



Calendar of Events Autumn/Spring 2011-2012

Events for those interested in their health and well being

Lancaster 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 £6 for non-members.

Date: Monday 12 September 2011, 7- 9pm

Venue: main lounge/ education room at St John's Hospice on the A6 at Beaumont Bridge, - Slyne Road, Lancaster, LA2 6ST.

Topic: Somatic Movement

Speaker: Zoe Henman

Somatic Movement - The term is derived from the word "Somatic" which means, pertaining to the body, experienced and regulated from within. The field of somatics encompasses holistic body-centred approaches that help people reconnect with self and transform through movement practices that promote psycho-physical awareness and well-being.

Zoe Henman - I am a qualified body worker. Through workshops and 1-1 sessions I offer people knowledge and hands on experience to improve the functioning of their physical body which then improves their mental and emotional health. I formed this business after my own life was powerfully transformed with the discovery of somatic movement. I lost much of my 20's and 30's to stress and anxiety, but it was the field of somatics which gave me the tools to change my life and inspired me to qualify as a Somatic Movement Educator in 2010. I offer the principles and techniques of somatics to support people in becoming more relaxed, happier, and healthier. I work for Lancashire County Council delivering workshops to targeted community groups, mainly people with mental health issues and people with learning/physical disabilities. This has led to private classes for groups and individuals, all of which I find tremendously exciting and rewarding!



Date: Monday 10 October 2011, 7- 9pm

Venue: main lounge/ education room at St John's Hospice on the A6 at Beaumont Bridge, - Slyne Road, Lancaster, LA2 6ST.

Topic: Life's Unseen Signposts - Jon Critoph

So often life is trying to talk to each of us in its own way and we fail to notice let alone pay attention, missing opportunities and those signposts that will save us a lot of pain and heartache. Jon has spent much time investigating this whole area and has put together a wide range of signposts that he hopes will guide you more smoothly through your life in the areas of business and personal relationships. The evening promises to be an inspiring one with an introduction to many new areas that will help you in life.

Jon Critoph - Works part time for the FHT looking after the Local Support Group network which now extends across the UK, Ireland and out into Europe. Jon has run a local support group since 1995 firstly in Buckinghamshire and then since 2007 in Hereford. Jon is a qualified practitioner in 5 different therapies and practices part time when not working for the FHT. Jon is passionate about building local networks and helping practitioners to meet one another breaking down the barriers of isolation and enabling them to share their ideas and hear from professional speakers in their own local area. Over the years Jon has brought in speakers from a wide variety of disciplines and they have spoken on a wide range of subjects, one or two well known in their profession but never having given a talk before and others from as far afield as Australia and Germany. Jon also has a wide range of talks he gives himself and is happy to travel to any area to give them. Amongst his hobbies Jon lists cycling, gardening, listening to music, reading books on a wide range of topics and helping people reach their full potential.

Date: Monday 14 November 2011, 7- 9pm

Venue: main lounge/ education room at St John's Hospice on the A6 at Beaumont Bridge, - Slyne Road, Lancaster, LA2 6ST.

Topic: Massagers - Isobel Hamid and Siew Allen

Massagers - Demonstrations of a range of massage tools, including for use by professional practitioners and those such as the 'iPamper massager' which are available to the public for self-massage to enable people to be pro-active about their health and to encourage blood flow, prevent stiffness and other muscular injuries and help to increase overall flexibility, mobility, working performance, sporting performance and the quality of retired life.

Isobel Hamid - I worked as a teacher in adult education from the age of 21 to 59, at which point I retired - it was lovely - for 3 weeks. Having seen a request in our local newspaper for volunteers at the Royal Lancaster Infirmary in the day hospital for the elderly, I applied and, during my two years looking after stroke patients, the ward sister suggested I learn massage. Despite no previous interest in therapies and certainly never having had a massage, with the promise of sponsorship by the NHS Trust, I enrolled. Thirteen years on and more than a dozen qualifications acquired, plus registering with the Health Professions Council as a physiotherapist, here I am again putting together the two things I love best, teaching and therapies.



