

January-March 2025

Holistic Health

Wellbeing events and information in Norfolk and Suffolk

Creating a
healthier
future
together

WHAT'S ON IN YOUR LOCAL AREA

Dawn Chrystal and the
Energy Alchemist are
featured in this edition.

INTERNATIONAL WOMEN'S DAY

An event for all women at
the Gorleston Pavilion.

LOUISE HAMILTON CENTRE

What they provide and the
many wellbeing groups
you can join.

*Sometimes the most profound miracles
unfold in the moments when you release
your grip on how things "should" be and
trust that the Universe is orchestrating
a masterpiece far more beautiful than
anything you could have planned.*



Hi there!

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

This magazine has been put together to promote the varied support services and charities that don't always get a mention.

In this vast digital world of social media they can get lost - they all work so hard for the wellbeing of others and they need a shout-out!

I have been a holistic therapist for over twenty years and I know it can be hard for therapists to publicise what they do. I hope this online magazine grows with your help by sending me any articles, future events or having an advert.

I produce the magazine with my other hat on as a graphic designer for over thirty years (I'm giving my age away!) I still get a buzz from it. To create your own work on your lap top was a dream then.

Thank you for reading this and I hope you get some new contacts that will help you on your life's journey.



Carole Reeve
Holistic Therapist, Editor
and Cat Lover xx

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WHAT'S ON

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INTERNATIONAL WOMEN'S DAY

An event for all women at the Gorleston Pavilion.

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LOUISE HAMILTON CENTRE

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

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

Dawn Chrystal

www.dawnchrystal.com

Wednesday 26th February

6.30 to 8.30pm £10

BACH FLOWER REMEDIES for motivation and purpose

Beach Hippie Crystal Shop

149 London Road South

Lowestoft NR33 0DP

Thursday 27th February

7 to 8.30pm

SOUND BATH and Holistic tips for wellbeing during Menopause

Menopause Mayhem

Gorleston Pavilion Theatre NR31 6PP

Friday 28th February

10 to 3pm

SOUND BATHS AND MEDITATIONS for Holistic Wellbeing

The Olive Centre, Clapham Road,

Lowestoft NR32 1RQ

Saturday 8th March

10 to 3pm FREE EVENT

INTERNATIONAL WOMEN'S DAY

Gorleston Pavilion Theatre NR31 6PP

Dawn will be offering sound baths and meditations

See Dawn's Facebook events





Early Childhood
0-5 years +

PARENT & TODDLER BEACH CRAFT CLUB

Marina Centre
Great Yarmouth

FREE



WHEN

The first Saturday of each month (excluding Jan & Feb) 12-1:30pm

All enquiries:
WhatsApp: 07725531697
FB: Top Banana

More information
This activity combines metal detecting, sand castles, kids yoga, healthy eating, giant bubbles & a Wigwam on the beach!

Bad weather? No problem, we'll still go ahead in the cafe area



Saturday 15th March and 12th April

2 to 3.30pm £10

SOUNDBATH at the Marina Leisure Centre

Marine Parade, Great Yarmouth NR30 2EN

Free parking for three hours, enter car registration at reception



Thursday 20 February
6.45 to 8.15pm
**SHAMANIC DRUM JOURNEY @ the
Healing Space**
Bradwell (NR31 area)

Saturday 22nd February
11am to 12.15pm £12
**SOUND JOURNEY AND GUIDED
MEDITATION**
Lound Village Hall NR32 5LL

Saturday 8 March
10.30am to 12.30pm £44
**KUNDALINI ACTIVATION - CONNECT
WITH THE DIVINE FULLY BOOKED**
The Dance Base, 40 South Quay,
Great Yarmouth NR30 2RL

Friday 14 March 2025
7.00 to 8.30pm £10
EAST COAST DRUM CIRCLE
Lound Village Hall NR32 5LL
This is a monthly event



**See The Energy
Alchemist's
Facebook
events**





FUNDRAISING EVENT
FRIDAY 7 MARCH
10AM - 2PM

Come along for Gemma's homemade jam,
Mother's Day cards, homemade gifts, vintage
& antique treasures, jewellery, tombola, raffle and
much more! The garden room cafe will also be open
for a cuppa and tasty treats!



Ormesby Village Centre
4 Station Road
Ormesby St Margaret
NR29 3PU

*Your anxiety is not your identity – it's just weather passing through.
You've got this, and you're never alone in this journey.*

International Women's Day

Women and girls are being invited along to a special information and support event being held at Gorleston's Pavilion Theatre in March.

