

Malvern Natural Health Centre

15 Abbey Road, Malvern, Worcestershire WR14 3ES Tel: 01684 893238

Website: www.malvernhealth.org.uk Email: info@malvernhealth.org.uk

Registered Charity No. 1003213

MNHC NEWS

Treatment Support Fund

People on benefits can apply to our Treatment Support Fund for up to three treatments at HALF PRICE (with supporting evidence). If you are in receipt of income support, max tax credit, pension credit, job seekers, disability or carers allowance etc we may be able to help. TO APPLY CONTACT RECEPTION OR YOUR THERAPIST.

Goodbye to Jill and David Etheridge

A fond farewell to our Homoeopath Jill who is retiring this October as a member of our Centre. Husband David is stepping down as Trustee in December. We thank them both very much for their loving support and help over the years. Jill continues to work from home and in Hereford so please CONTACT her on 01684 564266.

Help for Heroes Sponsored Walk 6th September 2009

Therapists and Friends offered taster treatments in an RAF tent in Rosebank Gardens during a sponsored walk organized by Hercules ground crew from RAF Lyneham to raise money for injured servicemen and women. We also offered £50 of free treatments as a raffle prize.

TALKS to Local Groups (Donations)

Our therapists are offering to give talks to local groups. Natural Therapies are particularly helpful for chronic conditions such as stress, anxiety, depression, back pain, insomnia, heart disease, obesity, smoking etc Talks are FREE but we ask for donations for our Treatment Support Fund. For making a booking for your group please CONTACT RECEPTION FOR A FORM.

Recession-beating OFFER, to use whenever you like with this advert. Book three sessions and just pay for two. Sessions cost £35 for approx one hour. **Touch for Health Kinesiology**
Kate Bishop 01684 562439 www.tfhk.co.uk

Therapy Rooms for Rent

Our treatment rooms are available for rent at certain times by qualified therapists and community groups at very reasonable rates day, evening or weekends. Please contact RECEPTION.

SIGNS OF AUTUMN

Autumn is a time for celebrating Nature's bounty and preparing for winter while admiring the colourful leaves and berries. Bach Flower remedies (sold at the Centre) treat emotional imbalances. 'Holly' helps turn our anger, envy and jealousy into love and goodwill. We wish you health & happiness. Editor



FORTHCOMING EVENTS

Open Day Saturday 24th October

Jill Peer will be exhibiting her paintings and hats at our open day during the Art Fair in Abbey Road. Her art is on show at MNHC until Christmas.

Charity Fair at Malvern St James School - Sat. 21st November 2009

We invite you to visit our stand at this popular event from 10am to 3pm for info, mini treatments £5 and quizzes. Entrance £1, 50p senior citizens, children FREE. Presents, music, Santa's grotto, refreshments, festive spirit.

Christmas Lights 28th November 2009

We are open from 10am-12pm. See list of events www.christmasinmalvern.co.uk and TIC.

Christmas Bazaar at West Malvern Village Hall - Sat. 12th December 2009

We welcome you to our corner beside Santa and his helpers for some relaxation and pampering while visiting stalls 10am - 4pm. Info on Touch for Health/Kinesiology, Counselling, Aromatherapy, Reflexology, etc & mini treatments £5 including Indian Head Massage & The Radiance Technique.

THERAPY EXPLAINED

Hypnotherapy by Pauline Dumville

Clinical hypnotherapy is a relaxing, safe and effective way to address problems and get back in control. It can help with:

- Self-confidence
- Stress and anxiety
- Fears and phobias
- Performance anxiety/nerves in interviews, exams, driving tests etc
- Obsessive compulsions
- Unwanted habits - nail biting, teeth grinding, blushing etc
- Stopping smoking (one session)
- Weight loss
- Sleeping
- IBS
- Anger



In fact there are so many problems that hypnotherapy can help with; it would be impossible to list them here but you will find an extensive list on my website www.paulinedumville.com

People that I have treated have been pleasantly surprised at the difference that hypnotherapy has made to their lives in just 2 or 3 sessions (and frequently even just one session).

Many of the problems we experience as adults are caused by things that happened to us as children or young people. Frequently, problems that have been manageable for most of our lives can become larger than life at times of stress or anxiety. Sometimes we have unwanted behaviours that were once there for a positive reason but are now just old habits that are no longer needed. Clinical hypnotherapy works by using effective relaxation techniques. These techniques enable the therapist to treat the person at a deep level where most problems are stored with the patient being in control at all times.

Within my therapy I use other techniques such as NeuroLinguistic Programming (NLP), Emotional Freedom Techniques (EFT) and, being a qualified counsellor, I use my counselling skills too.

I am a full member of the British Society of Clinical Hypnosis and the British Association of Counsellors and Psychotherapists and as such abide by the ethical codes that are laid down within those organisations.

If you would like to have a chat about hypnotherapy and what it can do for you, or to make a daytime or evening appointment with me at Malvern Natural Health Centre, please call me on 01684 573075. Address and map is available on www.malvernhealth.org.uk

Grassroots Grant

We thank Community First for our Grassroots Grant towards the Treatment Support Fund. These grants are for small local community groups or charities. Please contact: Becky Greathead Email: beckyg@comfirst.org.uk for a grant on 01684 3127325 www.comfirst.org.uk

OUR CENTRE

We are dedicated to the promotion of health and well-being through the use of natural medicine and therapies. Our team of 12 fully qualified and experienced practitioners offers a wide range of therapies. All therapists abide by professional Codes of Ethics and Practice.

Our therapies are holistic treating the whole person (Mind, Body, Spirit) not just the symptoms. They harness & support the body's own healing mechanisms in a way that is appropriate for each person. Please ask Reception for free information, prices and/or brochures for MNHC or individual therapists. Some concessions available. Please see our website www.malvernhealth.org.uk

LOVE CONQUERS ALL

"Cultivating a close warmhearted feeling for others automatically puts the mind at ease and opens our inner door. It helps remove whatever fears or insecurities we may have and gives us the strength to cope with any obstacles we encounter. It is the principal source of success in life."

His Holiness the Dalai Lama

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