

Chamber

Chat

May - June 2023

Unit 3A, Olympia Business Park, Gelderd Lane, Leeds LS12 6AL Phone: 0113 263 7375

A massive thank you to everyone for their support over the last two months in all our fundraising activities.

Without your support we would not exist!



Josh completed both the Manchester and London marathons as well as working full time during the week and **raised over £4000!**

We are all grateful to him for his continued support for the centre.



The Quiz Night was another huge success and which everyone enjoyed. We're now looking forward to the next one (once Paul's therapist gives the all-clear)!

We would like to thank everyone one who attended with a special thanks to Paul and Glenn, our quiz masters, who channelled their inner Morecambe and Wise to move the evening along.



To Ming who managed to organise Joanne (you must give us the secret) and Jordan for his expert bread buttering skills. Also thank you to all our Bakers Carey Wright, Tina Brewer and Helen Wood for her cakes honey and delicious lemon curd also to Ruth, Jane and friends and the many others for their wonderful cakes and for everyone who bought and enjoyed them. **We made £1100!**

Our next fundraising event will be Kirkstall Festival in July.

Tombola Bottle Stalls are a big draw and we are hoping that this will be the biggest one we have done.

So, if you would like to donate a bottle or two, we would be most grateful. It doesn't have to be alcohol (but we'd prefer it if it is)!0

Sauna

Sadly, and due to the increased cost of electricity and gas, we are having to raise the price of a sauna session.

The new prices are:

£8 for members; and

£10 for non-members.

Membership is £20 per year.

Please bring your own towels, as this also helps keep our costs down.

Opening times

Monday 9am to 3.30pm

Tuesday 8am to 12.30pm

Wednesday 9am to 3.30pm

Thursday 9am to 12.30pm*

Friday 9am to 3.30pm

*Thursday: times may vary due to capacity.

Suggestions

The Centre was opened in 1984 so next year we will be celebrating 40 years, I think we need to congratulate Joanne and ourselves that we have overcome:

Fire (2014)

Flood (2007) and

Pestilence (2020-Covid!).

We would like your suggestions for how we should mark this anniversary. Keep 'em legal. ;-)

Testify

We are looking to update our web site and would like to include testimonials. It doesn't have to be a long piece. We would just like to your thoughts about the centre and how it helped you, or not.

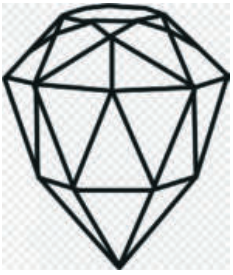
You can email Joanne or fill in a form at the centre. If you do email Joanne, please put "Testimonial" in the subject line. We will not publish your name without your consent.

Gift Aid

this is an important part of fundraising.

If you are a UK Tax Payer, would you please sign a gift aid form.

Please speak to Joanne or Linda.



Kim's Corner

June 2023

Angelic Reiki Level 1 and 2

As well as offering Angelic Reiki treatments at the Centre, Kim is an Angelic Reiki Master Teacher and will be running small group level 1 and level 2 attunements here. Attunements will be done over a weekend, starting on Friday evening and then full days on Saturday and Sunday.

The training is per the original teachings, materials, and the Angelic Reiki Association. It will enable you to offer to family, friends, animals or simply for your own healing or spiritual journey. It also an insurable certification if you wish to offer it to clients.

The first group will be held in September/October (final dates to be confirmed) and there are already limited spaces remaining, but other groups will be held – including level 3 and 4 attunements. If you feel drawn to Angelic Reiki and want to book your place, or you want to know more (with no obligation), please contact Kim.

Crystals

Kim has a selection of crystals available to purchase in her treatment room. If the door is open on the days she is in clinic, please feel free to pop in and browse (again with no obligation). There is something for everyone with polished and raw crystals, and a variety of crystal chip bracelets – perfect for gifts, or for yourself! There are well known and loved crystals such as amethyst, rose quartz and grounding black tourmaline, as well as individually selected pieces including hematoid quartz, bloodstone and starbrary lemurian quartz – and new pieces being added regularly. Prices start at just £0.50, and each purchase comes with an organza bag.

Yoga Nidra

Yoga Nidra is still held on the first Friday of each month at 4.30pm. It is a wonderful practice, also known as yogic sleep, and said to be the equivalent of around 4 hours deep sleep as you are guided through various brainwave states. Places are now very limited so if it is something you have been considering do get in touch so you don't miss out!

Yoga Class Timetable Changes including a NEW class

The 11am class has now been changed to 10.30am. This is a full class but there will be occasional space for a single class due to holidays etc on a first come first served basis.

A new class has been added as we support Dan in preparing for his massive fund raiser journey from John O' Groats to Lands End. The class will be at 11.30 on Tuesday mornings so do feel free to book in – Dan will be thankful that Kim's eyes aren't just on him!

Just a reminder too that the 12.15pm class on Wednesdays is fully chair based, and you are welcome to bring your carer in with you at no extra cost!

For more information about any of Kim's treatments, classes or workshops, you can call her on: 07850 268762 or have a chat with her when you see her in the centre on Mondays, Tuesdays and Wednesdays (and one Friday per month).

LEJOG or JOGLE?



Hot on the heels of Josh's fantastic achievement in completing two marathons in the space of one week in order to raise much-needed funds for the centre, sibling rivalry rears its head in the best way possible!

Dan has decided to complete the famous "Land's End to John O'Groats" cycle route at a blistering pace. And, in keeping with the contrariness of character that we all know and love, he's doing it backwards!

While I (the editor) would personally love to see him actually ride his bicycle facing the wrong way, in real terms it means he's created massive amounts of work for his support team by deciding to do it from John O'Groats to Land's End.

Here's Dan's words on this undertaking.

"As part of our continued efforts to raise vital funds to keep the Centre running, I'll be cycling from John O'Groats to Land's End during Spetember 2023. This massive undertaking will see me ride 1200 miles, from the most northerly point of the UK, all the way to the most southerly, and I'm planning to complete the journey in around 25 days.

"Obviously, this can only be achieved with support along the way. Joanne, Kim, Ming, and Paul have all very kindly offered their support already. However, I'd be immensely grateful for as much additional support as possible. This might be in the form of you joining in for part of the ride, helping with a support vehicle, or simply sponsoring me.

"Please feel free to chat with myself or Paul for more details about how you can get involved. And tell all your friends and family!"

The route



Watch this space, as well as keeping an eye on the noticeboards at the Centre. We'll keep you all up-to-date on arrangements as they happen!