



NEWSLETTER SUMMER 2016

Dear Friends,

Welcome to our Summer Newsletter. We are now in our 5th Year as a Therapeutic Centre and this year has brought two very positive changes, one in a physical and one in a social sense.

The Camphill Community has very kindly paid for a new accessible path to the garden and a paved patio area. This has made the front of the house look lovely and much more usable as the summer approaches. It has enhanced and improved the whole feeling and aspect of



Our new pathway

the garden. Martin, our gardener, is also restoring the rockery and pond bringing a sense of established care towards the garden. Together with one of our keen therapists, Sue Mills, both are taking action for ongoing work here.

On March 1st we launched a new Therapists' Membership Scheme and this has added stability to our financial picture and has generated both interest and support for our Centre. Since our last Newsletter we have welcomed 6 new therapists to the Centre. Sue Mills - Naturopathy and Craniosacral Therapy; Kam Nijjar and Laura Jones - Psychotherapy; Sue Rogers and Sarah Lucas - Mindfulness and Lara Seago - Nutritional Therapy.

We welcome Jane Deanwood, firstly as a Partner and secondly as Receptionist to the Centre. She has taken on the work with much enthusiasm and care and it is great to have her with us. Jane also works as an Organic Skin Care Specialist and is offering facials and other natural beauty

treatments here.

Jane Sahin, our previous House Manager, has taken on new work as a Kindergarten Assistant at Elmfield Rudolf Steiner School and we wish her many thanks and good wishes with this.

We are also launching our new Community Membership Scheme for Friends who wish to support the provision of anthroposophic therapies in the community. To join and add your voice in supporting the Elysia Therapeutic Centre see further inside.

We are a not-for-profit organisation and rely on the goodwill of our volunteers and individual donations to continue. We warmly thank those who are already supporting the work at the Centre.

We hope you enjoy reading this Newsletter.

Melanie Taylor and Lindsey Garner

Friends Community of Support Membership Scheme

The Elysia Therapeutic Centre, open since February 21st 2012, is creating a *Friends Community of Support Membership Scheme*.

Your single or regular donation will go towards developing the work of the Elysia Centre and ensuring and securing its long-term future. To talk this through further please phone Lindsey on 01384 392072 or email admin@elysiacentre.org. Or by completing the enclosed form.

Wellbeing Day at the Elysia Centre

On the 30th of April Elysia welcomed Weleda Wellbeing Advisors for the whole of the day. Here they had the opportunity to experience some of the holistic-anthroposophic therapies that the Center offers. Biographical Consultation, Therapeutic Art, Eurythmy, Rhythmical Massage, Rhythmical Einreibung and Organic Skin Care were all on the menu.

I was invited to give taster sessions in Eurythmy. The enthusiasm experienced during my first block in Eurythmy Therapy - only two weeks before the Well Being Day - made me take up this challenge and commit.

We started the day with the House Verse, a blessing which gave me a sense of the humble work and healing that must take place there constantly. Freshly made organic juices, cold and hot drinks, savory and sweet organic biscuits were offered. Everything was prepared with such love and care that you felt you entered a home rather than a therapy center. This eased

a little bit my nervous anticipation. After the introductions we had a talk given by Melanie Taylor on Mindfulness. This theme was explored further in the individual sessions.

The one-to-one Eurythmy session were a new experience for me, and held great surprises. The session was built up to help the participants feel what it is to be in the here and now. Eurythmy can become a tool for awakening one's own healing forces; by becoming more and more aware – mindful – of one's own body, sensations, feelings and experiences in the

moment. The participants responded with great curiosity and interest and, I think, left with an experience, a taste of what Eurythmy (and Eurythmy Therapy) can offer to people in search of a mindful, conscious life.

The organic meal offered at midday was exemplary and wholesome. Soup made out of home-grown seasonal vegetables and freshly cut salad. All this was crowned at last with a pear and rhubarb crumble. Delicious and very well appreciated by us all!

