

October-December 2025

Holistic Health

Wellbeing events and information in Norfolk and Suffolk

Take comfort
in nature

PAUL EAGLE

Past Life
Regression

PAGET NEWS

Events at the
James Paget Hospital

HAZEL KING

A journey
of Healing



*Health is the greatest gift,
contentment the greatest wealth,
faithfulness the best relationship.*

Buddha

Hi there!

Welcome to the fourth edition of Holistic Health, wellbeing events and information in Norfolk and Suffolk.

As the weather gets colder it is all too easy to sit on the couch and hibernate till the warm weather comes.

There is so much you can do though and there are so many interesting events for everyone to enjoy, some of which I have included in this edition.

Walk in the woods or on our wonderful sandy beaches. I know some of you like to swim in the sea in winter too!

Thank you to the authors of the articles in this edition - I know them and they have so much knowledge to give.

I hope they give you an insight of what they specialise in and their personal journey to it, which often is not easy.

Best wishes, and see in 2026!



Carole Reeve
Holistic Therapist, Editor
and Cat Lover xx

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The magazine will be produced online four times a year,
January - March, April - June, July - September and October - December.

All information was correct at time of publication.

Please check with the event organisers for any cancellation or change of date etc. if you are travelling a long distance.

To be included in the next edition, please email
info@coolmoondesign.co.uk

What's on

To advertise your event email info@coolmoondesign.co.uk



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"The world is full of magic things, patiently waiting
for our senses to grow sharper."
W.B. Yeats



Past Life Regression

A personal perspective by Paul Eagle of [Integrated Psychotherapy](#)

Past Life Regression (PLR) is a popular method of allowing individuals to uncover memories of previous lives by means of returning, in their minds eye, to re-experience parts of those lives, usually facilitated by hypnosis, meditation or visualisation.

I was excited to find it on the curriculum of my Hypnotherapy training course back in 2000 as it was something I was fascinated by, but often not included in discussions around psychotherapy.

In PLR you may discover a life you have lived before. You may be a different sex, religion or race or live by values that you would find unusual or alien today.

Its use in therapy stems largely from the work of Dr Brian Weiss, an American psychologist who, although trained in science-based clinical hypnotherapy (and other disciplines) discovered that sending a client back to the origin of their issues could resolve them. This idea was not new, but was usually limited to taking the client back to their own childhood. The incident with his patient Catherine, where she went back beyond the start of her current life to a previous existence, is described in detail in his book *Many Lives, Many Masters* which became a worldwide bestseller. I was fortunate enough to train with Dr Weiss in 2011.

After the initial discovery, Dr Weiss did private research for a long period, not wanting to risk his professional reputation. Eventually he satisfied himself that the experiences people were having were real, at least to them, and were producing positive therapeutic change in their present lives.

An earlier researcher into reincarnation was Dr. Ian Stevenson. Over his forty years of international research, he amassed three thousand cases of children who

claimed to remember past lives. Although he was cautious about claiming this as proof, he presented it as a serious body of research that strongly suggested that possibility.

A.R. Martin is credited with developing the early use of trance for past life regressions, publishing his research in 1942. It is difficult to evaluate the work though, as we have no record of how 'suggestive' Martin may have been in directing his subjects toward this desired outcome.

Dr. Helen Wambach, working in the 1960s, was initially a sceptic. Using a statistical basis for her experiments she carried out multiple group regressions and compared the results. Her results did not match her expectations and she actually experienced some of her own past lives. I currently offer PLR group workshops which feature regressions based on her pioneering work.

These days, although I do use regression in therapy, the majority of interest comes from open minded individuals who are curious as to who they may have been in a former life, and if anything from the past is informing their life today, positively or negatively, such as a particular talent or skill brought forward or a fear or phobia which doesn't seem rooted in the present.

So, how can you experience a Past Life Regression?

Well, you have choices. First of all I should point out that a Past Life 'Reading' is not the same as a regression. Having a psychic tell you what they sense about your past may be interesting, but clients report that experiencing it in the first person under hypnosis as much more vivid.

For an actual regression the cheapest, but least reliable, is the online, pre-recorded option where you are guided to relax and then step into a previous life and are asked questions. Although some people do have success with this, the pace of the recording can be too fast or too slow, or you may just not 'get it' at all. And although the recording may ask questions, it can't respond or follow up on your answers, and nor can it effectively respond if you find yourself in distress for any reason.

This last point is something to be aware of even when having a regression in person. If you find yourself overwhelmed, upset, angry, or frightened, (known in hypnosis as an 'abreaction'), can the person you are with handle it properly? As a professional psychotherapist I can work through any issue that may arise in regression and return you safely, with the issue resolved. This is much better than just bringing you out of trance and ending the session, which, sadly, is all too common.

The best option is a one to one regression which consists of a pre-booking chat, a simple but effective visualisation test and a couple of relaxation recordings before the actual regression session. The PLR session is 1.5 - 2 hours, and is carried out in person, with the option to record the past-life element of the session on your phone. Most clients remember everything they experience while in trance, and even recall more details in the following days.

