

March 2018 Community Wellbeing Newsletter

A bit more about Chinese New Year

As you may know, each new year is marked by the characteristics of one of the 12 animals. The Chinese New Year's animal symbol is always paired with one of the 5 elements: metal, wood, water, fire and earth. This year we will experience an Earth Dog. Since it is also an Earth year in Western astrology, we can be sure that Mother Earth will make herself heard.

The year of the Dog is associated with finding balance and order. Combined with Earth energy, this year is about being grounded and creating stability. The Earth element is slow to move but puts down strong roots.

Dogs are innocent, loving animals, but there is also a darker side to the year of the Dog. According to Chinese Astrology, this year is a time to tread carefully when dealing with sensitive situations. This is because there could be a tendency to lash out, become overly attached or stubborn.

Overall, the year of the Yang Earth Dog has potential to be positive. This year, it is especially important to honour the cycles of our lives and environment, and find a fun-loving approach to life, no matter where the journey takes us.

Traits of the Dog:

honest, idealistic, selfless, loyal, steadfast, sincere, a great friend, a compassionate nature; they can be critical and/or stubborn

From Jennifer Dubowsky, with thanks

From March 3 – 11: York International Women's Week Making Women's Voices Heard



Not all of these events are in the programme for YIWW, see this link for all events there:

<https://yorkinternationalwomensweek.wordpress.com/2018-2/>

Coffee and Chat for Women's Mental Health: Thursday March 8th 14:30 – 17:30. FREE. Funding for services that meet women's mental health needs are increasingly being forgotten, so join us on International Women's Day to make our voices heard by calling for equality and pressing for progress in women's mental health. Contact: Yor Peer Support Mental Health Group – a trauma-informed peer support group – yor.peeryork@gmail.com #PressforProgress

Friday Night Film: Friday 9th March 19:00 – 21:00

An uplifting film about empowerment, recovery & passion for life. This feature film peers into the Kaleidoscopic mind of renowned artist Ginny Ruffner, illuminating her journey from a near-fatal accident to re-invention of her world. She challenges us not to waste a minute of our lives and see the world from an unexpected perspective. "I think the universe has a finely tuned sense of humour" says Ginny. Directed by Karen Stanton, Produced by Tom Gorai. 82 minutes. Wheelchair-accessible; accessible toilet. Free to members of Friends of The Healing Clinic & / or Friends of Briar House Resources, Donations from others. Please book here - <https://www.eventbrite.co.uk/e/a-not-so-still-life-a-film-tickets-42175610386> - or tickets on the door if any still available

Talks on The Womanly Art of Living and Dying: Talks for Women On Saturday March 10th. This full day of talks is FREE to attend; it is run by businesswomen who charge for any services that might be subsequently undertaken after the event.

No need to book; just turn up. Local, self-employed women helping each other get our voices heard about significant life choices.

Email Sarah Jackson: sarah@winifredtaylor.co.uk. Or call Chris Dudzinska 07824 639244 www.artfullivinganddying.co.uk

10:00 Don't keep your memories hidden away in a drawer: ideas for creating Keepsake Art, with Sarah from Winifred Taylor

11:00 Humanist ceremonies for all life's major milestones, with Julie Kay and Sharon Kent

12:15 Soul Midwifery with Sylvia Wagner-Bottomer, a companion to the dying and their family

13:45 Ideal Living: supporting and assisting clients through the moving home process from start to finish, with Anne Wyn-Jones

15:00 Last Wishes Funerals: Christine Dudzinska. An independent funeral director focusing on how to keep funeral costs under control.

Weekends:

The Mindful Hub run workshops based on mindfulness on a monthly basis. All workshops run from 10am to 1pm on Saturdays:

- Managing Anxiety with Mindfulness Workshop – Saturday 24th March
- Managing Stress with Mindfulness Workshop – Saturday 28th April
- Self-Kindness Workshop – Saturday 26th May

We offer a safe space to learn more about mindfulness, and how you can use it every day to live mindfully.

£25 for workshops (£20 if you're in receipt of a benefit).

Contact Jo at mindfulhubuk@gmail.com or call 07851 062475

www.mindfulhub.co.uk/workshops

The Maia Journey with Adina Misca: 10 sessions of 1 hour each at £10 per session. From Saturday March 24th 14:00 – 15:00, twice a month. You can pay on the day or in advance for the reduced price of £90 for all 10. You will get practical solutions on how to deal with problems from all aspects of life, also meditations, examples and techniques derived from the Universal laws that you cannot find anywhere else. Contact Adina to book: adina2676@gmail.com or 07909 247733.

Spiritual Sundays York is a new monthly group running on the last Sunday of the month. If you are interested in any of the following then this may be for you! Angels, Auras, Crystals, Law of Attraction, Energy healing, Power Animals, Reiki, Access Bars, Meridians, Meditations. £3 donation covers refreshments. Sunday Mar 25th 18:00 – 19:30. Please contact Lindsay at nrghealingyork@gmail.com to book.

