

Winter 2026

Holistic Health

Wellbeing events and information in Norfolk and Suffolk

Out of the
dark into
the light

**PAUL
EAGLE**

New Year,
Same Old Me?

**KATE
STAPLETON**

Power Beyond
Imagination

**NADIA &
PHIL**

Barge Life in
Norfolk

**WATCH THE
SUNRISE**

Meditation Classes
in Gorleston

*Just one small positive thought in
the morning can change your whole day.*

Dalai Lama



Photo by Chris Herring
www.theuklandscape.com

Hi there!

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

The snow has gone and although it looks beautiful it can cause problems for many people. Working in the NHS I know it puts extra pressure on staff, that is when their professionalism shines through.

Keeping healthy is so important in winter. Get out in the fresh air. Eat more healthily if you overindulged at Christmas.

Have you made any New Year resolutions? Don't worry if you haven't. Sometimes you are all that is needed. Setting new goals are good if they are realistic and achievable.

I am so grateful for the people who have submitted articles and adverts over 2025. I really enjoy promoting local therapists and events, it has helped many discover a new way of life. There have been more pages each edition! Remember - the events have clickable links so you can go direct to their website or email.

Look out for the spring edition!



Carole Reeve
Holistic Therapist, Editor
and Cat Lover xx

Main articles

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PAUL EAGLE

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28&29

WATCH THE SUNRISE

Meditation Classes in Gorleston

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



BARGE PRESERVATION COMMUNITY PROJECT & WELLBEING PROGRAMMES

We are a Lowestoft Community Organisation dedicated to restoring Barge No.9, transforming it into a vibrant Floating Event Venue, Cafe & Restaurant. Our Community Wellbeing Initiative will be funded by profits from Barge No.9.

Barge No.9

Our mission is to restore Barge No. 9 into a vibrant event space & cafe that fosters social connections, and celebrates our rich nautical history. Through our well-being initiative at Anchor Point House, we aim to support mental health and wellness in the community, providing resources and programs that contribute to overall well-being.

www.bargeno9.co.uk

**HELP TO
RAISE FUNDS
FOR OUR
PROJECT
[CLICK HERE](#)**

The Energy Alchemist

[Visit their Facebook page](#)

Looking forward to the new year deeper offerings will be released.

My aim for 2026 is to provide more in depth healing sessions so we can go to a deeper level of “work” together.

Please click follow and like my page and even favourites to keep up to date on Events.

I wish you all a prosperous 2026 in mind, body and spirit and will offer private sessions from late January.

The photo opposite is in Perú after walking (struggling) up a mountain! Standing on a huge platform where the drop right of the edge was SO SCARY but Breathtaking.



See The Energy Alchemist's Facebook events



Three weeks in Perú allowed me to progress with my own shedding processing and intergration and allowed me to deepen my own path, and in turn assist those who come to me for their own healing.

We are human in material form but we are also soul and spirit. Being able to assist in souls moving forward in their lives have been my main goal and while sometimes “heavy” it’s what I’m truly here to do at this time on Earth.

“By being yourself, you put something wonderful in the world that was not there before.”

Edwin Elliot

*Photo by Chris Herring
www.theuklandscape.com*



New Year, Same Old Me?

By Paul Eagle of [Integrated Psychotherapy](#)

Every so often, especially after a challenging period of your life, you need to stop, breathe and take stock. Do a reality check. What's been happening? Where has it left you? What do you do next?

A new year is a great time to think about this. As winter eases, and spring is on the horizon (even if it doesn't feel like it yet!) it is a great time to review where you are, and where you want to be, in life, love, work and money.

It can be as simple as sitting down one quiet afternoon and listing your thoughts about each area of life – remembering to 'pat yourself on the back' for the things you have achieved – or just survived – in your life so far. Setting a realistic goal for each aspect of life for the year to come or further into the future.

It is good to daydream about what may be next – deciding on your ideal outcomes in life or as a way of setting your unconscious mind to work on contingencies if things don't go well.

All too often though, especially if times have been tough on you, physically or emotionally, it can be hard to concentrate, and to avoid going off on familiar, if unhelpful, tangents – looking to allocate

blame or going over and over what you 'should' have done differently. This is when it can be helpful to speak with a professional therapist, counsellor or hypnotherapist who can offer a listening ear, an unbiased viewpoint and help you to be aware of how well you have done already as well as help you to build belief in your abilities for the future.

I offer several techniques to help with situations like these.

Release and Recharge – sometimes we all need to just vent – let it all out in a safe place where there will be no comeback from friends, work colleagues, family or partner. It is good to really get every little thing off your chest. This creates a 'pressure release' which eases stress and allows you to carry on. The Recharge section is a deep relaxation and hypnotic re-set which builds inner peace, strength and resolve.

Life Review – often useful for people who have experienced a major shift in life – the break up of a relationship, redundancy, surgery, loss of a partner or career change – this technique can



actually be a very positive step for anyone at any age. You look back at your early life from a wiser, non-judgemental perspective and gain insight into your own conditioning, biases and limiting beliefs, and contrast them with the good habits you have acquired. You can discuss the options you have to do things differently in the present and the future, and put painful memories where they belong – tucked away in a corner of your mind, AFTER having the emotional pain removed,

Today I want to talk about...this approach is more free-form and allows you to come in with no pre-arranged agenda, just a chance to be in a safe space and chat about whatever is on your mind, knowing that judgement and criticism are left outside, and your mind can wander freely. This can be a great way to free up emotional and creative blocks and move on from a stagnant feeling or situation.

Having had a psychotherapy practice for 25 years now, offering counselling, hypnotherapy, neuro-linguistic programming and cognitive behaviour therapy, plus a long period offering reiki and training some wonderful people, it saddens me that so many people who could benefit from therapy still hold back for some reason. If you get a funny noise in the engine of your car you take



*Whatever
your past has
been like, your
future can be
better!*

it to a garage to have it checked out – to prevent a total breakdown with the cost and inconvenience that would cause; but so many people wait until they are at their wit's end before seeking help, while some attention and action taken earlier could have pre-empted a lot of pain and stress.

Which is why, this New Year, for the first time ever, I have decided to offer a Spring Special for anyone considering getting some help.

Three 1 hour sessions with me, at a mutually convenient time, online or in person for just £95.

Considering the usual fees therapists charge is £75, it is exceptional value. I want anyone who has thought about it - then dismissed it for whatever reason - to think again, get on the phone and take the free initial phone consultation to see if I can help.

That is less than £33 per session, so contact me for a brighter future.

Paul Eagle
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3 sessions just £95
In person or online

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Paget News

BECCLES SALVATION ARMY PRAISES HOSPITAL STAFF

www.jpaget.nhs.uk/news-and-events/salvation-army-praises-hospital-staff/



The leader of The Salvation Army in Beccles has praised staff at James Paget University Hospital for their generosity after they came together to support the church and charity's annual Christmas present appeal for another year, helping ensure local families do not go without during the festive season.