A PLR group workshop can be a more affordable way to go, and is also fun to share with other attendees. I always put in a strong clear suggestion that the lives you will uncover in a group workshop are not traumatic ones, as that is not the place to do therapeutic work. I currently offer half day or full day sessions a couple of times a year in various locations. Contact me for details. If you have a group of six or more and can provide a suitable venue I can arrange a date just for you.

Is it real?

The 'truth' of the past lives we uncover cannot always be proved. Although there are numerous cases of a person recognising things about a place or an event that they could not reasonably have known, it is impossible to validate, given modern access to the internet. We may have learned something and forgotten it, seen it on tv or read it in a book. However, plenty of people do believe that these lives are real. We also find that the unconscious mind can use these sessions to bring up a life in which the client can explore elements which help then resolve an issue in their present lives.

And there are explanations other than reincarnation for those that do believe, too. Akashic records, hereditary memory, Jung's 'Collective Unconscious' - it is an area of endless fascination.

Paul Eagle (Member of the Past Life Therapists Association)

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The Birth of Fusion Coaching

Kate Stapleton – Coach, Trainer, and Champion for Change



It's been a while since I wrote an article. In April, I discovered that I had ADHD, and I wanted peace in my own over busy mind that I chose to see a private

psychiatrist and get help.

This was a decision I had to think about, but it has completely transformed my life.

Looking back, I can see the multitude of skills and qualifications I have achieved were ADHD-driven. The ability to hyperfocus, and to have many courses ongoing at the same time, were typical of someone with ADHD. Is it a superpower? Quite possibly. I have gained certification as a personal trainer, nutritionist, life and management coach, and soon, hypnotherapist. The question was – what do I do with all these skills?

The answer – my new program, Fusion Coaching. It is an intensive package of support, designed as a complete life overhaul. It is perfect for people who are functioning on a mix of caffeine and adrenaline, who are sleep deprived, struggling with their weight, burnt out and desperate for help but not knowing where to find it. It's for those who are quietly suffering, close to tears the evening before they have to go back

to work, and find comfort in endless chocolate, crisps and maybe alcohol.

I offer empathic, holistic support. I prescribe movement that fits in with your lifestyle, a nutrition plan that works for you, coaching sessions to align your life and work with your unspoken dreams, and most importantly, the key to unlocking your subconscious mind. When your subconscious is on board, the rest of your life will follow. Why? The subconscious always wins. It drives our behaviour, its purpose is to keep us safe and sometimes there are maladaptive safety strategies. With Fusion Coaching, we uncover the real problems and adjust the foundations so your new lifestyle will truly stick. You receive three video calls a week, and have WhatsApp support from 7am to 7pm. You aren't alone any more, and there is a light at the end of the tunnel.

If you need help, reach out. There is no shame, and whatever you are going through, I will meet you where you are and walk alongside you in your healing and recovery journey.

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Paget News



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ALEXA TRUST FUND BREAST PUMPS FOR OUR NEONATAL UNIT

You can read more about their work here; <https://thealexatrust.org/>



Thank you to The Alexa Trust who have generously funded breast pumps for our Neonatal Unit and the Neonatal Outreach and Infant complex health team.

Dennis, Chairman of The Alexa Trust, Kaya, Chief Executive of Lowestoft and Waveney Breastfeeding Support and Shelly, our Infant Complex Health Liaison Sister, all gathered with some of our charity team and members of the Neonatal Breastfeeding team to formally hand over the four Ardo Calypso pump kits and 17 Elvie stride pumps that have been purchased with the money that was donated by the Trust.

The almost £5,000 donation will mean that many new mums will be able to benefit from one of the pumps, and will be supported to use them via

the Neonatal and local breast feeding teams.

The Alexa Trust is a UK charity which support parents with babies in Neonatal care, providing assistance through the provision of grants as well as projects such as funding breastfeeding support. The Trust was set up in memory of Alexa James who was born prematurely in 2015 but sadly lost her battle for life. To make something positive from such a terrible experience, the Trust was set up to help parents going through the toughest time they might ever experience. In addition to providing support to parents with children in Neonatal Units, the Alexa Trust also aims to promote and protect the health of women and their babies through education and raising awareness of pregnancy related issues.

NORTHGATE COMMUNITY DIAGNOSTIC CENTRE COMPLETED



Building work at the James Paget's newest Community Diagnostic Centre (CDC) has now been completed in a project which has seen the creation of brand new facilities inside an existing hospital building.

Services have been operational at the Northgate CDC in Great Yarmouth since 28 April, when the first patients began attending for CT scans.

In August, the centre's other services, including cardiac and lung diagnostics, came online as new consultation rooms were opened at the former Cranbrook Building on the Northgate Hospital site.

In September the last phase of construction was completed with the installation of a new drainage system.

The completion means the James Paget has opened three new diagnostic facilities within just over a year, with the CDC at the James Paget becoming operational in July 2024, followed by the Oulton Suite, also at the main hospital site, at the start of this year.

Together, the facilities provide extra diagnostic capacity, and have been developed with funding from NHS England as part of a commitment to create Community Diagnostic Centres nationwide.



Our photographs shows staff from the CDC outside the building, with representatives from the James Paget's estates team and main contractors Morgan Sindall, along with photos of the CT scanner and waiting room.

