and experience of the therapist. Laminated Thai Prompt sheets are available on the evening for a fee. Couches and Lafumas to be provided by those attending.

Date: Monday 14th May
Venue: As above.
Topic: Aromatherapy Blending evening.

Please bring some oil, some essential oils and a blending pot with you. We will each create a blend and share with others what ailments could be treated with it. Open to all, regardless of whether you are an Aromatherapist. Just come and enjoy it.



Federation of Holistic Therapists

The UK's largest professional therapist association

2012

Date: Monday 9th July
Venue: As above.
Topic: Herb & Hedgerow Walk with Herbalist Max Drake, of the Urban Fringe Dispensary, Bristol.

This will undoubtedly be our most popular evening of the year. On both of the previous years that Max has been with us, we have really enjoyed it, so couldn't resist the opportunity of another Herb & Hedgerow Walk. Decent footwear essential. Location of the meeting point will be decided nearer the time and added to this event on our Facebook page.

Date: Monday 10th September
Venue: As above.
Topic: Natural Soap Making demonstration by Helen Luscombe.

Our very own Helen, who the day following last years Herb Walk went gathering and drying plants, will demonstrate for us the traditional craft of Soap Making. She may also demonstrate the making of her Italian Chocolate Vodka recipe!

Date: Monday 12th November
Venue: To be confirmed

Pre-Christmas meal out. We enjoyed it so much last November that we are doing it again. May well be the Meze again at Downend, but this will again be confirmed on our Facebook page by October 2012. Pre-booking and the payment of a £5.00 deposit will be required.

Please Note:

The **South Gloucestershire** local support group is for practitioners, students and people who just have an interest in the complementary health, fitness and beauty. You do not have to be a member of the FHT to attend, however to find out more about our association visit our web site at www.fht.org.uk or call 0844 875 2022

All therapists are welcome to our friendly meetings. Please bring a mug with you for a drink. Tea, coffee etc will be provided by the group.

Contact details are only via our Facebook page:

South Glos & Bristol Therapists

Closed group — [SGFHT@groups.facebook.com](https://www.facebook.com/SGFHT@groups.facebook.com) We currently have 33 members

If you would like to be involved please send a Friend Request to the above page, with a message stating that you are a Therapist, and we will add you to the group. Judith Ryder