Anyone living locally is welcome to attend the event, being held between 10am and 3pm on Saturday 8 March, which will celebrate International Women's Day and will feature everything from free treatments to career information, plus a chance to find out more about activities, clubs, organisations and opportunities available to women and girls on the east coast.

The aim of the event is to provide support for today and knowledge for tomorrow, to help you be more empowered for the future whether you are young and just starting out or older and looking for support, or somewhere in between.

The Theatre will host a range of stalls, displays and activities during the day and you are welcome to drop in at any time. Please come along – whether on your own or with other girls and women you know; friends, family or neighbours.

The event is being organised by James Paget nurse Sarah Mann and some of her colleagues. Sarah says; "I had an idea in June 2024 to celebrate International Women's Day by bringing healthcare and our local community together. The obvious starting point was to contact one of my colleagues, Cath Cook, who already hosts events at the Pavilion Theatre on menopause and pelvic health, and is a great advocate for women, to see if she would work with me on the event.

"As a Neurology Specialist Nurse I run the Migraine Service and 87% of our patients are women and Cath works in our pelvic health physiotherapy team, as well as being a pilates instructor, so we

are both passionate about our patients and supporting women and girls. We want to empower positive action – and often the first step is to know you have someone on your side.

"We aim to make the day one of celebration with everyone giving their time and expertise for free because we care about the women and girls in our community. We can promise a sense of humour and a smiling face. So far the response from other organisations has been amazing with lots of different groups taking part, with many saying they feel a celebration is needed and wanted."

The day will include free treatments such as Indian Head massage, face massage and mini manicures, Reiki and Soundbaths; stands from organisations including Girl Guiding, the Louise Hamilton Centre, Together for Women and Girls, the Sue Lambert Trust, The Shoebox, Dandelions Great Yarmouth and Papyrus UK; the chance to find out more about careers at the James Paget and Norfolk Fire & Rescue, and to discover East Coast College courses and opportunities via Into University and the John Innes Centre.

Various sports, health and fitness organisations will be on hand to give you more information about a range of things including football, pilates, pelvic health, maternity services, menopause and health MoTs.

Special guests on the day are set to include former Anglia TV presenter, author, columnist and psychotherapist Christine Webber who will be among the speakers and performers taking to the Pavilion stage during the day.

Women are also invited to bring any good quality unwanted bras with them as there will be a collection for the local bra bank to donate to a good cause.



Celebrate with us on

International Women's Day

**Saturday 8 March 2025, 10am-3pm
at Gorleston Pavilion Theatre**

**FREE
EVENT**

Drop in when
you like

Pamper Zone

Free Indian Head massage,
Face massage, Reiki and
Soundbaths. Mini hand
massage and manicures.



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



Meet

Christine Webber

Former Anglia
TV presenter,
psychotherapist
and author.

Career opportunities at

- James Paget Hospital
- Norfolk Fire & Rescue

Discover East Coast
College courses and
opportunities via Into
University and the John
Innes Centre.

Get some support from

- The Louise Hamilton Centre
- Together for Women and Girls
- The Shoebox
- Dandelions, Great Yarmouth
- Papyrus UK

Learn more about your health and
wellbeing and get information about local
activities, Girl Guiding, sports and fitness clubs
plus community services available to you.

**Local
performances
and
demonstrations
on stage**

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

The Theatre bar area will be open if you would like to purchase light refreshments.

www.gorlestonpavilion.co.uk/whats-on/1173661690



DAWN CHRYSTAL
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www.dawnchrystal.com

The Vicarage Hub
 24 Church Plain
 Great Yarmouth
 Norfolk NR30 1NE
 07979 777727

e info@divinetime.me.uk
 f [divinetimeholistichealth](http://divinetimeholistichealth.com)
 w www.divinetime.me.uk

Reiki Master
Indian Head Massage
Hopi Ear Candling
Holistic Face Massage
Workshops and Events

Divine Time
 Holistic Health



Lynne Nesbit
 Certified Emotional Freedom Technique
 & Matrix Reimprinting Practitioner

01502 717405 / 07709 517100
 email: fairygodmother2@gmail.com



info@coolmoondesign.co.uk

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

SERVICES AT THE LOUISE HAMILTON CENTRE INCLUDE

- Lymphoedema clinic
- Cancer Care Navigators
- AAA (abdominal aortic aneurysm) screening service
- Counselling
- St Elizabeth Hospice

VOLUNTEERING OPPORTUNITIES

Volunteers play an important role within the Louise Hamilton Centre, welcoming visitors into the centre.