The initiative at the hospital in Gorleston began during Covid when staff at the hospital were affected by stories of loneliness and hardship in the community.

Inspired by The Salvation Army's support for individuals and families in need, they rallied together to collect Christmas presents to bring joy to local households during what can be a difficult time of year. Lucy Coull, Dispensary and Stores Manager at the hospital's pharmacy, leads the appeal and says it is now an important annual tradition, driven by a shared desire to

give back and support those most in need.

Lucy explained: "We felt like The Salvation Army has been important within the community over the years and we wanted to support it the best we could. It means so much to everyone involved. Being able to give back at this time of year, especially to people who may be lonely or struggling, reminds us how important community support truly is. We've been truly touched by the amount of gifts donated. Knowing these presents will help brighten somebody's Christmas makes all the effort worthwhile."

Harry Woods leads the church and charity in Beccles and collected this year's donations earlier this month. He said the support of the hospital makes a huge difference.

For more information about Beccles Salvation Army, go to www.salvationarmy.org.uk/beccles

CARDIAC DIAGNOSTICS IN THE HEART OF THE COMMUNITY

www.jpaget.nhs.uk/news-and-events/cardiac-diagnostics-in-the-heart-of-the-community/



Specialist Cardiac Nurses from the James Paget have joined forces with healthcare partners and a national charity to deliver more than 500 free heart health screenings for local people.

The screenings were held over two days at venues in Great Yarmouth and Lowestoft, with the aim of identifying cases of heart failure, high blood pressure and atrial fibrillation (irregular heart beat).

And while the majority of attendees were given a reassuring clean bill of health, the comprehensive tests used by the team found that some had undiagnosed heart conditions, requiring further treatment.

James Paget Heart Failure Specialist Nurse Mickey Cox, who helped organise the workshops, said they were aimed at catching undiagnosed heart failure cases at an early stage.

"There are about 1 million people in the UK who are diagnosed with heart failure. It's a very debilitating condition which can become expensive to manage, with the large majority of the cost coming from hospitalisations.

"Early diagnosis is crucial. It can prevent deterioration and reduce hospitalisation, as well as prevent



irreversible damage that can occur when heart failure is left unmanaged."

At the events, clinical staff offered visitors a range of diagnostic tests including:

- An electro-cardiogram (ECG) to monitor the heartbeat
- A portable echo-cardiogram machine to carry out 'quick look' ultrasound scan of the heart for more detailed images
- Point of care blood tests, with results in 15 minutes, for NTproBNP, a hormone which indicates possible heart failure.

"The events were very well received by all the people who attended and many were given reassurance that their heart health was good," added Mickey.

Power Beyond Imagination

By Kate Stapleton – Coach, Trainer, and Champion for Change

This edition, I am not writing to publicise my services, I am writing from the heart, and sharing my story. I wasn't just broken, I was pulverised, ground into fine dust, yet I write today from a perspective of recovery and restoration.

My story begins fairly normally, Mum, Dad, our cat Kitty, in a nice suburban semi in Leicestershire – nothing eventful. Yet that peace and idyll was shattered when Mum was diagnosed with MS and my parents separated. Mum's illness, constant trips to hospital, my doctor grandfather at a loss to help her, meant I slid under the radar, and so when ADHD reared its head at age eight, nobody paid attention.

I was a very intelligent child, inattentive at school, but I got the grades. I even passed GCSE English at the age of nine, a respectable grade C. The constant mental chatter I was experiencing was normal to me, I assumed everyone experienced it, so even though it drove me mad, I kept quiet. Mum bought a house overlooking a lake, and my childhood was spent climbing trees and fishing frogspawn out of the lake, growing tiny little froglets like the schoolgirl version of David Attenborough.

Yet one day, my life altered irreparably. I was at the far end of the lake, way out of view of any houses, and I was approached by a man claiming to be looking for his dog. He needed my help to find his dog.... no lead in hand, no dog existed. What followed next I will not write about, but this was perhaps the first divine intervention of my life when I managed to escape. Two days before, my Pops, my beloved grandfather, had passed away, and Mum was distraught. I knew she would not have coped with knowing the truth about what happened to me, so I kept it to myself for decades, shouldering something no child should ever have to deal with.

My teenage years were carnage. The trauma I was carrying created a nihilism within me that drove me to drink and drugs, and by the age of eighteen I was a heroin addict. I had left school with a clutch of very good GCSEs, and it was made clear to me that I was supposed to go to University, but I threw society's expectations back in its face and chose a path that would lead to decades of living hell. I found the acceptance and belonging I craved in the heroin scene, the trauma bonding of a group of individuals all as damaged as I was, and the disease of addiction was alive and rampaging through my life and my soul.

I became a mother in the midst of all this chaos. My son was born a methadone baby, and I had the agony of watching him detoxing, such intense love for him and co-existing with self hatred for putting him through this, a tiny baby just hours old, being given phenobarbitone to ease his pain. I was completely powerless over drugs. I was in the grip of something that I could not control, for all the times people said to me "Just stop" – if I knew how to stop, if I knew what button to press to make it all go away, I would have done so in a heartbeat. I was using against my will, so great was the grip of heroin, and by then, crack cocaine.

I lasted six months after having my son without drugs, but I had no recovery program back then, and ultimately relapsed. I held down jobs, until my undiagnosed borderline personality disorder and ADHD meant my wildly vacillating emotions would leave me in floods of tears in the office, and walking out, unable to cope with the demands of normal life. I sat and passed my accountancy exams, the first stage of a three year qualification journey, and rose

to the rank of management accountant – I was a high functioning addict, and I had the remarkable ability to wear a mask of normality. Yet underneath this façade I was living with pure torment and chaos. I separated from my son's father and then entered into a new relationship with an abusive alcoholic.

I too turned to alcohol. I normalised it, saying that everyone drank, and it was fine because I was off the heroin and crack. Alcohol amplifies your inner state, I would be so full of fear, then I would start drinking, for a couple of pints I would be in my happy drunk state then I would switch and I would get the “grey mist” descend. Horrific arguments would develop between my predatory ex and I, and I would invariably harm myself, stubbing cigarettes out on my hands and watching the embers burn, adrenaline and alcohol numbing the pain. After eight years, that relationship ended, and I fled to the coast with my Mum and my son, determined to start again, to start a new life.

The disease of addiction came with me though. Ironically I moved into a house with a cocaine dealer living next door, and it took precisely three days for me to discover this. I had been diagnosed with MS a couple of years before we moved, and this disease was sleeping inside me, not yet unleashing its full force. Of course, I used it as an excuse to get completely off my head, and when Covid came about, my partying turned into non stop drinking and sniffing cocaine. I was in touch with the mental health services, and my MH nurse gave me a lifeline – I should try Cocaine Anonymous meetings. Initially I rejected the idea, but driven to the point of seriously considering suicide, I reached out to my stepdad. He drove seven hours to collect me from my home in Great Yarmouth, and took me back to his house in Liverpool, the return journey in one day, and that is where I joined my first CA zoom meeting.