It was a great opportunity for both therapists to share their work, pro-

mote the healing activities, which take place at the Elysia Center and for Weleda Wellbeing Advisors to taste the different holistic therapies and their essential gestures. It was a day full of challenges after which I felt strengthened and encouraged by the participants feedback both on the whole course of the day and the Eurythmy sessions themselves.

Looking forward to the next one!

Annamaria Balog, Eurythmist.
May 2016.

In Remembrance of Trudi Weigert

23rd July 1916 - 8th May 2011

Summer Tea Party at The Elysia Centre
Saturday 2nd July 2pm - 4.30pm
with tea and cakes

A Celebration of Trudi's birth 100 years ago



There will be a short retrospective of her life by Rev. Erhard Keller, (Friend and Christian Community Priest) followed by a chance to share stories and memories of Trudi.

Trudi lives on in a spiritual and very practical way through her Fund in its support of the therapeutic work of the Elysia Centre. She believed in the benefits of complementary therapies for everyone regardless of their ability to pay.

We invite all who feel a connection to Trudi and her philosophy, maybe even having benefited from her good will in some way in the past and who have an active interest in supporting the furtherance of the Trudi Weigert Therapy Fund in the future.

Cakes and garden flowers are welcome to share at this special event.

RSVP to Cecilia ceciliadwall@aol.com or 07585 675 210
Cecilia Devenney-Wall, Rev. Erhard Keller, Melanie Taylor

All donations go to supporting the work of the T.W.T. Fund
Operated by The Calyx Trust - *Charity No. 1077375.*

Treating the Whole Person - *Healing the Whole*

Sue Mills is a graduate of the London College of Naturopathic Medicine and Health Science, who obtained her qualifications by internship with the college founders.

I am qualified in Crainiosacral Therapy (including paediatrics) 64 calculus system of radionics, completed courses in homeopathy (Lakeland college, Dr Reckweg, New Vistas), Phytobiophysics, Flower Essences and Alaskan flower remedies. In each case I trained with the founders of the colleges.

I have been in practice for over 25 years, for eight years have helped to run the LCNMHS college and their training clinic.

As a Naturopath I seek to treat the underlying cause of a disease, whose symptoms are regarded as expressions of the body's natural attempt to heal itself. I treat the origin of disease allowing the patient to recover. Naturopathy can also be treated as a preventative medicine. Patients are treated individually.

Sue Mills N.D.
www.suemills.co.uk



Nutrition – the inner route to wellness

All human beings are intimately linked with nature, although it may not be something we reflect on every day.

What goes on in nature as the seasons change has a profound effect on the wellbeing of our bodies and the strength of our spirit. As the days lengthen into Spring, increasing light levels have an awakening and enlivening effect on us. Scientifically, this effect is channelled via the glandular system, particularly the adrenal glands, but our spirits also seem to lift and we feel more of a temptation to get outside – walking, exercising or preparing the garden for the onset of Spring.

The urge to throw off winter's heaviness and lethargy is strong, with energetic impulses to clean, tidy and throw away clutter – this is the way spring-cleaning gets started. It's no coincidence that nature is also waking up. Everything begins to grow but, with root crops coming to an end and losing their vitality, new crops are still scarce. So what has nature to offer us at this time of year?

Highly nutritious plants such as stinging nettles are at their tender best in

Spring. They come with an impressive contents list of vitamins, minerals including iron, flavonoids, sterols, chlorophyll, and tannins, as well as good amounts of protein. Nettles

are an excellent spring tonic and can be cooked and eaten like spinach, in soup or as an ingredient in an omelette. They are helpful for all types of arthritic illness, particularly gout, helping the body rid itself of accumulated waste. They're also alkalising and stimulate the lymphatic system, supporting internal spring-cleaning as toxins are flushed out.

Another plant highly beneficial to us at this time of the year is the dandelion. With fresh young leaves well suited to salads, it acts as a spring tonic and blood purifier. Dandelion, too, is rich in vitamins and minerals, with a mildly bitter taste, which benefits the liver, promoting the flow of bile and exerting a cleansing action on the kidneys. It's worth mentioning chicory at the same time – a valuable, mildly bitter vegetable, which can also support the liver in detoxification.