They give up their valuable time to help benefit others who wish to give something back to the community.

If you or someone you know may be interested please get in touch on 01493 453100

THE RANGE OF SUPPORT WE OFFER INCLUDES

- Telephone support and advice
- Family carer support
- Headwear solutions
- Complementary therapies
- Welfare and benefits advice
- Look good feel better - face to face workshop in skincare and makeup for ladies with a cancer diagnosis. Online virtual workshops available through website.

We can signpost visitors and families to other support services in the community.

Other events take place to support national health initiatives



SUPPORT GROUPS

- Inside out - Stoma
- Migraine support group
- Multiple Sclerosis
- Dementia Café
- Early onset Dementia
- Veterans coffee morning for armed services
- Men's share and talk
- Friends Together - for former carers
- Crafty Quackers
- Carers group
- Journey through the field of Art
- Max's Legacy - baby and pregnancy loss
- The Robins - loss of a loved one
- Care for us
- Prostate cancer
- Skin cancer
- Head & neck cancer support group
- Walking Beside You
- The Tulips - Breast & Gynaecology
- Cancer companions
- Can-Cer-Vive - support group for those with any form of cancer
- Coffee, Cake and Natter
- Together against cancer (T.A.C)

If you are interested in any of the services or support groups please get in touch.

You can pop in or give us a call.



Seniors By The Sea

BOOK
NOW

back by popular demand
every Tuesday lunchtime until further notice

served between 12:00pm - 2:30pm

Over 60s only

If you keep coming each week the longer
it will go on for

2 COURSES £13.00 OR 3 COURSES FOR £16.00



CALL US ON 01502 574433 TO RESERVE YOUR TABLE

**YOGA
PIZZA & DRINKS**

Sunday 16th March
11-1pm £35
Pleasure Boat Inn, Hickling Broad

To book:
hello@yogawithlucy.co.uk
07554434803
yogawithlucy.co.uk

Email
hello@yogawithlucy.co.uk

Visit Lucy's
website
yogawithlucy.co.uk



FIERCE BABE (mini) NIGHT MARKET

FRIDAY 7 MARCH, 6PM-9.30PM AT THE YARD COFFEE, NORWICH

♦ free entry ♦ stalls from indie makers ♦ vegan food ♦ bar ♦

Fierce Babe Norwich

We're your local creative gang, aiming to spread positivity and inclusivity.

We currently organise regular makers markets in Norwich that showcase the best and upcoming talents of women, those who identify as women or non-binary, members of the LGBTQ+ community and work that supports marginalised people.

www.fiercebabenorwich.com



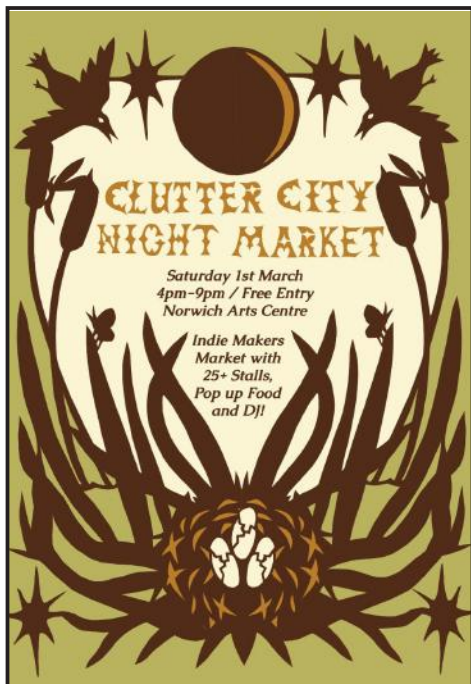
**An amazing
crystal experience
and gift shop**

**Regular wellbeing
workshops**

**Follow us
on Facebook**




**149 London Road South
Lowestoft NR33 0DP**



CLUTTER CITY NIGHT MARKET

Saturday 1st March
4pm-9pm / Free Entry
Norwich Arts Centre

Indie Makers
Market with
25+ Stalls,
Pop up Food
and DJ!

**Want to
advertise in
the April to
June edition?**



info@coolmoondesign.co.uk



Say goodbye to those winter blues by getting involved in fun creative activities, enjoying some free food and finding out what's going on in your community.

