

# Chamber Chat August 2024

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

## Quiz and Cocktail Night! Friday 6 September 6pm until it finishes, here at the Centre.

Tickets are on sale now, priced at £8 per person. This includes a quiz sheet, food, and a (non-cocktail) drink. This time round, Devilish Dan will be showing off his newly acquired cocktail making skills but the **cocktails are not included in your ticket price**. These can be purchased separately on the night.

## Cake Week Starts Monday 2 September

Bakers, this is your chance to shine and win the admiration of your peers as you wow them with your talents, while swelling their waistlines. Please, please, please support us with your masterpieces as cake weeks bring in a fabulous amount of money, helping towards keeping your centre open. Even our neighbours on the industrial estate look forward to our cake week, dropping in to partake of the goodies, while we partake of their cash.

## Coffee Morning 17 August :: 11am until 2pm Christ Church Hall, Chapel Street, Halton LS15 7RW

The amazing Gill Brown has raised thousands of pounds for our centre over the years through table-top sales. Gill is hosting a coffee morning on our behalf and all are welcome to come along to offer support. There will be coffee, cakes, tombola, a raffle, and various stalls. Please join us!

**On the following page, we've showcased some of the fabulous people have helped keep us open through their donations and generous support for our events.**

### Opening times

Monday	9am to 3.30pm
Tuesday	8am to 12.30pm
Wednesday	9am to 3.30pm
Thursday	9am to 12.30pm
Friday	8am to 3.30pm

These are the times for the **start** of the **first** and **last** session each day.

The staff are here 30 minutes before the start and at least an hour after the last session ends. Please be on time for your session. Even a ten minute delay has a knock-on effect for the rest of the day.

## A message from Joanne

A gentle reminder about how we stay in operation:

"I have been asked several times during the last few weeks who funds us and does the money come from the MS Society or does the NHS support us. One person who asked this question has been attending sessions here for the past 12 years, so I was a little shocked.

The short answer is: we are not part of the MS Society or the NHS and never have been! We are a totally self-funded charity. All our money comes from your donations to use the chambers and the sauna, as well as from our fundraising events such as Dan's epic cycle ride, Josh's double marathon exploits, quiz nights, raffles, tombola, the Joker and Bonus Ball games, and sales of bric-a-brac (which is why the Centre looks like Steptoe's yard). All this is simply to keep the doors open! And that's why it's so important to support us by taking part in our events, buying our raffle and tombola tickets. It is a constant struggle to pay our bills and keep everything updated and serviced. There are no discounts for a small charity in the real world. We are charged the going rate for rent, rates, utilities. Please support us to continue to offer our service for years to come."

## Thank you to:

Wendy Redmile (amazing walk) need picture  
£1602

Karl Woolley (deceased)  
£500

John Vickers (deceased)  
£5016

Annette and Steve Woodhouse  
brilliant night out in Pocklington  
£437.50

Debbie and Vic Smith  
Doncaster St Ledger Motorcycle Chapter  
£1100

Kate and Jerry Green  
£2000

Skipton Building Society chose us as their charity for the year and have also volunteered to come along an repaint our Centre!

### **And from our recent Fun Day where we raised £600:**

Karen Lambert for her terrariums (terraria?) and hampers.

Jane Walton for her crotcheted items.

Yvonne Wood for her beautiful woodcrafted animals.

Gill Brown and her grandson Jack for running the tombola.

Kim for her crystals.

Ruth and Andy Bacon for running the bookstall.

All our bakers:

Audrey, Gill, Sarah, Sandra, Ruth and Jamie, Tina, Jane.

Everyone who donated alcohol for the cocktails:

John - the Aperol went down very well!

Bob and Alison Fieldhouse - still working our way through them.

Helen Hill,

Ruth and Andy,

Malcolm and Glenys (deceased)





## In memory of **Molly Garbutt**

We're dedicating this page to Molly, one of our patients who became a volunteer. We lost Molly earlier this year. Such was the love and respect for her that her family and friends decided to raise funds for us in her memory.



Lou Potter, Rob Potter, Alex Andryszewski, Meg Holgate, Sophie Walker, Step Mitchell, Nicole Miller, Sally Wise, James Austin, Lizzie Meek, Hannah Swain, Jake Argent, Kieran Jones, Anya Fisk, Richard Mawson. They were all awesome and completed the **National Three Peaks Challenge** to raise funds. And, in a very touching gesture, left yellow roses in Molly's memory on each stage of the climbs.