A great service in Great Yarmouth.

The Return of My Soul: A Journey of Healing and Wholeness

A personal story by Hazel King - celebrant, writer, and survivor

There are moments in life that shake you to your very core, moments that feel like the closing of one chapter and the beginning of another.

Recently, I experienced one of those moments—a profound healing where I felt the last missing part of my soul return.

For years, I've spoken about how my body held the trauma of childhood sexual abuse long before my mind could even remember. My belly, my skin through eczema, my gut through IBS—my body carried the memory, the pain, and the silence. My healing journey began long before I consciously knew what I was healing from. My body knew. My soul knew. And slowly, bit by bit, it has led me back to myself.

On this journey, I've learned how trauma can fracture us, not just in mind but in body and soul too. In those moments of abuse, I disassociated so deeply that parts of me—the essence of who I am—stepped away to survive. Over the past eight years, I've been gently calling those parts back, making space for them, learning to listen to the whispers of my body and the voice of my soul.

And then, last week, something shifted. It felt like the final missing piece of me came home.

The Small Moments That Reveal Big Truths

Just days after this profound experience, I had what looked like a small



everyday mistake. I thought I'd lost my bank card after filling up with petrol. Panic surged through me. I berated myself, felt so cross, and even cried with a wave of self-judgment: "How could I be so stupid?"

Later, when I found the card tucked safely in my purse, the tears came again—but this time they came with realisation. It wasn't about the card at all. It was about the old patterns I've carried for decades: years of

being belittled by men in my life, years of feeling "less than," years of apologising for simply being me.

In that moment, I also felt the fear that perhaps I was "going crazy," or becoming forgetful, even wondering if dementia was creeping in. But the truth was, I hadn't forgotten a thing. I wasn't losing my mind—I was losing the old layers of myself that had carried shame and self-doubt for so long. What was surfacing was not failure, but the release of everything I no longer needed to carry.

The Gift of Reflection

As I sit with these moments, I see how every part of this journey has been leading me here. I may have made choices that weren't always "right" in the past, but every step has carried me closer to myself, closer to freedom, closer to wholeness.

And the truth is this: healing is not about perfection. It's about honesty. It's about seeing where we are gripping on, clinging, holding, or staying small. It's about letting go, piece by piece, until there is enough space for the soul to return fully.

A Reflection for You

Take a moment to ask yourself:

- Where am I gripping on, even when I want to let go?
- Where am I clinging, perhaps out of fear or habit?
- Where am I still holding on to the past?
- Where am I staying in my comfort zone, even though I long to grow?

Be gentle with yourself as you answer. Your body, your soul, your heart—they only ever give you what you are ready to handle. Trust the timing. Trust the whispers. Trust yourself.

A Practice for You

This simple practice is about reconnecting with the parts of yourself that may have felt lost, abandoned, or disconnected. It helps you to welcome them back with love.

1. Find a quiet space. Sit or lie down somewhere you won't be disturbed. Place one hand on your heart and the other on your belly.
2. Breathe deeply. Take slow, gentle breaths. With each inhale, imagine you are creating space inside you. With each exhale, imagine letting go of fear, shame, or self-judgment.
3. Call yourself home. Silently or aloud, say: "I am ready to welcome back every part of me. I am safe now. I am whole. I am love."
4. Visualise. Imagine any lost or hidden parts of yourself—like little sparks of light or small children—returning to you. See them stepping into your arms, or resting safely in your heart and belly.
5. Send love. As you hold this image, repeat softly: "I love you. I see you. I will always look after you."
6. Close with gratitude. When you feel ready, place both hands on your heart and whisper thank you.

Journal Prompt for After the Practice

- Did any part of me show up in the visualisation?
- Where in my body do I feel most ready to receive myself?
- What words of love do I most need to hear right now?

A Living Reminder

My journey has taught me that the soul always longs to return home, no matter how far it feels it has wandered. Healing is never about going back to who you were before, but about becoming more fully who you are now—integrated, alive, whole.

I share this not as a story of pain, but as a reminder that freedom is possible. That even after years of silence, shame, and fragmentation, we can return to ourselves. And when we do, we find the truth that was there all along: we are enough. We are whole. We are love.

About the Author

Hazel is a celebrant, writer, and survivor who has spent the last eight years walking the path of deep healing after childhood sexual abuse. Her journey has been one of unravelling, release, and profound transformation — and she now shares her experiences to inspire others to trust their bodies, hearts, and healing.

Her forthcoming book is a follow-on from her published chapter in a global collaborative book that shared stories of transformation from authors around the world. This time, she goes deeper — weaving her personal story with practical reflection points, journal prompts, and healing practices to support readers on their own journey back to themselves.

Through her writing, she hopes to reach those who need the reminder that no matter how broken you may feel, wholeness and freedom are possible.

You can connect with Hazel via email hazel.m.king@outlook.com

Or through her Facebook Account <https://facebook.com/hazel.cresswell>



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Beautiful Soles Reflexology

A personal journey to Reflexology by Caroline Hardy

What is Reflexology?

Reflexology is a complementary therapy, based on the knowledge that different points on the feet, lower leg, hands face and ears correspond with other areas of the body. Working these points or areas aids relaxation and helps improve wellbeing.