Life has changed beyond recognition thanks to the 12 Steps of CA, and my relationship with my Higher Power. Any “Anonymous” program is based on the 12 Steps, the most famous one being Alcoholics Anonymous, and I willingly surrendered my will and my life to my Higher Power, who I call God. This surrender led to some incredible events, and it is my privilege and my calling to share with you these events today. When I was six months clean and sober (the 12 Step program is based on entire abstinence), my MS woke up and made up for the years it had been dormant. Over a period of eighteen months, I had back to back relapses, each one building on the one before. I lost the use of my right arm. I slurred when I spoke. My legs refused to work more than a couple of steps, they would simply seize up.... And the pain was intense. Steroids did nothing to help, they just gave me insomnia, which worsened the intense neurological fatigue I was experiencing. I was reliant on a wheelchair or mobility scooter to walk my beloved dog Noopsie (who has been a regular visitor to the hospital, as my service dog) – I was incredibly unwell.

Continued >>>



Yet I relied on God for my strength. I remained cheerful, sanguine about what was happening to me, and some good came out of it – I ended a highly unsuitable relationship, got my Mum out of her nursing home, and rented a lovely bungalow in Caister, right by the beach. I became interested in fitness and nutrition before MS savaged me, and was rebuilding my relationship with my son. He was body building at the time, and we would chat about exercise and macros, slowly but surely rebuilding trust and a loving relationship between us.

I had a flash of inspiration. I would do a diploma in personal training just so I could be closer to my son. I duly signed up for the course, and immediately found the anatomy and physiology part overwhelming, so decided to quit. Yet I prayed on the decision, as any good 12-Stepper would do – after all, I had given my will and my life to God to manage, as my efforts at doing that had got me into trouble. The answer came at 2am on the dot the following morning – I woke with a surge of energy fizzing around me, an electrical field, and my first thought was “Am I high?”. Then the message came from God, slammed into my mind – EXERCISE. I realised that God wanted me to do this course, and then I realised that I could

control the energy. I had discovered Kundalini energy a year or so earlier, and I recognised the energetic swirls and pulses that I could feel within myself – the energy rose through my body then reached the crown chakra, at the top of my head and I exploded into a different universe. There is no earthly experience that matches the feeling of bliss and euphoria that followed – I have taken the most addictive drugs on the planet, and the high from crack paled in comparison to the kundalini energy. I remained in this bliss, drifting for hours, until I gradually returned to my body.

What followed was a week of hell. My body was burning up, my heart rate over 100 just lying in bed, I was losing three pounds of body fat each day. I experienced “kriya”, where my arms and legs would start jerking uncontrollably – I would take myself into my room and wait for them to pass – and the pain was intense. Morphine didn’t touch it, as it wasn’t earthly pain, it was my cells shedding trauma and moving to a higher vibrational level. Eventually the ascension flu passed, and a little voice spoke to me – “How far can you walk?”.

I put my dog on the lead, grabbed my crutch, and I walked.

I walked down the path to the road. I walked from my house to the beach, and back again, absolutely astounded as previously I had managed around three steps before my legs seized up. I kept walking, with ease – a literal miracle.

I qualified as a personal trainer, then a nutritionist, then in true ADHD fashion, qualified in hypnotherapy and counselling skills. I am continuing my studies in counselling, and I have also continued my education in all things fitness and nutrition. I hold the Level 3 Exercise Referral qualification to work with people with long term health conditions, and I have just enrolled on a Level 4 Strength and Conditioning course, plus Level 5 Nutrition. I have started a body building journey, and dream of being on stage in a competition – they have disabled classes, and it is my vision - catheter collection bag

on show, celebrating the gift of mobility and movement that God gave me.

I am also authoring my journey, and sharing how surrendering your control to God can bring about miracles. As medical professionals, you will encounter many poor souls who are dealing with addiction – please understand they are powerless. No human power can save them, God alone knows how much I tried – therapy, rehab, health farms, substitute prescribing – the answer for me lay in the 12 Steps. I have broken anonymity to carry the message to you today, and to plead with you to gently suggest that addicts of any kind get to a meeting. This is not a religious program, it is spiritual, all anyone needs is a conviction that there is a Power greater than themselves, even the belief in the power of the Universe is enough. God as you understand Him will remove the mental obsession with drink and drugs (or shopping, food, whatever the addiction is) and allow you a life beyond your wildest dreams.

I am beginning a journey as a public speaker as well, as there is so much more

I can tell about what my Higher Power has done for me and how my experience translates into action for audiences. I still have MS, and still live with pain and fatigue, but I can walk... I can walk my dog on the sand, right up to the shore, rather than gaze wistfully at it from the path. My ADHD is diagnosed and medicated, my mental health is stable, and underlying all that is the power that God has given me. It is not the concept of God that gives me strength, He quite literally alters my state of mind so I can deal with challenges as they occur. Handing Him my will and my life, in accordance with Step Three, was the best thing I could have done, and it is my greatest hope that other people who are suffering can come to know true recovery and a Power greater than can be imagined.

Thank you for reading – if you have any questions, or would like to book me to speak at your event, please reach out to me at info@katestapleton.co.uk





