

February - March 2019 Community Wellbeing Newsletter



What's On?

Weekends:

Awakened Bellydance Taster Sessions with Samantha Stubbs. **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. Root Chakra Taster, 10:30 – 13:30, 30th / 31st March 2019 - £20, then ongoing monthly Chakra and Mandala Art workshops 10:30 – 15:30 - £40. Contact Samantha at karunatribalbellydance@gmail.com www.magicalvision.uk for more information or to book your place.

Touch for Health: Touch for Health Levels One – Four. Each level is £200 still (no increase from last year) and includes lunch, manual, workbook plus certificates for each level. Practice Group is once a month on a Saturday afternoon, 13:00 – 15:00. Next one is Saturday February 9, then after that: March 9th, April 6th, May 11th, June 8th, and July 13th 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.

Flower and Vibrational Essence and Labyrinth Workshops with Linda King. First Workshop on March 23rd: 10:30 – 13:00 Walking the Labyrinth and working intuitively with the Bach Flower Essences: £35. 14:30 – 17:00 Introduction of Flower and Vibrational Essences as a path to personal transformation: £35. Full day £60, including complimentary vegetarian lunch. Contact Linda for more information and to book your place on one or both sessions: linda@lindaking.org.uk or 07443 457563

Women's Low Cost Homeopathy Drop- in Launch: Saturday March 2nd, in Briar House. Launch event as part of International Women's Week in York: Including a presentation on homeopathy - A case of a female patient having been treated by homeopathy and how this has empowered her to grow and go on to achieve her potential which is training to be a counsellor to support other women.

A Q&A session

An opportunity to speak one on one with the acute clinic homeopaths

The link to the theme for International Women's week and giving women a voice...this launch event will provide a platform for women to speak about health and empower other women to take charge of their own health and provide them with ways in which they can do this. More details on this and other International Women's Week events coming soon. Contact The Healing Clinic for more information.

Weekly classes, courses and workshops:

Seated Pilates: New classes starting in January, with Becky Penty. First one is Tuesday January 8th at 12:30. Contact Becky to book or to chat about the class. pentybecky@gmail.com 07832331050

Also with York Learning from Tuesday January 22nd at 14:00. Contact york.learning@york.gov.uk 01904 552806

Mindful Tai Chi: with David Levey, starting on Monday January 21st, 14:30 – 16:00 (Free Taster) Contact York Learning to book: york.learning@york.gov.uk 01904 552806

Yoga Classes: with Erin Massey, on Tuesdays at 19:30 and Thursdays at 14:00. Contact Erin to book: erinmassey@hotmail.co.uk or 07724 095610. See her website on www.erinyoga.co.uk

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! Back again on Tuesday January 15th. Book through York Learning 01904 552806 or email york.learning@york.gov.uk

Mat Pilates: with Jo Stewart on Mondays and Wednesdays, mornings and evenings. Jo has been teaching Pilates for 18 years and a further 9 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 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

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.

Friday Film Night: Starting again in February, on the third Friday of each month, 19:00 – 21:00, Free to Members of the Friends of The Healing Clinic and Friends of Briar House – interesting and unusual films, with popcorn. Let us know if you are coming, so we know how many chairs to put out! Donations towards our Development Fund.

Circle of Love and Light: on alternate Thursday evenings, from 19:30 – 21:00. Contact Dana James: danajames2002@gmail.com

NEW Healing Clinic Practitioner: Linda King, Linda is an Advanced Flower and Vibrational Essence Practitioner and is looking forward to joining The Healing Clinic offering individual consultations from Friday April 5th, on the first Friday of every month, from 10:30. further details available at : www.lindaking.org.uk or 07443 457563.

NEW to the Healing Clinic: Maternity Reflexology, with Debbie Thurlow. Contact Debbie for more information: 07767 142401 or debs_thurlow@hotmail.com

She Loves York event: for members and partners of She Loves York only. A Showcase of several of the therapies and workshops on offer at the Community Wellbeing Centre. Sat Feb 23rd, 10:00 – 14:00. With lunch provided. Lots of great self help tips and demos of therapies, including Herbal Medicine, Hypnotherapy, Flower and

York International Women's Week:

We have several events going on:

Sat March 2nd – Talk by Kate Lock on Women and Climate Change: Empowering Solutions, from 14:00 – 16:00 Women Only. Free, any donations going towards The Healing Clinic Outreach work with women refugees.

What are the top solutions to tackling climate change – and why do women play such an important role in them? This workshop takes an overview of how women are affected by climate change and how female empowerment is central to addressing the biggest challenge facing humanity today. The solutions-focused workshop will be followed by an open discussion and chance to talk informally with other women and climate experts.

Contact Kate to book: Klockworks@btinternet.com

– Women's Homeopathy Drop in Launch, from 14:00 – 15:00. Come and hear how homeopathy can help women's health and how the drop - in will work, and how it can help you. Women Only.

We will be explaining the new Drop – In being set up for acute ailments for women who could not normally afford to attend the Healing Clinic for treatments.

Women's ailments are often dismissed and belittled when they present them or talk about them. Doctors often have not enough time to listen. Here

women will
not what an
questions

be fully listened to, and helped according to what they are saying –
expert has decided is wrong with them. Do come along and ask any
you may have. Book via enquiries@thehealingclinic.co.uk

Sun March 3rd – Lindsay Coldrick talking about her book *A Gentle Hug for the Soul*, 10:00 – 12:00. If you feel as though you need a bit of love, care and time to yourself then this workshop is for you. Lindsay will teach you several simple and FREE tools to help you look after yourself in this busy world. The workshop will begin with a gentle meditation and end with a gentle meditation. Having gone through a bereavement and a divorce, Lindsay had to put some of these tools into practice herself and is now sharing them with others. £5 Tickets available in advance via eventbrite –

<https://www.eventbrite.co.uk/e/a-gentle-hug-for-the-soul-workshop-tickets-55239126715> or on the door depending on availability.

Any profits to IDAS

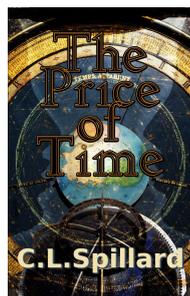
Sat March 9th – Yor Peer Support Group 13:00 – 16:30. Making Women’s Voices Heard.

Women are often silenced and disempowered with many finding it difficult to make their voices heard. To forge a more gender-balanced society, we would like to invite you to a workshop on empowering women to create their own narratives in order to make their voices and stories heard through the use of the new ‘Power Threat Meaning Framework’. Contact yor.peeryork@gmail.com to book.

See the full programme here:

<https://yorkinternationalwomensweek.wordpress.com/2019-programme/>

York Literature Festival: Dr Candida Spillard will be talking about her fascinating environmental science fiction book **The Price of Time** on Monday March 25th in **Briar House** from 19:30, with nibbles and drinks and book signing if should wish to purchase one (£6.99). Tickets are available on Eventbrite or from the Wellbeing Centre Reception area for £3.50 or £5.00 on the door.



For information about The Healing Clinic treatments and Outreach, contact enquiries@thehealingclinic.co.uk or go to www.thehealingclinic.co.uk or call 01904 679868

For more details or to book rooms for your group or classes in Briar House, contact enquiries@briarhouserresources.co.uk or go to www.briarhouserresources.co.uk or call 01904 679868

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