



Calendar of Events Autumn/Spring 2011-2012

Events for those interested in their health and well being

Horncastle Local Support Group

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

Below are the events for the next few months 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. 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 now £5 for FHT members and £7 for non-members. Meeting times are 7:00pm onwards.

Date: Monday 3 October 2011 at 7.00pm – 9.00 pm
Venue: Meeting Room, Stanhope Hall, Horncastle
Topic: Working with Special Needs
Speaker: Jayne & Bernie Wiltowski

This is the first meeting of the Support Group, and we will take some time at this meeting to get to know each other, set out who is who in the group, and appoint jobs to members eg secretary etc.

Following this, a talk will be given by husband and wife Jayne and Bernie, who specialise in reflexology for people with special needs in residential care.

Date: Monday 5 December 2011 at 7.00pm - 9.00pm
Venue: Meeting Room, Stanhope Hall, Horncastle
Topic: Aura Soma
Speaker: Kathleen Colhoun

Kathleen will be bringing along the range of Aura Soma colour products, explaining the history and theory behind the therapy and carrying out a demonstration.



Date: Monday 6 February 2012 – 7.00 pm – 9.00pm
Venue: Meeting Room, Stanhope Hall, Horncastle
Topic: Shiatsu Massage
Speaker: Philip

Philip will be coming along to explain his work using Shiatsu Massage with both humans and horses.

Date: Monday 2 April 2012 – 7.00 pm – 9.00pm
Venue: Meeting Room, Stanhope Hall, Horncastle
Topic: Baby Massage
Speaker: Leah Ward

Leah will be explaining her work with babies and massage, with possibly a demonstration.

Date: Monday 11 June 2012 – 7.00 pm – 9.00pm
Venue: Meeting Room, Stanhope Hall, Horncastle
Topic: Acupuncture
Speaker: Robert

Robert is a Acupuncturist practising in Horncastle, he will be coming along to explain Acupuncture .

Date: Monday 6 August 2012 – 7.00 pm – 9.00pm
Venue: Meeting Room, Stanhope Hall, Horncastle
Topic: Bowen Technique
Speaker: Jenny Terres

Jenny has been a Bowen Technique therapist for several years, she will be explaining the therapy and its benefits to many different ailments

If you have just picked up this leaflet from a clinic or retail outlet you may be wondering what all this is about? The Horncastle 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

Should you have friends who might be interested please bring them along. For more information telephone Jayne on 01507 343599. It's helpful if you let us know you are coming.