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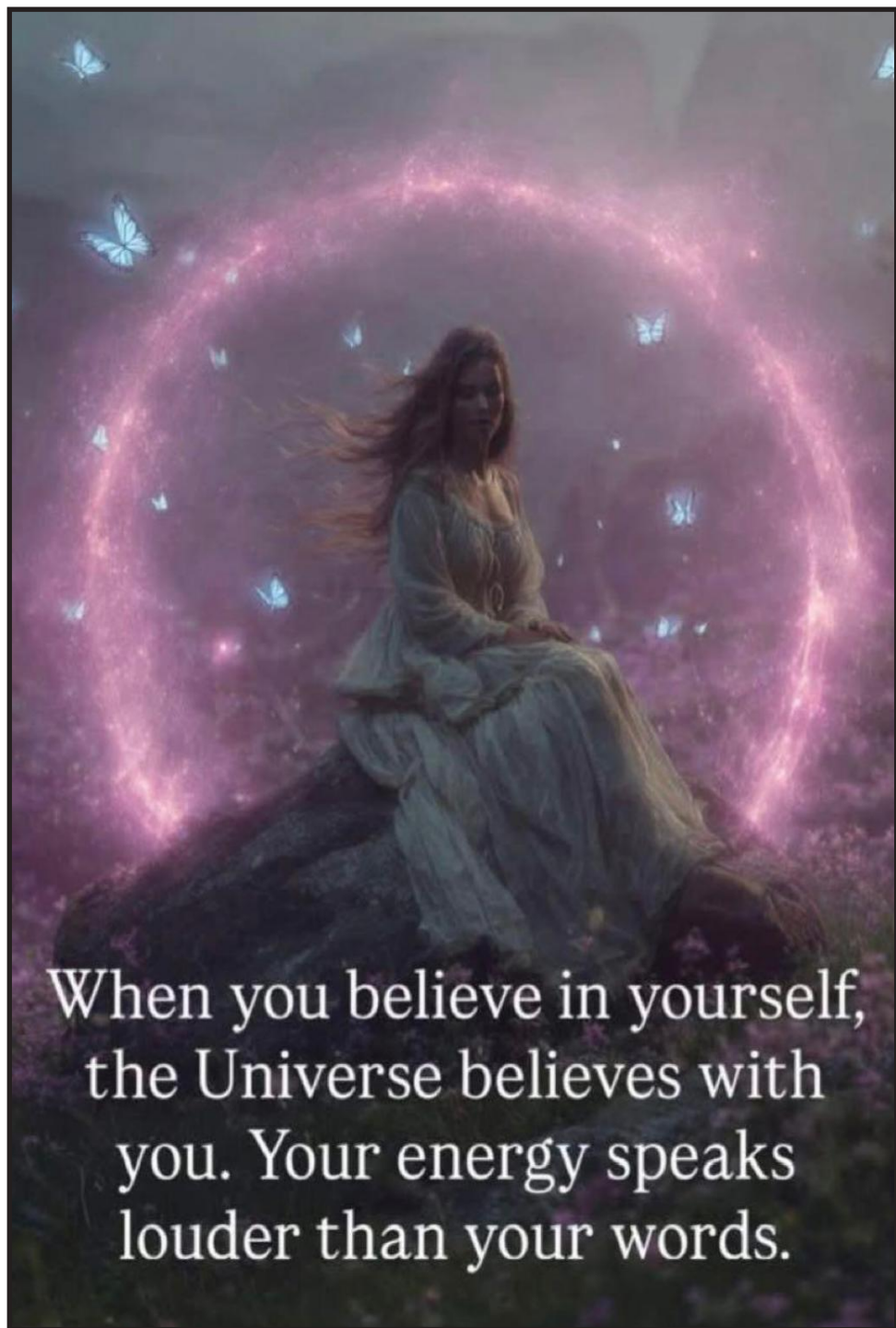
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Louise Hamilton Centre

Providing services for people with life limiting and progressive illness, their family and carers

We work closely with the voluntary sector, community groups and partners to put the right help in place to meet each individual's needs.

Our priority is to support you and your loved ones going through a difficult time.

A safe haven where people can get information, advice and support when they need it most. We have a team of staff on hand to give you a warm welcome.

CONTACT US

Louise Hamilton Centre
James Paget University Hospital
Lowestoft Road, Gorleston
Great Yarmouth, Norfolk NR31 6LA
Telephone 01493 453100

We are open
Monday to Friday 08.30-17.00
Answering service weekends
and out of office hours
Closed Bank Holidays

Louise Hamilton Centre



Lymphoedema Patient Support Group

Our group meets at the Louise Hamilton Centre, on the James Paget Hospital site - 11.30am-1.30pm
Come and join the team for a coffee and information throughout 2026 on:

- Friday 23rd January
- **Thursday 5th March World Lymphoedema Day 10.30am-1.30pm**
- Friday 15th May
- Friday 17th July
- Friday 18th September
- Friday 20th November

Contact the Lymphoedema Secretaries on

01493 452804



Colorectal Nurse Led Support Group

in the Louise Hamilton Centre (on JPUH site)
Thursdays 2pm-3pm on the following dates

- 22 January • 26 February • 26 March
23 April • 28 May • 25 June • 23 July
27 August • 24 September
22 October • 26 November

For more info please call 01493 452783
or email cancersupport@jpaget.nhs.uk

 JPUH Cancer Care Navigators

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2026
dates

With the
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in the Louise Hamilton Centre (on JPUH site)
Thursdays 10-12noon on the following dates

8th January • 12th February • 12th March
9th April • 14th May • 11th June • 9th July
13th August • 10th September • 8th October
12th November • 10th December

For more info please call 01493 452783
or email cancersupport@jpaget.nhs.uk



JPUH Cancer
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FREE REFRESHMENTS • ALL WELCOME

The Louise Hamilton Centre has self-help groups for many health conditions. Here is their [web page](#).

Louise Hamilton Centre

The Robins group – a support group for anyone who has lost a loved one – meets regularly in the Louise Hamilton Centre, 1pm to 2pm on the James Paget hospital site.

If you have been bereaved and would like some support, the group offers a space for you to talk and remember a loved one.

The meeting is organised by our Cancer Care Navigators but you do not have to have lost someone to cancer – anyone who has lost a close loved one is welcome to come along.

Refreshments are provided.

If you might like to go along in the new year dates for 2026 meetings are on the poster here.

Skin Cancer Nurse-Led Support Group meetings are held on the first Friday of each month, and give you the opportunity to speak to, and get information and advice from, our Dermatology Support Nurses, as well as talking to others with a similar diagnosis.

Anyone with a skin cancer diagnosis is welcome to come to the meeting.

We now also have confirmed dates for the first half of 2026 – please see the poster here for more details.

For more information about these groups, or any of our other cancer support groups, contact our Cancer Care Navigators by calling 01493 452783 or emailing CancerSupport@jpaget.nhs.uk



The Robins

NHS James Paget University Hospitals NHS Foundation Trust

"Robins appear when loved ones are near"

A support group for those who have lost a loved one

The Robins will meet at the Louise Hamilton Centre, on the James Paget University Hospital site, on the following Mondays in 2026:

Monday 19th January	Monday 20th July
Monday 16th February	Monday 17th August
Monday 16th March	Monday 21st September
Monday 20th April	Monday 19th October
Monday 18th May	Monday 16th November
Monday 15th June	Monday 21st December

