



# FHT

Federation  
of Holistic  
Therapists

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## LOCAL SUPPORT GROUP NOTTINGHAM

### Joint Co-ordinators

Jacky Huson - 01636 815739 [jacky@touch-therapy.co.uk](mailto:jacky@touch-therapy.co.uk)

Jayne Newsome - 0115 926 2068- [info@whitehousenottingham.co.uk](mailto:info@whitehousenottingham.co.uk)

### About Jacky

For many years, I was interested in complementary therapies, actively seeking ways of healthy living, training as a Counsellor and finally qualifying as a Holistic Therapist at Central College Nottingham in Holistic Massage and Anatomy/Physiology.

About a year after initially qualifying, my tutor on the course, Jayne Newsome and I started the FHT Nottingham LSG, and are delighted with its continuing success - lively, interesting evenings, many friendships, much networking and a few group outings.

I have continued to enhance and develop my 'toolbox' of therapies in order to treat clients with a wide range of conditions.

As well as seeing private clients in my treatment room at home, I work with two organisations on a regular basis treating 1) clients with mental health problems, 2) clients with substance misuse problems. I also train volunteers for the Red Cross Therapeutic Service.

### About Jayne

I have had many adventures in the beauty and holistic field over the past 25 years.

I have brought fitness, image, beauty and holistic therapists to many men and women as a homeworker and salon owner/employer.

I continued my journey as a College lecturer and workshop facilitator.

It was lecturing that made me realise the importance of support for students when they left college 'Qualified' but alone.

Therefore I am thrilled to have the opportunity to bring many of these skills and the lessons I have learnt along the way, to share with the members of The FHT Nottingham LSG.

Although I still see clients full time I am continuing my professional development by adding hypnotherapy to my remit . Watch this space.... The journey continues..

### Aims of the group

- encourage therapists' continuing professional development through group evenings with speakers

- Therapy exchange register - to share treatments between therapists
- help therapists feel part of a wider network
- meet other therapists to share information, events, experiences and knowledge
- arrange shared lifts to events, conferences etc.
- buy catalogue goods at more economic rate
- take advantage of offers on equipment, products through bulk-buying
- sell/buy secondhand equipment
- promote the awareness of complementary therapies at a wider level to the public

### **LSG meetings/format**

We meet every 4<sup>th</sup> Tuesday in the month in the fully accessible Arnold Library Meeting Room (NG5 7EE) (entrance via Arnold Leisure Centre) - free parking in public car park after 6pm between Leisure Centre and Asda. Entrance is from High Street.

From M1 - exit junction 26 A610 to Nottingham, A611 to Arnold, A60 to Mansfield. Take right fork filter at traffic lights after B & Q on your right/Homebase, Currys, Comet on your left. After Asda on your right, the entrance to Arnold Leisure Centre is on your right.

Meetings are from 7.30 to 9.30 p.m. Doors open 7.15. Refreshments included.

Entrance fee is £5 for FHT members , £8 for non-FHT members and £3 for student therapists.

Format of meetings: Meet and talk with other members, refreshments, share information, speaker/demo and some time afterwards for networking, ordering FHT catalogue goods.

### **Events**

We have organised group trips to Bodyworlds, Holistic Health, and Purelands Japanese Meditation Garden. Every year we run a 'Chill Out Zone' for 2/3 days at Southwell Folk Festival. We have a Christmas Social at the December meeting.