Caroline's Story

Brought up in Gorleston, and going to school at Wroughton and Claydon, she has many happy memories of the seafront and playing in the swimming pool with her friends and older sister. Caroline married at 17 and had the first of 4 children at 18. She had dreams of being a nurse, but put that to one side to be a Mum. At times she was doing this alone, and it wasn't always easy to keep body and soul together. She loves her work, as she said "I love people, I just find them interesting and it makes me happy if I feel I have helped someone. Everyone is interesting, there's no two people the same, and I think that is one of the things that drew me to the idea of becoming a reflexologist and working in massage therapy".

Caroline had some very difficult life events that left her feeling very low and lacking in confidence. After so many years of being a mum, and now a grandmother to several little ones, she was wondering what had happened to her own goals and ambitions.

Knowing that she was looking for a new direction (as happens to many people when the landmark 50th birthday looms ahead) a friend bought her an online Reflexology course. Caroline said "I found it so interesting that I decided to take it further and gain the full qualification. I was really worried as I hadn't been academic at school, so this was all new to me. I had

to do 100 case studies as well as written work. It took hard work and determination,

but I did it! Having the therapy myself, because we practised on each other, really helped me feel the benefits. The support I received replaced my low self-esteem with pride in what I was achieving. You find you tend to talk about yourself to your fellow students during the course, and this was a very positive experience for me".

Caroline qualified with a Distinction in ITEC Level 3 Reflexology and is a full member of the Association of Reflexologists and a full member of the Complementary & Natural Healthcare Council. This combined with her naturally caring nature means you can be 100% confident of a professional yet friendly service and treatments that are second to none. To enhance this therapy, Caroline has also qualified in Aromaflex which is a combination of reflexology and aromatherapy on the feet and trained in foot reading, bringing the option of additional services to enhance your reflexology experience.

To further her potential to provide the best possible service to those that are most in need, Caroline has undertaken further training in palliative and cancer care. Reflexology is an excellent choice as a complimentary therapy alongside medical treatment, bringing calming non-invasive care and relief for those going through the physical and emotional trauma of cancer by balancing support and relaxation during and following cancer treatment.





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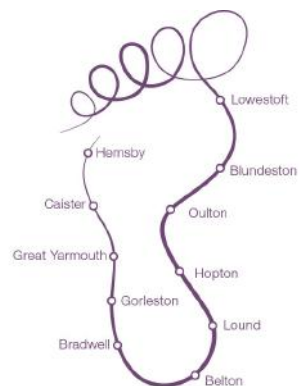
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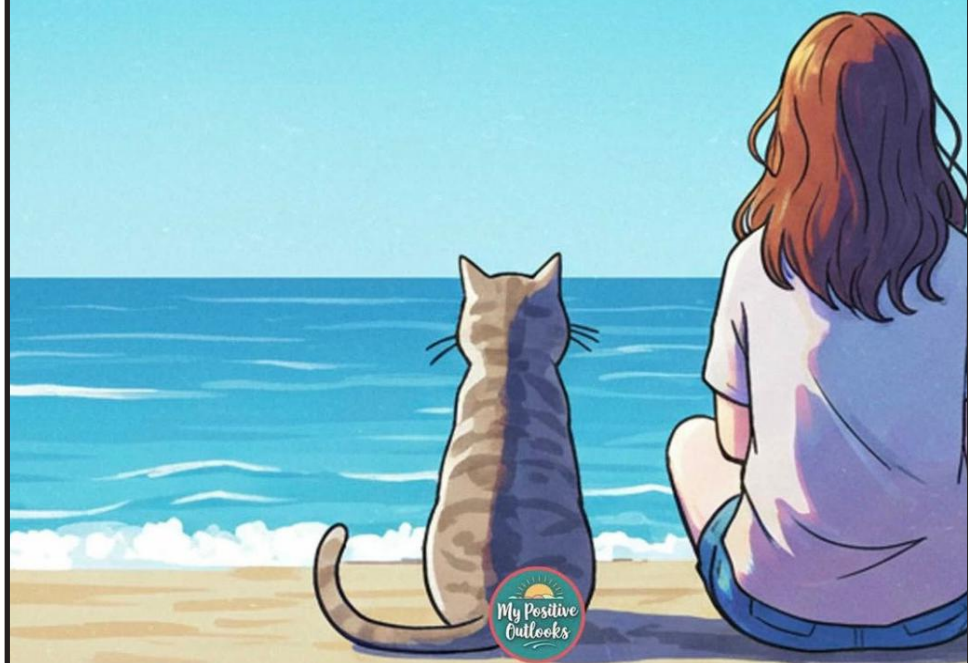
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WE HAVE SET SHIFTS IN MORNING,
LUNCHTIME AND EVENINGS

TO FIND OUT MORE, EMAIL
NASATFUNDRAISER@HOTMAIL.COM



THE VILLAGE MARKET

- 4th October
- Then EVERY 1ST SATURDAY
- St. Edmund's Church Hall, Acle,
NR13 3BU
- 9 to 12 noon



Arthritis Self-Help Network (London)

Be positive with ASNet - connecting and
informing with our weekly newsletter.