1pm to 2pm on all dates

Refreshments provided



MACMILLAN CANCER SUPPORT

NHS James Paget University Hospitals NHS Foundation Trust

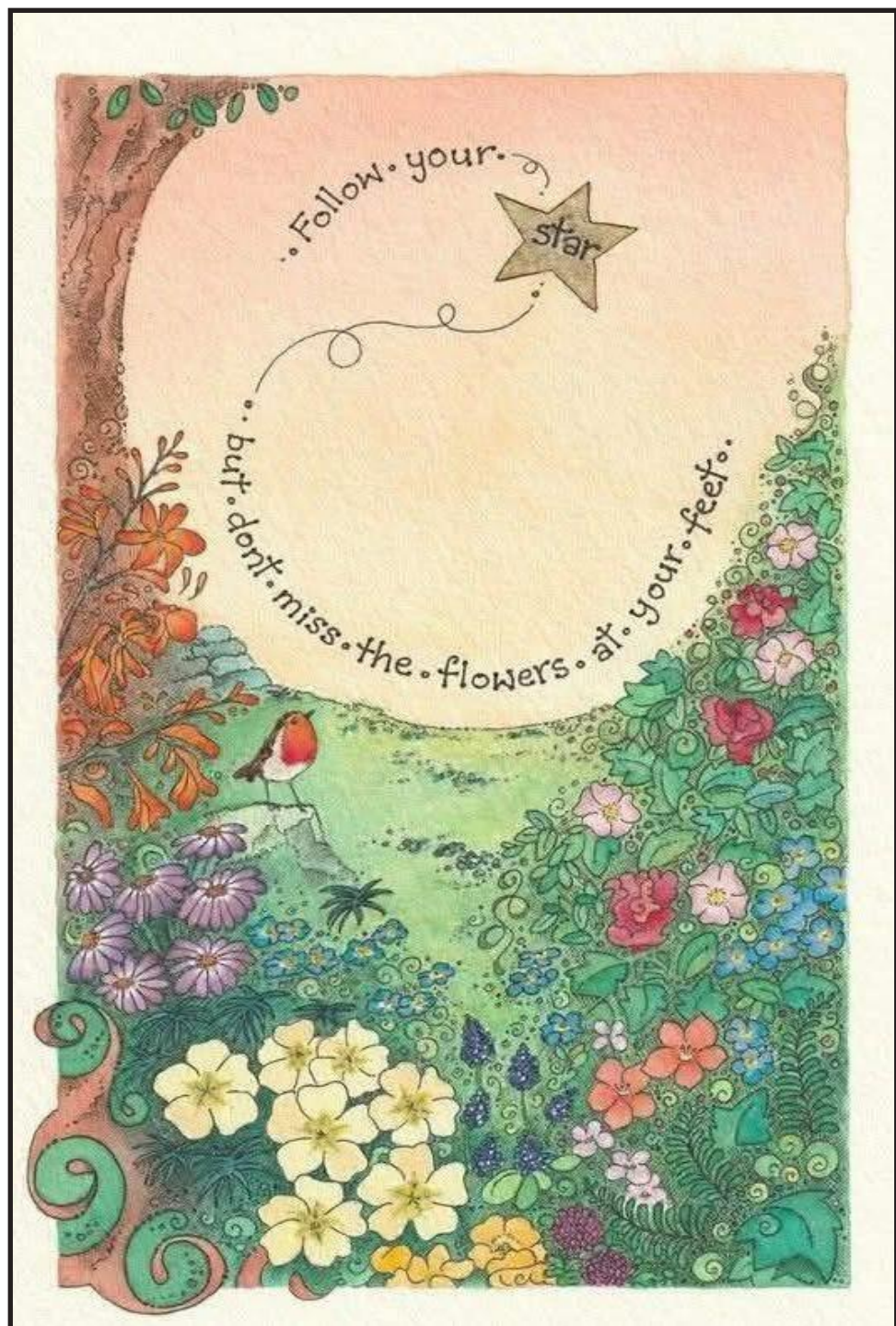
Skin cancer nurse-led support group

Meets on the first Friday of each month
2.15pm to 3.30pm
in the Louise Hamilton Centre
on the James Paget hospital site

Friday 2nd January
Friday 6th February
Friday 6th March
Friday 3rd April
Friday 1st May
Friday 5th June

Dates for 2026

For more information please contact our Cancer Care Navigators on 01493 452783 or email CancerSupport@jpaget.nhs.uk





Norfolk Barge Life

Nadia and Phil's journey on their barge Hoogtij with their cat

It's 4am and for the last two hours I have been tossing and turning in bed imagining the worst case scenarios for going to sea. Are we doing the right thing? Are we mad?

Adventure isn't easy, it's scary and that's what makes it a real adventure. You have to face the unknown and let go of fear...

We are taking our little ship and home Hoogtij from Essex Marina on the river Crouch to St Olaves, on the Norfolk Broads. It is a new beginning and a new adventure. We have to head east out to sea, turn north and travel up the coast, then west and into Great Yarmouth. It might sound easy to a sailor, but it's a daunting prospect to me. Hoogtij is my home, everything I own, and the last great journey was a long time ago.

So this is it, the beginning of our adventure.



Phil & Zeeshan Khan

It's 9am and we have been cruising for four hours since sunrise. The sun is playing across the rug and footstool as I write. The engine is purring away and the sea is calm and empty on a bright summers day.

Zeeshan Khan - ship cat - is fast asleep as we pass Walton-on-the-Naze. I calm down quite a bit once we get going, my attention and excitement being drawn to sunbathing sleepy seals on sandbanks at the mouth of the Crouch.

Today is not the start of the story, that began some ten years ago. As we cruise up the coast, I'll tell you everything from the beginning . . .

It all began when, wildly in love, my now husband Phil and I wrote down all our dreams for the future together on a white board in our kitchen. We were renting in Southend-on-Sea, a stunning open plan converted church. We had a lot of fun there, however gradually the surrounding intrusions from arguing neighbours, drunk teens and the constant sirens in the urban jungle began to grate... Living in France became our fantasy after many holidays in the South. So, let's live on a boat and cruise through France!

I am a firm believer in making dreams come true, of making them real, of directing your own path in life. However, it does take determination, perseverance and guts to do it.

We began by researching everything we could about living on a boat, barges,



Nadia

moorings... We joined DBA – The Barge Association, a fountain of knowledge and advice. One day I surprised Phil with a weekend away on a hotel barge 'Baglady' on the Thames. Sitting on the front deck, we decided that we could make this happen, now, not in years to come. Through the DBA we contacted a Dutchman who 'found' barges for people in the Netherlands. To us, it became an obvious choice to look where barges were plentiful and cheaper than in the U.K.

Hoogtij is rocking gently side to side as she steams through the shiny clear waters of the East coast.

We thought it might take several visits to the Netherlands to find our perfect floating home. It didn't. We fell in love with Hoogtij, the first boat we were shown! She wasn't a barge at all, but a converted launch boat built in Germany 1936. She was a Hamburger Barkas with beautiful curvy lines, taken by the Dutch after the Second World War. She was used as a troop carrier in the Dutch Navy until 1984. Her first owner then converted her into a liveaboard ship filled with beautiful carpentry. The first moment we stepped aboard, we felt at home. There was a warmth, an imprint of the affection of previous owners and the ship's history radiated from every original detail. You cannot describe to someone who lives in a house the relationship you develop with a boat you live on. Every boat has a character, a personality, and old boats even more so. They will frustrate and anger you, yet you can feel such love and pride in them.

So began a tense time of purchasing Hoogtij, the survey, the boatyard and bringing her back to the U.K. Everything complicated by a foreign language, foreign country and our naivety. Nothing was easy, but the best things in life aren't. To this day we celebrate the 11th June, the day we signed the contract that passed Hoogtij to our care...