The Drill House, York Road,
Great Yarmouth NR30 2LZ



"I'm here for warm Wednesdays"



Free entry

10.30 - 12.30

1.30 - 3.30

Wednesdays only



No need to book
No questions asked

Time and Tide Museum of
Great Yarmouth Life
Blackfriars Road
Great Yarmouth
NR30 3BX

**Click here
for more info**



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

Bringing
Women Together
in
Great Yarmouth

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Great Yarmouth
NR30 1HP

www.feathersfutures.org

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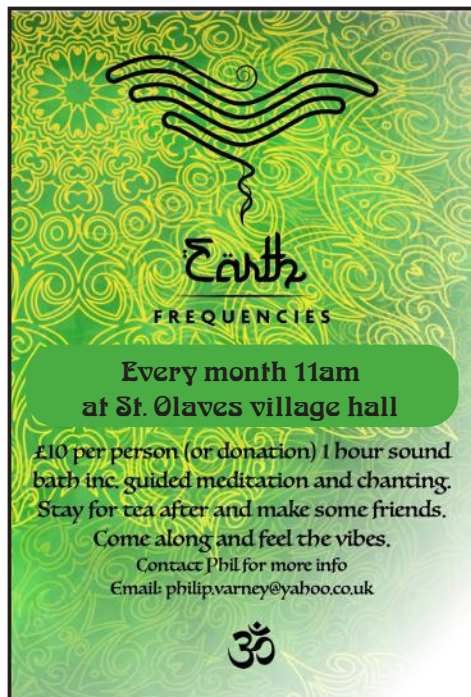
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and we care about birds**



Earth
FREQUENCIES

**Every month 11am
at St. Olaves village hall**

£10 per person (or donation) 1 hour sound
bath inc. guided meditation and chanting.
Stay for tea after and make some friends.
Come along and feel the vibes.
Contact Phil for more info
Email: philipvarney@yahoo.co.uk

ॐ



Spiritual Secrets

Presents an evening of mediumship

28th February 2025

7pm until 9pm

Hoveton Village Hall
Stalham Rd, Hoveton, Norwich NR12 8DU

Doors open at 6pm for you to
browse a selection of
stalls we have

**Ticket event only
£12pp**

Book your tickets at
www.spiritualsecretswithstacey.com

Stacey 07743342955
spiritualstacey30@icloud.com

BAKEHOUSE

A COMMUNITY SPACE FOR GREAT YARMOUTH

**Bakehouse is a social enterprise.
A not-for-profit organisation
incorporated for the benefit of
the community of
Great Yarmouth.**

Bakehouse is a cultural third
place and venue for mutual aid
that stands for diversity and
against bigotry,
with the aim of supporting a
better future for the town and
the people who live here.

We will also host a programme
of arts and culture events,
workshops, and other related
activities.



**We are currently open on
Thursdays and Fridays,
11am to 4pm, for
community kitchen and
pay-what-you-can cafe service.**

**Bakehouse, 1 Whitefriars Court
Stonecutters Way
Great Yarmouth NR30 1HF**

www.bakehouse.space

www.facebook.com/bakehousegy



NEW ADULT COURSES COMING SOON!

Explore our adult courses in...

- Floristry
- Creative Writing
- British Sign Language
- Photography
- Psychology
- Counselling
- Digital Skills

and many more...

These courses are due to be delivered
at The Place - our new University
Centre in the heart of
Great Yarmouth.

Opening Spring 2025!

For more information
email adultlearning@eastcoast.ac.uk
or visit www.eastcoast.ac.uk/adults

***“Proudly Supporting
Our
Armed Forces”***

NHS
James Paget
University Hospitals
NHS Foundation Trust

Veterans Wellbeing Support Group



NHS
Norfolk and Suffolk
NHS Foundation Trust

NSFT VETERANS SERVICES

“Enhanced support for Veterans in Norfolk & Suffolk”

Coastline

The James Paget University Hospital and NSFT Veterans Integrated Service will be hosting a Veterans Wellbeing and Support Group at the Louise Hamilton Centre, on the James Paget site, between 1100 – 1300 on

5th February 25

7th May 25

5th March 25

4th June 25

2nd April 25

2nd July 25

Hosted by a NSFT Senior Veterans Practitioner and our Armed Forces Service.

“Free Breads and Biscuits”



Look out for the April to June edition of Holistic Health.

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

info@coolmoondesign.co.uk