Visit our website

www.arthritis-selfhelp.org

For more information and to receive future newsletters [click here](#)



JAZZ *with a light supper*

Saturday 25th October 7pm

St. Edmund's Church Hall,
Acle, NR13 3BS

£10 BOOKING ESSENTIAL
Diane 07969 341943



CHRISTMAS FAYRE SATURDAY 29th NOVEMBER 10 to 2pm

St. Edmund's Church Hall,
Norwich Road, ACLE, NR13 3BU

Free admission

Many new stalls and
our famous home-made cakes stall

Refreshments include
mulled wine and mince pies



Garden Bird Direct

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Established 2007 in Martham, Norfolk



FREE DELIVERY
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*Delivered personally
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**We're local, we're friendly
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Jenny Hicks
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Mobile Number: 07798 604283
Email: jennyhicks66@gmail.com

07798 604283

jennyhicks66@gmail.com

You will never walk alone

[Click here](#) for more about Jenny

Womens Wellness Group in Lowestoft

Sams
WELLBEING HUB + CAFE



**WOMENS
WELLNESS GROUP**
Every Friday from 11am - 1pm

- Weekly, Informal, Women only meet up
- Talk about your lives, open up and get things off your chest
- Receive advice about womens health
- Empower one another with peer-support and self improvement
- Drop in and feel inspired and supported



For more information email
Tracey.mcfree@accessct.org

**132 Bevan Street East
Lowestoft, Suffolk
NR32 2AQ
01502 527200**



Feathers Futures

Registered Charity no.1187930

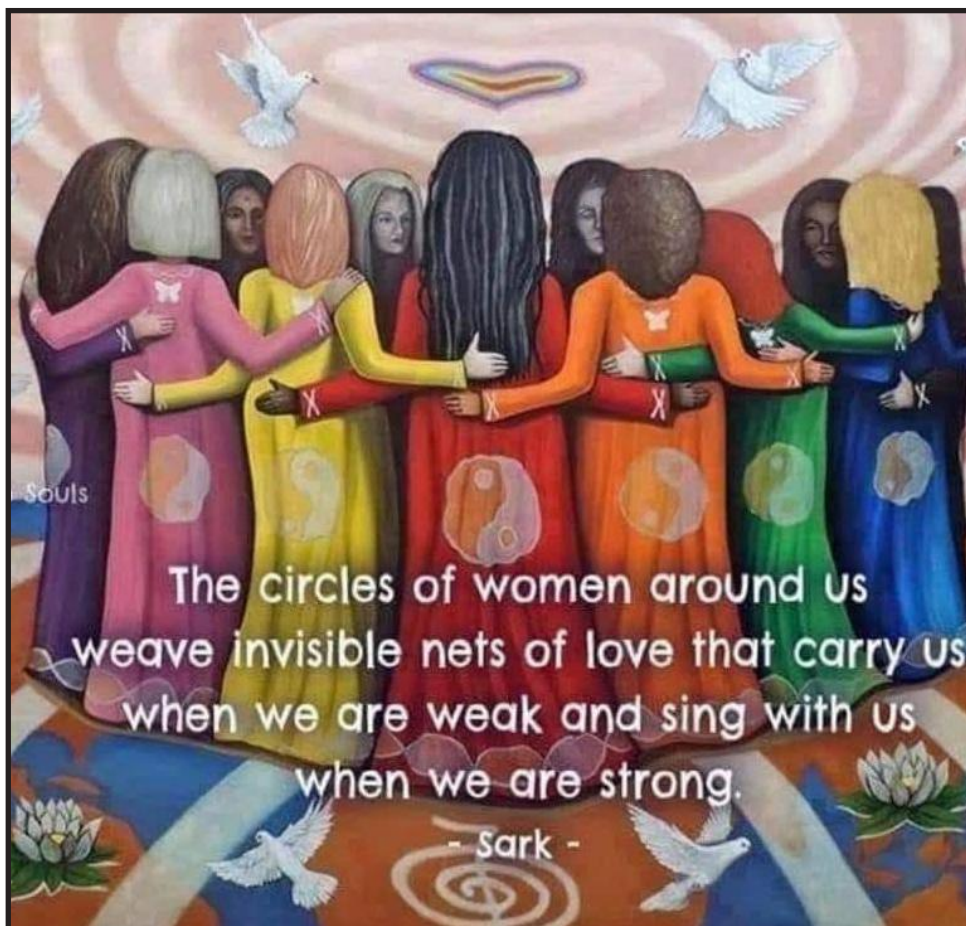


**Feathers Futures offer a
range of support to
women to enable them to
create a brighter future**

Bringing
Women Together
in
Great Yarmouth

Feathers House
25-26 Hall Quay
Great Yarmouth
NR30 1HP

www.feathersfutures.org



The circles of women around us
weave invisible nets of love that carry us
when we are weak and sing with us
when we are strong.

- Sark -

**Pandora Project is a specialist domestic abuse charity,
passionate about making a difference.**

We offer a free, confidential and non-judgemental service. Our dedicated team offers advice, support and information to women and children in West and North Norfolk. Whether you are currently living with an abusive partner or still dealing with the trauma of a past relationship, you are not alone.