More to come in the next edition!

About us

Nadia and Phil have lived on their small ship Hoogtij for 12 years alongside their Maine Coon cat Zeeshan Khan.

Phil is a retired gardener with over four decades of experience and a huge passion for nature. He is now a sound and energy healer, providing sound baths and guided meditations in Norfolk and Suffolk known by the name Earth Frequencies.

email philip.varney@yahoo.co.uk

Nadia was a Mould Room Technician in Radiotherapy in the NHS for 19 years and now provides Clinical Aromatherapy by the name River Scent, from their floating home. She has been an Egyptian Bellydance teacher and performer for 25 years, teaching locally now in Norfolk and Suffolk.

email nadiamrqueen@yahoo.co.uk

Nadia has always been creative, positive and driven and started writing about their life to inspire others to follow their dreams...

Visit our website riverscent.com



RIVER SCENT

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**Egyptian Bellydance for beginners.
1 hour of gentle flowing movement for body
connection and confidence.
Come along and find your inner goddess.**

**Contact Nadia to book your place.
Email: nadiamrqueen@yahoo.co.uk**



Reiki for Busy Professionals

An Energy Detox for High-Pressure Corporate Lives

In today's fast-paced, target oriented corporate environment, success often comes with many invisible costs.

Tight deadlines, constant digital connectivity, performance targets, and long working hours create sustained pressure on professionals across industries. While productivity may remain high on the surface, many professionals silently and internally experience chronic stress, emotional fatigue, mental overload, and burnout.

Modern stress is not only physical or mental, it is also energetic. Continuous exposure to high-pressure situations causes energetic congestion, which can manifest as anxiety, irritability, poor concentration, disturbed sleep, and emotional exhaustion. Over time, this imbalance affects decision-making, creativity, and overall professional performance.

Reiki as an Energy Detox

Reiki Energy Healing is a gentle yet powerful holistic practice that supports the body's natural ability to restore balance. Unlike conventional stress-management techniques that require effort or time investment, Reiki works at an energetic level—calming the nervous system, releasing accumulated stress, and promoting deep relaxation.

For busy professionals, Reiki acts as an energy detox, helping clear emotional overload caused by workplace pressure, interpersonal dynamics, and constant mental engagement. When energy flow is balanced, professionals often experience greater clarity, emotional resilience, improved focus, and a renewed sense of calm.

Why Reiki Is Relevant in High-Pressure Careers

Corporate professionals are expected to perform consistently under pressure, make quick decisions, and manage multiple responsibilities simultaneously. This often leads to functioning in a constant “survival mode.” Reiki helps shift the body out of this state by activating relaxation responses, allowing the mind and body to recover and reset.

Many professionals report benefits such as reduced anxiety, better sleep quality, enhanced emotional stability, and improved work-life balance. Reiki does not replace professional effort—it supports sustainable performance by strengthening inner stability and mental clarity.

Sustainable Success Begins with Inner Balance

True leadership and professional excellence are not built on exhaustion. They are built on clarity, calmness, and emotional intelligence. Incorporating Reiki into a wellness routine allows professionals to operate from a centered and grounded state, even in demanding environments.

In a world where burnout has become normalised, choosing balance is a powerful decision. Reiki offers a natural, holistic approach for professionals who seek success without sacrificing their well-being because sustainable growth begins from within.

Are you interested in Reiki or becoming a Reiki therapist? There are many local therapists who can help you in this edition.

BENEFITS OF REIKI



Reiki Healing
ASSOCIATION

Visit the Reiki Healing Association website
www.reikihealingassociation.com

womenswalkandtalkgy@gmail.com

WOMEN'S



We are a group of women who welcome you to join us for a chat, friendly, non judgemental, all welcome

Women's Walk and Talk



For more information, please visit our Facebook page **Women's Walk & Talk GY**

Divine Time Holistic Health

www.divinetime.me.uk

Room 6, The Vicarage Hub
24 Church Plain, Great Yarmouth
Norfolk NR30 1NE

Telephone: 07979 777727

Email: info@divinetime.me.uk

SCAN ME



£10 off a REIKI TREATMENT

Have a relaxing 30 or 60 minute Reiki session with Carole Reeve, Reiki Master, either at your home or in my therapy room in Great Yarmouth.

Relax. Rejuvenate. Restore.

Please mention this advert when booking



Carley's Zumba Club

2026

TWENTYTWENTYSIX

MONDAY

ST. MARGARETS CHURCH HALL, LOWESTOFT

ZUMBA CLUB: 6:00pm - 7:00pm

ZUMBA TONING: 7:15pm - 8:00pm

TUESDAY

UPLANDS COMMUNITY CENTRE, LOWESTOFT

ZUMBA CLUB: 7:45pm - 8:45pm

WEDNESDAY

ST. MARGARETS CHURCH HALL, LOWESTOFT

ZUMBA GOLD: 9:00am - 10:00am

THURSDAY

ST. MARGARETS CHURCH HALL, LOWESTOFT

ZUMBA CLUB: 6:00pm - 7:00pm

ZUMBA TONING: 7:15pm - 8:00pm

FRIDAY

ST. MARGARETS CHURCH HALL, LOWESTOFT

ZUMBA GOLD: 1:00pm - 2:00pm

CASH OR CARD PAYMENT ACCEPTED



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YOUR 2026 TIMETABLE

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edition?

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- Stress and Anxiety
- Energy levels and Relaxation
- Tension and Aches
- Menopause
- Cancer treatment side effects



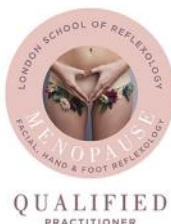
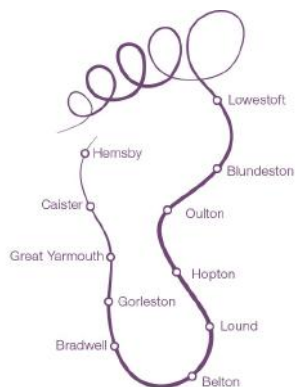
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Reflexology can support female health
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- Better sleep
- Promotes better energy levels
- Reduces anxiety
- Improves mood and sense of wellbeing
- Ease the passage of waste products
- Reduces brain fog
- Eases shoulder tension.

My mobile service covers
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SAT 21ST FEBRUARY 2026
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www.searchintothesupernatural.co.uk

**Ghost Hunt At The
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Saturday 21st
February 2026**



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a GY Repair Cafe.

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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

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& LIFT YOUR MOOD



25 JANUARY 2026

10AM - 1PM
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LIMITED PLACES AVAILABLE!
BOOK HERE





Arthritis Self-Help Network (London)

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

Visit our website

www.arthritis-selfhelp.org

Local Self-Help Group for arthritis

First Thursday of the month - 2 to 4pm

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

For more information contact David on 07969 335994

Charity No. 1138058

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

ACLE MARKET Every first Saturday of the month

• St. Edmund's Church Hall, Acle,
NR13 3BU

9 till 12 noon - loads of stalls



Split Gutter Studio

Split Gutter Studio is a small independent studio and art gallery. We offer private tuition, group classes in painting and drawing. Wall and gallery hire is available. Commissions undertaken.