Bethany Entwistle completed the **Cork City Half Marathon** in memory of her friend.

**The total amount raised was approximately £6,500-£7000, thanks to the lovely people listed here as well as all those (sadly too many to list) who donated in many other ways.**





## Yoga

Have you ever wanted to try yoga but felt it was only for people who could bend into complex shapes, look a certain way, or wear specific clothes?

Have you been put off by the thought of big classes?

Maybe you used to practice yoga and feel a bit nervous about starting again after a change in your health or circumstances.

I have been offering hatha yoga classes here at the centre for three years now – where does time go?! – providing a safe, supportive and friendly space. I passionately believe that yoga really is for everybody, and every BODY.

I offer hatha yoga classes with a maximum of 4 people.

Modifications and adjustments are provided in all classes, so there will always be an option for you, including a chair version if required. Mats and other equipment are provided, but you are welcome to bring your own mat if you prefer.

Here are just some of the areas that yoga could help:

- Building strength
- Balance and alignment
- Fall prevention
- Improved mobility for everyday life
- Reduced stress and tension
- Increased confidence
- Increased sense of wellbeing
- Improved proprioception
- Increased lymphatic movement
- Improved digestive and respiratory function

## Yoga class times and availability

Monday at 12.30pm  
1 space

Tuesday at 11.00am  
2 spaces (men only)

Wednesday at 10.30am  
**Currently full** (waiting list)

Wednesday at 4.30pm  
1 space

All are welcome, just come as you are. If you have any questions at all please do not hesitate to speak with me in the centre, or call me on **07850 268762**.

Here is some of the feedback from classes:

*"Wonderful, non-judgemental class which is safely improving my body strength and wellbeing"*

*"Loving the yoga classes, it's really improved my strength and posture"*

*"Having lost my balance receptors in my brain in 2019 I have struggled to walk properly and have also found my balance is seriously compromised. There is no cure and no help the medical profession can offer me, so I turned to yoga. In the few months that I have attended yoga classes I have found a definite improvement in my balance and confidence"*

*"I can only say that it was absolutely wonderful, never been so relaxed"*  
(yoga nidra)



## **Our yoga teacher and therapist is Kim Holmes of Yorkshire Body Clinic**

Kim has worked with the centre since 2012, providing Bowen Therapy, Aromatherapy and Reflexology (including Reflexology Lymphatic Drainage, Neuroflexology and facial reflexology).

Kim is also a meditation teacher, Angelic Reiki healer/master and teacher.

Fully qualified and insured in all modalities she offers, Kim is also DBS checked, emergency 1st aid qualified and a mental health first aider (through Mental Health First Aid England).

For further information on 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).



## **Meditation Groups/Classes New for Autumn!**

Although qualified as a meditation teacher for around seven years, I have never offered separate classes at the centre. Well, that is about to change! I am delighted to announce that from September/October I will be running meditation and mindfulness meditation classes. I am looking to run them on different days and times and perhaps with different durations – from 15/20 minutes to up to an hour.

They will be suitable for all – even those of you who think you won't be able to do it! The busier your mind, the more reason to explore meditation! Which reminds me that I am also starting to run my Exploring Meditation 6 weeks course again which was first offered at the beginning of 2020.

Join me as I introduce you to the different forms of meditation, finding something that resonates with you, helping you find peace and a way to navigate life's ups and downs.

If you would like to register your interest in meditation classes, please do let me know if there is a day or time that would be convenient for you and I will try to factor that in when I finalise the session availability. Chat to me in the centre or call me on 07850 268762.

## **Crystals incoming!**

As the eagle-eyed amongst you have already noticed, I have been busy restocking! I spent a morning picking out some beautiful pieces for you (tough job but someone has to do it!!).

One of my suppliers had a discount event meaning I've been able to pass on those savings to you, so don't miss out on the bargains available – when they've gone at that price they've gone! Many of them are one-off pieces, including some absolutely stunning amethyst geodes, raw kyanite specimen and druzy agate DT's. Others, like the selenite lamps, and malachite bracelets, I may be able to get again but won't be able to offer at the current price.

Other new stock to keep an eye for include silver sheen obsidian palmstones, pink opal freeform desert rose, and new selenite bowls – different sizes and three moon-shaped.

The crystal anklets have been flying out of the door for summer, and I now only have limited stock remaining so do take a look before they have all gone.

There really is something for everyone, and crystals also make fantastic gifts. If you are looking for something in particular let me know and I may be able to source it for you. I am always happy to discuss crystals so don't hesitate to ask if you have any questions!