We understand how complex and isolating domestic abuse can be and how hard it can be to ask for help. We're here to listen, to believe you, and support you to make informed choices.

www.pandoraproject.org.uk

Sheringham Mind, Body, Spirit Events 2025 10am-4pm free entry



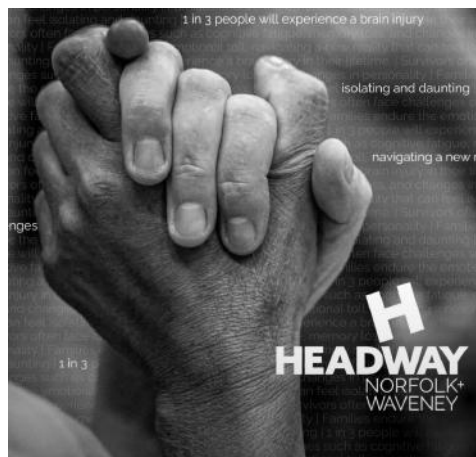
**Date for
your diary
23rd November**

40 stalls to browse, offering a great selection of readers including: tarot, psychics, mediums, numerologists, palmists, light Language & akashic, aura readings
Holistic Treatments

**FREE TALKS AND
DEMONSTRATIONS
THROUGHOUT THE DAY!**



Sheringham Community Centre, Holway Road, Sheringham, Norfolk NR26 8NP



Norfolk & Waveney's brain injury charity

Promoting independence & rehabilitation, supporting people to regain confidence & overcome challenges.

Visit our website

contact@headway-nw.org.uk

01603 788114



**Baby Loss Ribbon Display
for Baby Loss Awareness Week
9th - 15th October 2025**

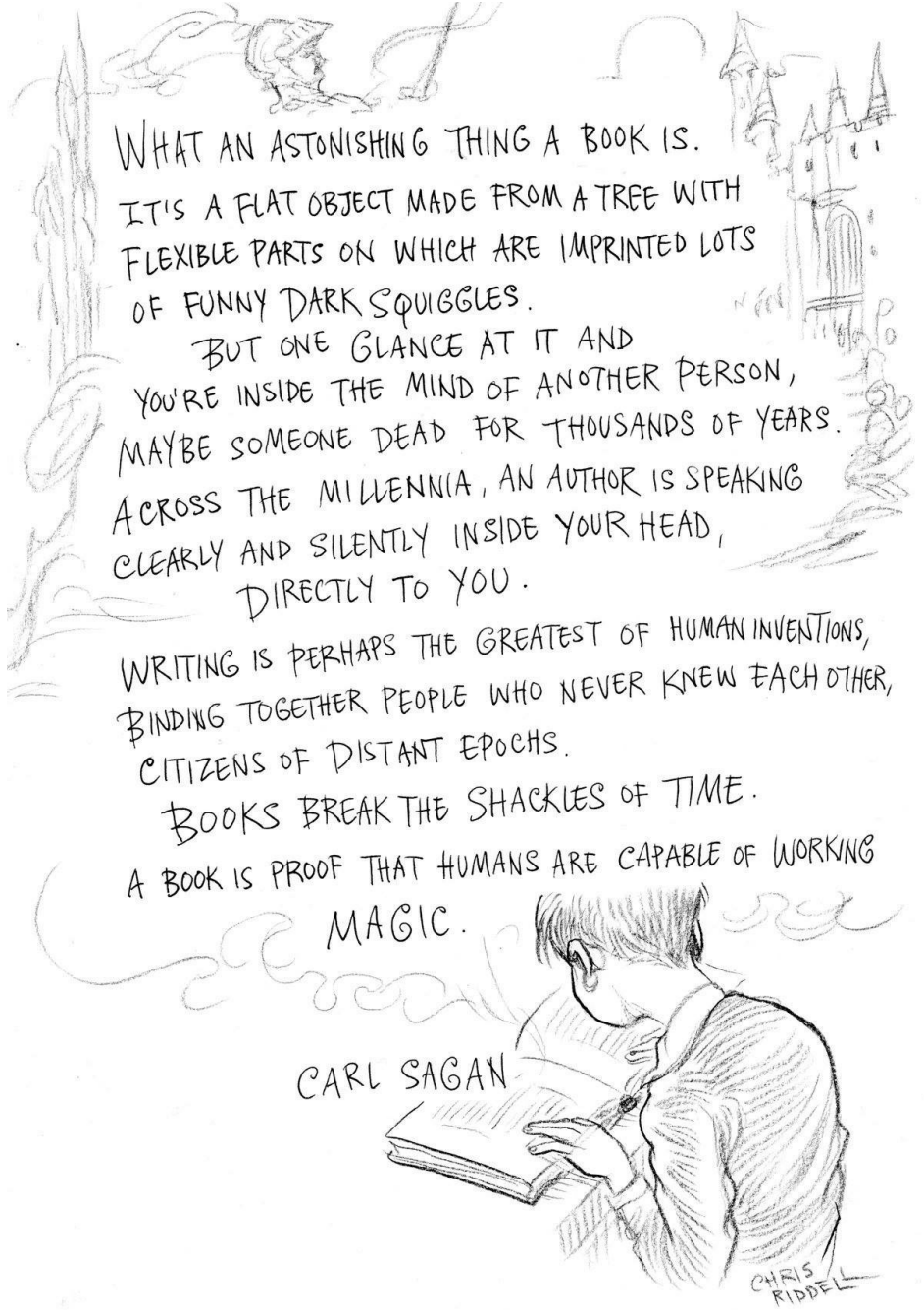
**St Margaret's Church,
Hopton**

[!\[\]\(bb69d8256008934dbe506f9a0b71bf2d_img.jpg\) Click here for more information](#)

Our Porch will be open during the day, so you can help yourselves to a knitted Baby Loss Awareness Ribbon and a wooden tag for your baby's name, to hang on our display tree in memory of your little ones.

