

Calendar of Events January – July 2012

Events for those interested in their health and well being

Hereford Local Support Group

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

Below are the events for the first half-year of 2012 for the Hereford local support group of the FHT. The events and any workshops are open to everyone; FHT members, members of other therapy associations, students and the general public. Many of the talks lead onto full day or weekend workshops for those wishing to take certain subjects a little further. The entrance fee for each of the talks is still just a very reasonable £5 for FHT members and £8 for non-members and just £3 for students. The meetings start at 7:30 (feel free to arrive from 7:15pm) and they finish by 9:30pm.

Date: Monday 9th January 2012 7:30pm

Venue: The Kindle Centre, ASDA car park, Belmont Rd Hereford HR2 7JE

Topic: Healing-Shiatsu. The art of supportive touch – Chris Sheehan

As we enter 2012, not only a new year but one surrounded by many tales and Mayan Prophecies on changes which are due to greet us this year. We could all do with getting in touch with our bodies and calming our minds. This evening will be very much a practical one where we can all participate. Healing-Shiatsu is a powerful and unique form of healing that supports and prepares the person in returning to and maintaining a state of full health and happiness. Chris will talk about the principles behind Shiatsu, Healing-Shiatsu and Mindfulness Meditation, demonstrating and sharing skills in giving supportive touch in Mindfulness Meditation. Chris Sheehan has trained and studied in Zen, Mindfulness Meditation and Tai-Ji since 1984. He has been a practitioner of Healing-Shiatsu since 1993. He practices in Herefordshire and Wales and he also teaches Tai-Ji.

Date: Monday 20th February 2012 7:30pm

Venue: The Kindle Centre, ASDA car park, Belmont Rd Hereford HR2 7JE

Topic: The Shaman's Journey – Sarah Howcroft

For many millennia, humans have understood that everything is alive and has a spirit, and that our natural way of being is to be in balance and harmony with the Earth and each other. Modern lives often separate people from their true spirit, resulting in disease and depression. Sarah Howcroft is a Shamanic healer, teacher, and maker of drums, rattles, and other craftwork, based near Brecon. Tonight she will talk about Shamanism, its roots and how it has evolved into modern day practices, and the many ways in which it can help us to reconnect, including soul retrieval, vision quests, and other techniques of healing. Illustrated with tales from her own path, of course! You will also have the opportunity to journey with the Shaman's Drum, to meet your own spirit power animal, and to discuss your journeys afterwards. Sarah can be contacted on 07968 010103 or through her web site www.shamanism-wales.co.uk

Date: Monday 2nd April 2012 7:30pm

Venue: The Kindle Centre, ASDA car park, Belmont Rd Hereford HR2 7JE

Topic: CKT, Chirokinetic Therapy - A Therapy of the Future – Right Now! – Sarah Yow and David Stevens

Who knows what is truly right for **your** body? – It does! CKT supports the body's own ability to identify the problem and heal it.

It's a therapy that lets your body have its say and determine how it wants to be treated to allow healing to take place. This is one therapy when the practitioner's view/knowledge/ego is irrelevant but the true skill lies within the body on the couch! Come along and see how combining chiropractic philosophy with a

simplified form of muscle testing resulted in CKT and the endless potential this therapy has in treating the body as the body dictates.

David Stevens will demonstrate just how CKT works and a presentation on its history, development and its future will also be given.

People come from miles to find a CKT practitioner and they only bother to do that when they know it works! www.chirokinetictherapy.com

Date: Monday 14th May 2012 7:30pm

Venue: The Kindle Centre, ASDA car park, Belmont Rd Hereford HR2 7JE

Topic: An introduction to Music Therapy – Catherine Brown

Man has always used music and sound to communicate, to alter physical and emotional states and to express feelings. This will be a talk about the origins and theory of music as a healing force, and an introduction to music therapy as a contemporary treatment within healthcare, education and social service settings. It will include an experiential workshop with an opportunity to make your own sounds using a range of instruments and experience how they can help in the healing of the body, mind and soul. No prior musical experience necessary! Catherine is a Professional Music Therapist with many years experience of working in this field with people of all ages.

Date: Monday 25th June 2012 7:30pm

Venue: The Kindle Centre, ASDA car park, Belmont Rd Hereford HR2 7JE

Topic: A Nutritional Natter – Alison Benbow

A look at how simple nutritional strategies can support wellbeing and vitality as we head towards the spring and a look at what we hear in the media – are you confused by all the different stories? Plus

- Do you have to live with irritable bowel syndrome?
- Is there such a thing as food intolerance?
- Supplements, do we really need them and which ones really help– and does it matter if you are on medication?

Alison's interactive talk will give plenty of opportunity for those who want to ask questions. Alison has practiced as a Nutritional Therapist since 2002. She works in private practice in South Shropshire and Hereford and also leads the clinical practice on the MSc Nutritional Therapy programme at Worcester University. She works with cancer patients at The Haven and Yeleni in Hereford and is also a member of BANT and the CNHC.

Date: Saturday 14th July 2012 7:30pm

Venue: Please let us have your suggestions for a place to visit and we will arrange it

Topic: Our Summer trip

NEWS: In 2012 the FHT will be celebrating its 50th birthday. Events will be taking place all around the country and we hope that we will be putting on at least one event in Herefordshire during the course of the year. Please keep an eye on the FHT website for more details of events and we will let you know what we have planned as the year progresses. Remember we also have a table dedicated to items you are either happy to swap, sell or simply give away to fellow attendees. Please bring along items to each meeting labelled accordingly.

Please Note:

If you have just picked up this leaflet from a clinic or retail outlet you may well be wondering what all this is about. The Hereford local support group is for practitioners, students and people who just have an interest in the complementary health, sports, fitness and beauty fields. 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. These meetings are open to the general public too.

Should you have friends who might be interested please bring them along. For more information or to ask any questions please either telephone **Jon** on **01568 780132** or **Nicky** on **01432 342342**. No need for you to book unless otherwise stated, just turn up and enjoy the event. Drinks and biscuits are available for a small fee at the venue.

All the meetings are open to everyone
Doors open 7:15pm