

Calendar of Events January to May 2012

Events for those interested in their health and well being

Carlisle and Cumbria Local Support Group

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

The events and talks are open to everyone; FHT members, members of other therapy associations and the general public. Everyone is welcome to join the Local Support Group. The annual subscription January 2012 to January 2013 is £20 FHT members £22 others.

Date: Thursday 26th January 2012 **Time:** 6:00pm – 8:30pm
Venue: Mirehouse Community Centre, Seathwaite Av, Whitehaven. CA28 0SW
Topic: **50th Anniversary of FHT** – come along and **Celebrate** at our
New Year New Start Swish Party with a difference! – clear out all
those therapy items you no longer use, CDs, books, equipment and
unwanted gifts and bring them along to **Exchange**. Organise **Therapy Exchanges** and
Share News, Views and Plans for 2012!
Cost: Free to members of LSG £5.00 non-member
Includes Festive Nibbles!
Contact: Janette or Carolyn for more details

Date: Thursday March 22nd 2012 **Time:** 10:00 – 12:00
Venue: Mirehouse Community Centre, Seathwaite Av, Whitehaven. CA28 0SW
Topic: **Mindfulness** – this very interesting topic is brought to you by yoga teacher
Julie Palmer. 'Mindfulness' means paying attention in a particular way: on purpose, in the
present moment, and non-judgementally. This helps increase awareness, clarity and
acceptance of our present-moment reality. This can aid stress & anxiety

Cost: Free to members £5.00 non-member

Contact: Janette for more details



Date: Saturday 28th April 2012 **Time:** 9.30am – 4.30pm
Venue: Castle Inn, Bassenthwaite, Cumbria, CA12 4RG
Topic: **Complementary Therapies and Pregnancy** – by Christine Fisk
Fully Booked to be added to waiting list and for details
contact Carolyn info@cntherapies.co.uk

Date: Thursday 17th May 2012 **Time:** 6.30pm – 8.30pm
Venue: The Ecocentre, Cockermouth School, Castlegate Drive, CA13 9HF
Topic: **How Green are You?** – view this innovative Eco-Centre
and Biomes. We will discuss how we can make our businesses and lives more
eco-friendly so come and tell us how you source your oils and share your tips
for saving energy.
Cost: Free to members £5.00 non-member
Contact: Carolyn for more details

CPD Certificates are available at each event

For more information about any of these events or to join the Local Support Group please contact one of our Joint Coordinators

Carolyn Nixon	info@cntherapies.co.uk	07719921564
Janette Fitzsimmons	jfitzsimmons@tiscali.co.uk	07707142865

Other Events in Cumbria

Healthy Mind Body Spirit Fairs 2012 – talks, demos, taster treatments, network or book a stand to showcase your skills.

25/26 February at The Wave Centre, Maryport details www.thewavemindbodyspirit.co.uk

21 April at Morton Manor, Carlisle details Iris 07923656018

26/27 May at Brougham Hall, Penrith details Lindsay 07748376385

Meetings of interest to therapists and anyone interested in health and well-being are also organised in **Carlisle** by **Cumbria Complementary Therapy Group** – a special interest group of the Rural Women's Network. For info contact ann@iandablair.demon.co.uk

Tuesday January 24 An introduction to EFT

Thursday March 29 Colour for well-being

Tuesday May 29 Healthy Eating for You

Thursday July 26 Introduction to Iridology



Please Note:

The **Carlisle and Cumbria** local support group is for practitioners, students and people who have an interest in 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. Family and friends are always welcome.