22 - 23 Northgate Street, Great Yarmouth,
Norfolk NR30 1BA

07787 763920

soniacleford@gmail.com



NEW Mindfulness & Meditation Classes in Gorleston

*Pause, relax, rebalance...
and learn how to find calm
anytime*

Perhaps you've heard about meditation or mindfulness and wondered whether it's something you could try to reduce stress and aid relaxation. **Research, anecdotal evidence and scientific data has proved an abundance of health and wellbeing benefits that can be experienced from meditating.** These benefits range from physiological to psychological and are deemed significant enough that mindfulness (one of many types of meditation tools) is now recognised and recommended by the NHS.

When we reach a relaxed but focused state in meditation, we are essentially giving our bodies and minds a break; a chance to recover and rebalance. **This can lower blood pressure and heart rate.** We can attribute this to a range of the core outcomes of meditation working together, **like reducing stress,**

breathing more effectively, and being able to relax more readily. The lowering of these vital indicators can create further benefits, for example lowering blood pressure can prevent serious cardiovascular conditions like heart attacks and lowering heart rate can improve the strength of the heart muscle and increase physical endurance.

People who meditate often find they sleep better; not only can it help us fall asleep, it can result in better quality sleep and sleeping through the night. Around 20% of the UK population has trouble with their sleep, often due to anxiety. **Meditation both aids relaxation and empowers us to release our 'emotional clutter',** giving us tools to safely let go of thoughts and emotions that keep us awake at night. As sleep is so vital for our overall health, simply improving this can have a domino effect of improving other aspects of our lives.

Relax & Reset

Mindfulness & Meditation
Classes In Gorleston

How could
you
benefit?



watchthesunrise.co.uk
watchthesunrise@outlook.com

Meditation can improve digestion, reduce cholesterol levels, decrease the aging process, and reduce muscle tension. It can ameliorate PMS and menopause symptoms, alleviate migraines, and strengthen the immune system which in turn can positively impact the quality of life for those with cancer.

It can **dramatically reduce stress, anxiety and mental ill-health.** This is due to the body and mind relaxing during meditation, meaning that the 'stress hormones' adrenaline and cortisol are reduced. Because meditation nurtures peace and tranquility and teaches us to let go and release tension and negative mind chatter, we can experience a changed perspective. We can feel more balanced, even in high intensity situations, can find we are able to be less reactive, and can feel gratitude for our realities rather than focusing on the aspects of our lives that we interpret as negatives.

If all these benefits aren't enough, meditation can also lead to **creative and innovative thinking**, an ability to complete tasks quicker and to a higher standard, it can support us in **finding a purpose, feeling connected** to something outside ourselves, and having love and respect for our planet and all that inhabits it.

I've mentioned just a few of the mental, emotional and physical benefits meditation can bring... and the best thing is that all we need to practice meditation is our own minds and bodies – no expensive equipment or gadgets needed! Intrigued to try it for yourself? Come along to one of my classes (details below) or **try one of my meditations for FREE** in the comfort of your own home. Simply visit my website, click on 'Try & Buy' in the menu, then you'll see one of the meditations is free to download.

The Pavilion Theatre Wellbeing Hub in Gorleston now offers a variety of regular sessions including: singing for lung health, groove & glow dance, shanty choir, creative writing, art for fun, script reading, knit, stitch & natter, owlets corner, and bereavement café. Find out more online: www.gorlestonpavilion.co.uk/whats-on



Meditation Classes

Mondays 11am-12:30pm
(includes a hot drink)
**Pavilion Theatre, Gorleston
Wellbeing Hub**

Tuesdays 7:30-8:30pm
Block of 4 weeks (with various
themes/experience levels – see
website for upcoming blocks)
**Riverside Pilates & Wellness
Centre, Gorleston**

Visit my website to see the full
class details and instructions for
booking your place. I hope to see
you at a class soon!

Emma

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WELLBEING HUB + CAFE



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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
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www.feathersfutures.org



CELESTIAL GONG ACTIVATION & SOUND HEALING

Saturday 24 January 2026 11-12.30pm Lound Village Hall

Earth Spirit Events
Norfolk Witches & Pagan Spring Fair
Saturday 28th March 2026
10:30 - 4pm
Charles Burrell Centre
Thetford
Norfolk IP24 3LH

Wide range of Magickal
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www.earthspiritevents.co.uk Entry £3 Free Parking

www.serenitytouch.co.uk

Sacred Space Socials
13 January
9.30 ~ 11.30

connect with like minded souls
 support and guidance
 holistic help
 energy direction

£15

Last few dates **OLD GLORY** **Last few dates**
MOLLY DANCERS & MUSICIANS

Friday 31 October 2025
 A celebration of Samhain at the Buck, Rumburgh 8pm

Saturday 29 November 2025
 Framlingham, Railway Inn 7pm, Market Place 7.45pm, Castle Inn 8.30pm

Saturday 6 December 2025
 Pakefield, The Oddfellows 8pm

Friday 12 December 2025
 Wenhaston, The Star Inn 8pm

Friday 19 December 2025
 Pulham Market, The Falcon Inn 8pm

Sunday 21 December 2025
 Winter Solstice at The Locks Inn, Geldeston 8pm

Wednesday 24 December 2025
 Southwold Tour: Red Lion 7.30pm, Market Place 8pm, Sole Bay Inn 8.30pm

Friday 26 December 2025
 The Ancient Ceremony of the Cutty Wren on St. Stephen's Day
 The Bell Inn, Middleton 9pm

Saturday 3 January 2026
 Bungay, The Green Dragon Inn 8pm

Friday 9 January 2026
 Lowestoft, The Triangle Tavern 8pm

Monday 12 January 2026
 A celebration of Plough Monday at The Buck, Rumburgh 8pm

Saturday 17 January 2026
 Whittlesey, Cambridgeshire: The Straw Bear Festival

Thursday 22 January 2026
 A Village Wassail at Sweffling, The White Horse 7.30pm

Saturday 31 January 2026
 A celebration of Imbolc at The Locks Inn, Geldeston 7pm, with guest side
 Seven Champions

Facebook: Old Glory Molly Website: www.oid-glory.org.uk

Reiki Drum Technique
2 Day Course
28 February & 1 March

Add another element to
 your reiki practice
 Held at Serenity Touch
 Great Moulton

£350 Includes your drum
£250 if you have a 16" Remo Drum

Meaningful Song

Inspirational poems by Ally Willowood

An empty heart without a hole
Is there really such a thing?
A song with empty sound
We know we cannot sing.