Awakened Bellydance Transformative Journey with Samantha Stubbs: 14 April, 12 May, 9 June, 14 July, 11 August, 8 September, 6 October. Total price £280 (£40 per day). Early bird payment before March 2nd : £210. **Step into your truth** - A guided transformative journey through dance, movement, breath, music and art-making. Initiate growth through self love and compassion, letting go of restrictions and fears. Be supported in peeling your layers of protection and releasing your stories to reveal something beautiful: your authentic and beautiful Inner Goddess. Contact Samantha at karunatribalbellydance@gmail.com www.magicalvision.uk for more information or to book your place.

Touch for Health Practice Groups: Once a month on Saturday afternoons: Mar 17th, not in April, May 19th, June 16th, July 14th. Come and find out about kinesiology and get balanced. Free to guests, £10 for Touch for Healthers. Contact June Tranmer 07932 163602 or june.tranmer@gmail.com

Meditation with Brahma Kumaris – contact Nirmala Ragbir Day – 07777 690371 email: york@brahmakumaris.org Come and join us on the third Sunday of every month from 18:30 – 19:30 to meditate. During this hour there will be silence, music, time for reflection and some commentary. Free.

Emotional Freedom Technique Workshops with Saffron: Next one: Saturday 31st March 2018 – 10:00 - 12:00 Healing Womanhood: Reclaiming Power. A two-hour women-only workshop using cutting-edge energetic techniques to explore and begin to heal your relationship to womanhood and your personal power. Contact Saffron on saffrondemenezes@gmail.com 07990 651860

Awareness Through Movement with the Feldenkrais Technique with Julie Wrigley: FREE taster. Sunday March 11th 14:00 – 15:00, and the following Sundays in March. Taster sessions to relieve aches and pains, move more freely, feel relaxed and refreshed. *"Make the impossible possible, the possible easy, the easy elegant."* Moshe Feldenkrais. Feldenkrais® engages your brain's plasticity to improve how you coordinate your limbs, spine, ribs, pelvis...so that all the parts of your body move as a whole. Whether your goals are improving performance, pain reduction, or simply feeling better, Feldenkrais offers a fascinating and effective approach. In just one hour, you will feel greater ease and vitality as you experience how to use your body in an entirely new way. There are countless lessons to choose from, so each week's session will be different from the last. <https://www.eventbrite.co.uk/e/awareness-through-movement-taster-sessions-feldenkrais-tickets-43053397872> Or contact Julie on juliewrigley@outlook.com

Weekly classes and courses

Singing for Fun: Do you enjoy singing? Do you want to meet others who enjoy singing? Come along on a Tuesday morning from 10:00 -12:00 and have a sing-along with Richard. Purely for fun! Next group starting in April. Book through York Learning 01904 552806 or email york.learning@york.gov.uk

Seated Pilates: with Joanna Ingerson. This seated Pilates class is for those with physical limitations and others who struggle with mat routines, and is designed to improve mobility, flexibility and strength. FREE taster session on Tuesday 10th April 13:30 – 14:30. And then 7-week course after that. For more information contact Joanna Ingerson on joanna.ingerson@gmail.com or to book via york.learning@york.gov.uk or phone 01904 552806

Mat Pilates: with Jo Stewart on Mondays, Tuesdays, Wednesdays. Jo has been teaching Pilates for 17 years and a further 8 years before that in the fitness industry. Jo says: Patience, persistence and understanding of your own body are vital to developing and achieving your own goals. To ask about availability in Jo's classes on Mondays, Tuesdays and Wednesdays call: [07763 196205](tel:07763196205) or email: jostewartyork@yahoo.co.uk

Arts Barge Creative Arts Therapies: Registered Arts Psychotherapists working with individuals and families by using art-making to help them think about feelings and difficulties within a confidential therapeutic relationship. Contact Hannah West – 07932 566182 email: therapies@artsbarge.com

Lishi Tai Chi: with Iain Keegan, Tai Chi, Dao Yin Breathing Exercises, Kai Men Chinese Yoga. Thursdays 11:15 – 12:15, contact Iain on iain.keegan@gmail.com or 07852 881937 to book.

Mental Health Peer Support Group: Meeting monthly from 16:00 – 18:00 on the first and third Tuesday of the month. Check out their Facebook page or visit yor.peeryork@gmail.com for more info or to let them know you want to come along.

Acting with Amy: The Mathilda's and Macaulay's, ages 4 - 7 Sundays 10:00 – 11:00. Even little ones have the ability to be brilliant actors. Does your little one have a creative imagination? Do you ever wonder how on earth they thought of that? These workshops aren't only for the budding actors, but also for any child that might need a little encouragement in social situations. Please do get in touch if you have any questions: www.actwithamy.co.uk – actwithamy@yahoo.com. 07857712699.