We know that this can be a tough week to get through, so we hope that our Ribbon Display Tree helps to bring a bit of comfort and to remind you that we see you and we stand firmly with you.

***On 15th October there will be a special
Angels & Rainbows Wave Of Light Service.***



WHAT AN ASTONISHING THING A BOOK IS.

IT'S A FLAT OBJECT MADE FROM A TREE WITH FLEXIBLE PARTS ON WHICH ARE IMPRINTED LOTS OF FUNNY DARK SQUIGGLES.

BUT ONE GLANCE AT IT AND YOU'RE INSIDE THE MIND OF ANOTHER PERSON, MAYBE SOMEONE DEAD FOR THOUSANDS OF YEARS. ACROSS THE MILLENNIA, AN AUTHOR IS SPEAKING CLEARLY AND SILENTLY INSIDE YOUR HEAD, DIRECTLY TO YOU.

WRITING IS PERHAPS THE GREATEST OF HUMAN INVENTIONS, BINDING TOGETHER PEOPLE WHO NEVER KNEW EACH OTHER, CITIZENS OF DISTANT EPOCHS.

BOOKS BREAK THE SHACKLES OF TIME.

A BOOK IS PROOF THAT HUMANS ARE CAPABLE OF WORKING MAGIC.

CARL SAGAN



CHRIS RIDGELL

Earthly Guides

Inspirational poems by Ally Willowood

You meet people along your life
Amongst good times
Amongst the strife
Serendipity is indeed at hand
Yet the ones that arrive
Feels so planned

Often set upon a path
Along the way
An unseen staff
You know the very ones I mean
The ones that grip you
As if a dream

These people we meet along the way
Some they stray
Some they stay
The lessons they impart and teach
Opens your mind
New path in reach

Lasting impressions imprinted internal
That gentle nudge
Almost maternal
From within they shine so very bright
You move forward
With open sight

Never forgetting the subtle skills they brought
That gentle ushering
A new way of sort
You can see how very special they are
These earthly guides
Are never far

Follow Ally Willowood's Poems - Willowoods Murmur
[Facebook page](#)



*In the throes of
unspeakable despair, a
place where a parents
suffering is unimaginable.
Bringing one to the brink
of their very core.*

*Two little beings forced me
to get up every morning,
staying in bed and shutting
myself away was not an
option, my little dogs
Frodo and Benji kept me
moving. They created a
sanctuary of comfort and
warmth amongst a world
I no longer wanted to be a
part of.*

*Whilst sitting in my living
room with Frodo by my
side and Benji snoring
on my lap, quiet stillness
created space for words to
flow into poems.*

*I began to realise these
poems have come to
me from a higher place,
reading them resonates
with the soul. I felt they
should be shared with
others who they may also
resonate with.*

Ally Willowood

GREAT YARMOUTH LIONS SENIOR CITIZENS AFTERNOON TEA



**SATURDAY 8TH NOVEMBER
1 TILL 3PM
ST MARY MAGDALENE CHURCH
FREE TO ATTEND FOR ANYBODY
OVER 70 YEARS**

**PLEASE CONTACT 07411 441096 OR
EMAIL LIONCHRIS@MYAHOO.COM
TO BOOK YOUR PLACE**



After the huge success of 2024, we are back for 2025!

5TH NOVEMBER

*Highfield Farm
Kiltesby, NR29 5HJ*

GATES OPEN 5.30PM

To be opened by His Worship the Mayor Carl Annison

Low noise fireworks 6.30pm

Traditional fireworks 8pm

Join us for this years bonfire night with a family friendly, wildlife considered firework display at 6.30pm, followed by a HUGE traditional show at 8pm.

PLUS, funfair, bonfire, food including traditional hog roast and much more.

All proceeds in aid of Sunbeams Community Hub

FLASHfx

Fireworks supplied by Flash FX

Tickets available from Ticket Source



Repair Cafe

We are looking for volunteers to help set up a GY Repair Cafe.

Are you handy with a screwdriver, or knowledgeable in electricals or good at sewing. No qualifications required, just a passion for repair over replacement

FOR MORE INFORMATION
CONTACT LAUREN
Lauren@procommunitycic.org.uk

COMMUNITY FUND

procommunity
Connecting Communities

Soaring spirit & Melissa

Presents

Full power cacao ceremony

October 25th
1pm -4pm
John Green institute
Belton

Energy exchange £33

Ceremonial cacao
Kirtan Mantra
Movement
Connection
Healing

Breathwork
Soundbath
Meditation
Reflection
Journaling



Kitchener's

LOWESTOFT

**Please
click here
to save our
holiday
centre**

The Lord Kitchener Memorial Holiday Centre was set up in a Grade II listed building at Kirkley Cliff, Lowestoft, Suffolk in memory of one of the nation's war heroes more than a century ago.