A void swelling deep within
Impedes with no escape
Those emotions you've kept well down
Rise up, years too late.

Accepting you as they rise
So, what if tears inflate
That fear you just want to hide
And shield your current state.

Sharing vulnerabilities
And accept those tears will fall
Moving though the rising tide
Of emotions beyond the wall.

Voicing truth of your pain
Allows the peace to bring
A song with a meaningful sound
We know we can sing.



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



WINTER FAIR

SATURDAY 24TH JANUARY
10AM - 3PM

@ CROMER PARISH HALL

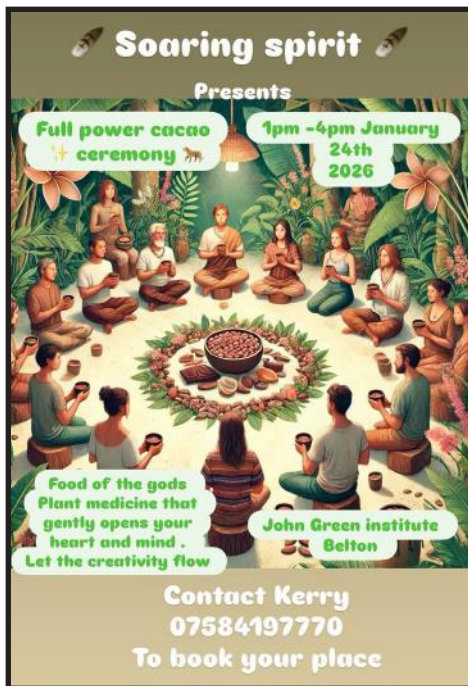
ACTIVITIES INCLUDES
A VARIETY OF CRAFT STALLS
CHARITY TOMBOLA
CAFE ONSITE
KIDS AREA

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Raising Money for Sidestrand Hall School

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Soaring spirit

Presents

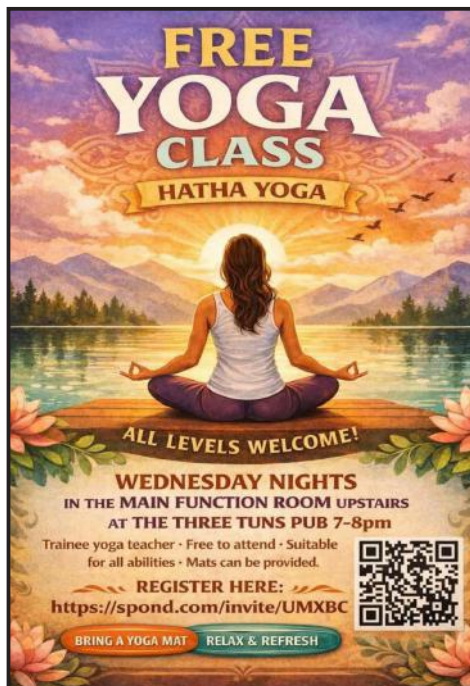
Full power cacao ceremony

1pm - 4pm January 24th 2026

Food of the gods
Plant medicine that gently opens your heart and mind.
Let the creativity flow

John Green institute
Belton

Contact Kerry
07584197770
To book your place



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Kitchener's

LOWESTOFT

**Please
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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

GORLESTON
PAVILION
THEATRE & BANDSTAND



Presents...

Health & Wellbeing Fair

JANUARY

25

11AM-4PM

Wellbeing for Everyone:

Explore, Experience, Enjoy



Wellbeing Stalls



Theatre Bar Open



Demonstrations

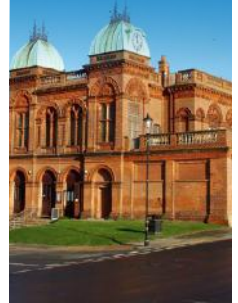


Workshops

Pavilion Theatre, Pier Gardens, Gorleston NR31 6PP

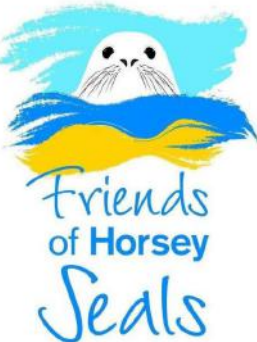
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and
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your
local
venue**



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Gorleston
Pavilion
Theatre**



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Friend's contributions help us to pay for running our volunteer warden scheme and our seal rescue team.

www.friendsofhorseyseals.co.uk

#IWD2026

#GiveToGain

www.internationalwomensday.com



**FREE
EVENT**

Drop in when
you like

Celebrate with us on

International Women's Day

Sunday 8 March 2026, 10am-3pm
at Gorleston Pavilion Theatre



Bring your
unwanted,
good quality
bras to the
Bra Bank

For girls and women of all ages - come alone or bring your family, friends or neighbours

Come along to this free event at the Gorleston Pavilion.

Many stalls with local health information.

Support for today, knowledge for tomorrow, be empowered for the future



Gorleston Menopause Mayhem

Lifes better when we talk



Supported by Norfolk Community
Foundation
through Bishop Of Norwich's Community
Fund



G O R L E S T O N
PAVILION
THEATRE & BANDSTAND



MENOPAUSE



WHAT'S ALL THE FUSS ABOUT? WHAT MEN NEED TO KNOW



- Do you have a female in your life that's struggling with menopause?
- Would you like to know more?
- Would you like to understand what they're going through?
- Would you like to support them better?
- Are you an employer who would like to support your female staff?

If you answered yes to any of these questions then we have the event for you

- What is menopause?
- Stages of menopause
- Types of menopause
- Symptoms
- Diagnosis
- Impact on career
- Misinformation
- Treatment options
- Lifestyle factors
- How to support people and resources
- Question and Answers
- Try on the hot flush simulator

**Come along on
Thursday 12th February to Gorleston Pavilion
7pm - 9pm to support the females in your life**

Book through Gorleston Pavilion website

**Free
event**

Guest speakers:

Victoria Howell Registered Nurse Adult,
PgCert Healthcare leadership, BSc,
DipHE Nursing Adult, DipHE LCW, Coach Mentor
Practitioner.

&

Dr Catherine Ashdown-Nichol MBBS PGDip BSc (Hons)
MRCGP



Mind Body and Spirit Fair

**FREE
ENTRY**

7th February
11am till 3pm

Hatfield Hotel, Lowestoft Seafront

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Full Moons of 2026

January 3 – Wolf Moon
February 1 – Snow Moon
March 3 – Worm Moon
April 2 – Pink Moon
May 1 – Flower Moon
May 31 – Blue Moon (second full moon in May)
June 30 – Strawberry Moon
July 29 – Buck Moon
August 28 – Sturgeon Moon
September 26 – Harvest Moon
October 26 – Hunter's Moon
November 24 – Beaver Moon
December 24 – Cold Moon

@therockincauldron

Look out for the Spring edition of Holistic Health.

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

info@coolmoondesign.co.uk