Siew Allen (Director, Therapist and Founder of the Jesson Clinic)

Siew was formally a registered nurse and midwife tutor with the NHS. She is an Acupuncturist, Massage therapist and founder of Health Through Massage and Jesson Clinic. She developed the concept of health through massage, inspired by her early life in Malaysia, where massage is widely accepted as a health treatment for aches, pains and arthritis. She has many years of experience in remedial massage, which enables her to offer you professional advice on products which would be most effective for you to use in the comfort of your own home or at work. Royal Bank of Scotland Outstanding Women in Business Award 2008.

Date: Monday 12 December 2011, 7 - 9pm

Venue: main lounge/ education room at St John's Hospice on the A6 at Beaumont Bridge, - Slyne Road, Lancaster, LA2 6ST.

Topic: Christmas Social. Including activities and games with Isobel Hamid

We are going to have fun, fun and more fun. A humorous quiz, a selection of baby photos from all of you - and we have to guess which one belongs to whom. Some home-grown entertainment etc. And of course, mince pies and a drop of (non-alcoholic) wine or three! And how about a theme for dressing up? Last Saturday evening in Lancaster there was a toga party and people were milling round town in a wide array of Roman costumes (mostly white bed sheets) and gladiator sandals which are this year's fashion. Your ideas please.

Date: Monday 23 January 2012, 7 - 9pm

Venue: main lounge/ education room at St John's Hospice on the A6 at Beaumont Bridge, - Slyne Road, Lancaster, LA2 6ST.

Topic: Sound and Crystals: Tools for Therapists - Elizabeth Denton-Reed

Sound and Crystals - Sound is a wonderful tool and lends itself brilliantly to creating an atmosphere appropriate for a treatment. Learn about and interact with different instruments, including Singing Bowls (Crystal and Tibetan), Tingsha, Aura Chimes, Tuning Forks and Wha Whas! Pendulums are an excellent tool for picking up imbalances in a client's energetic field. Discover how to choose a pendulum (find out if it's chosen you too!), check chakras and choose crystals to meet the needs of an individual.

Elizabeth Denton-Reed - I am currently a Community Practitioner (Music), working in 5 different schools, from primary to secondary, mainstream to SEN and EBD. I find this work hugely rewarding but very tiring! Being a musician, I have always been drawn to Sound and it's emotional and healing properties. Discovering a Tibetan Singing Bowl in Scotland a few years ago, I began my journey of discovery into the holistic world. Since then, I have qualified as a Crystal Therapist and received Level 1 and 2 Reiki Attunements twice, from two different Masters. Hoping to do my Reiki Master soon, I am also training in Flower Essences and Tuning Fork Therapy.



Date: Monday 20 February 2012, 7 - 9pm

Venue: main lounge/ education room at St John's Hospice on the A6 at Beaumont Bridge, - Slyne Road, Lancaster, LA2 6ST.

Topic: No Hands Massage - Sarah Rycroft

No Hands Massage

No Hands Massage - a dynamic new form of Massage that is sweeping across the world as one of the most powerful new therapeutic Massage treatments available. Conceived and developed by UK therapist Gerry Pyves after 20 years of clinical testing, it is being hailed as "The Gentle Giant" of healing therapies. It is deep and powerful, yet so very gentle. Therapists who offer many different Bodywork modalities are finding that their clients ask for nothing else. Clients and therapists alike are now referring to *NO HANDS* as "The New Massage" - because it is such a different experience from any other Massage and Bodywork on the planet.

Sarah Rycroft - Fully qualified therapist in Massage, Indian Head Massage, Thermal Stone Massage, Chair Massage and Reflexology. Advanced practitioner of No Hands massage and a member of the No Hands Massage Association as well as the Federation of Holistic Therapists. Works with individuals, schools and businesses. Situated in Wennington (Nr Lancaster), established in 2005.

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 Lancaster 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 **Ceri** on Holistyx@googlemail.com or **07888 692803**. It's helpful if you let us know you are coming.