It has offered discounted accommodation to veterans and their families for decades but the building, which is now 180 years old, is in desperate need of repair - with the re-wiring of the electrical system and new windows a priority.

An appeal has been launched to try to raise £1m to allow the charity to continue helping veterans and secure the building's future.



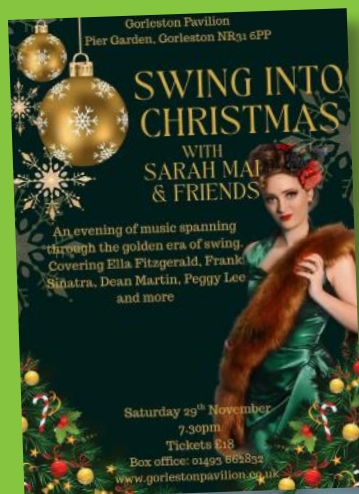
itv NEWS

**Lord Kitchener centre's £1m appeal to
continue helping veterans holiday in
Lowestoft | ITV News Anglia**



Visit our website www.kitchenerslowestoft.co.uk

Come and join us at Gorleston!



Visit the Gorleston Pavilion Theatre website

**Enjoy
exclusive
perks
and
support
your
local
venue**



**Click here
Become a
friend of the
Gorleston
Pavilion
Theatre**



Step into the mesmerizing world of belly dancing with the incredible Nadia Salama at the Gorleston Pavilion Theatre!

No experience (or coordination) needed!
This session is completely beginner-friendly,
but all levels are welcome.

Whether you're looking to try something new,
embrace your inner goddess, or just have a
good laugh with friends, this is the perfect
chance to move, express, and have fun!

Spaces are limited, so...

Hurry! Find out more here

MINDFUL MOVEMENT

The 60-Second Neck Stretch That Lets You Drop Your Emotional Baggage

Let's be real: we carry a lot in our bodies. Like, a lot. Stress, unspoken feelings, that weird thing your coworker once said to you—it all lodges somewhere, usually right in the neck and shoulders.

So here's a 60-second reset that doesn't require flexibility or enlightenment:

- Sit or stand however you like, as long as your spine's not curled like a comma.
- Drop your right ear toward your right shoulder. Not aggressively. Just...invite the stretch.
- Take 3 slow, real breaths. Let your exhale feel like a quiet "ugh."
- Come back to centre.
- Switch sides. Take another breath.

Finish with a gentle nod—like you're agreeing with the part of yourself that says "maybe I don't need to carry everything."

As you move, imagine the emotional gunk sliding off you—emails, awkward vibes, resentment. You don't have to fix it all. Just move through a little of it.

Your body's been holding you. Say thanks with a stretch.

Mind Body & Spirit Day

Sat 11th October 2025
12-4pm FREE Entry

Readings, Reiki, Crystals & Stalls
Galore! CBD Infused Cakes

Hot Drinks & Snacks
BAYTREE HOUSE LOWESTOFT



The Winter Feel Good MBS Fayre

Holt Community Centre

Sunday 7th December

10-3pm



stallholders@miss-kay.co.uk



Earth Spirit Events

Embrace the Spirit of Mabon

Norfolk Witches & Pagans Autumn Equinox Fair

Saturday 27th Sept 2025

10:30 - 4pm

Thetford Norfolk IP24 3LH

Rituals & Workshops

Pagan Market

Cafe & Free Parking

Entry £3

www.earthspiritevents.co.uk

New Earth Within Special Gong Bath

31st December 3:00 to 4:30pm

£20pp Booking Essential
East Ruston Village Hall

**BOOK
HERE**

October **Norfolk Spiritual Centre**

Venue for Gatherings **Roxley Hall, 66 Yarmouth Road, Norwich NR7 0QF**
Info: nicola@ghigi.co.uk/norfolkspiritualcentre.co.uk

October 1st

Development Circle 11-1pm

October 7th

Gathering guest TERRI LAKE

October 8th

Development Circles 11-1pm & 7-9pm

October 11th

TRIPLE TREAT WORKSHOP 10-3.30pm

October 15th

Development Circles 11-1pm & 7-9pm

October 18th

Evening of Mediumship

With NICOLA GHIGI & TERRI LAKE, Lingwood VH

October 21st

Gathering guest MANDY SMITH

October 22nd

Development Circles 11-1am & 7-9pm

October 24th

Evening of Mediumship

With guest EMILY MAJOR, Tivetshall VH

October 29th

Development Circles 11-1pm & 7-9pm



**If you would like information regarding Development Circles or Workshops
please contact Nicola via nicola@ghigi.co.uk**



*Wishing you a
Merry Christmas and
Happy New Year*

Look out for the January to March edition of Holistic Health.

If you would like a copy sent to your inbox, please email

info@coolmoondesign.co.uk