Watercress belongs to the cabbage family, with tangy sulphurous components



that have a stimulating effect on the metabolism. Once again, Spring is a good time to harvest tender shoots in fast-flowing water.

The changes of seasons are major transition times for us, as nature moves from one settled phase to another, through a period of upheaval and changed energy. Some people are more sensitive to these changes and need to take extra care with their health at these times. Instead of feeling energised with the increasing light and warmth, you may find you suffer from tiredness and a lack of energy. Look to the plants suggested above to help you through, but of course, any symptoms which cause you concern should be your trigger to seek professional guidance.

Adrian Large works at the Elysia Therapeutic Centre as a Naturopath and practices Rhythmic Massage Therapy.

A Demonstration of Natural & Organic Make Up

Learn how to apply pure make-up for a natural look with special tips to enhance mature skin, giving it that lovely glow.

**Saturday 23rd July 10.30am to 12.00pm
Cost £7**

With Natural Beauty Therapist Jane Deanwood
To book call: 07794 494862

Individual lessons can be booked at a special price of £25 00* (usually £35)* For the discount to apply, these must be booked on the day.

Before, during and beyond the Menopause

A talk and discussion on the effects on skin and hormone structure with Naturopath Sue Mills and Organic Skincare specialist Jane Deanwood.

**Saturday 25th June 10.30am to 12.30pm
Cost £10.00**

To book please phone:
**Sue Mills 07719 733815 or
Jane Deanwood 07794 494862**

Making Sense of Persistent and widespread Pain

Pain forms an important part of human experience and survival. When it occurs as a result of injury, it tends to make sense to us, we tend to know ourselves what's needed to make it better and it usually settles over time. However, if the pain persists (despite obvious healing of an injury) or when pain occurs without obvious cause, it can easily become unsettling and threatening. Especially when there is nothing else to see or feel and/or whatever we try does not really help to make it go away, making sense of it becomes a real challenge for us.

If medical assessments and advice, do not identify a curable cause or good and tolerable treatment, it is easy to see how such a situation can affect our well-being as whole, ie our body, our feelings and think-

ing in general.

I work as a Consultant Rheumatologist in the NHS and I am keen to explore the potential of complementary, drug and non-drug (e.g. massage, movement, artistic exercise) treatment for rheumatic conditions. Rheumatic conditions are often characterised by pain and/or stiffness felt in our limbs and/or spine. They can be due to relatively well understood diseases, such as osteo- or rheumatoid arthritis, but also less well understood conditions such as fibromyalgia. I am able to see interested patients, ideally referred by their GP/ Health Practitioner but also by self-referral, by arrangement and on a private basis.

For further information, please phone the Elysia Centre or email Jane on janedeanwood@elysiacentre.org.

Dr Rainer Klocke,
Consultant Rheumatologist
(GMC No: 4048213)

mindful life balance

The MLB 8 week "Mindfulness for Stress and Anxiety" course provides the tools to minimise the incredible impact that stress can have on our lives. This course allows participants to build a mindfulness practice with the support of a group of peers. The relaxing and welcoming environment of the Elysia Therapeutic Centre offers the perfect surroundings for this process.

The course currently runs on eight consecutive Thursday evenings and is taught in small groups of around 10, each session lasting 2 hours. During this time participants are shown how the practice of mindfulness can improve one's quality of life by bringing a sense of clarity, calm and perspective to everyday situations.

The course also builds the skills and strategies needed to cultivate a personal mindful practice as well as providing a unique insight into the science and psychology of stress. Through a variety of practical and engaging activities participants become increasingly aware of their thinking habits and patterns of responding.

A set of guided meditations accompany the programme so that participants can practise at home throughout the course. In order to gain maximum benefit from the course home practice is required of around 30 minutes a day.

Feedback from current and past participants on the course has been extremely positive: without exception all participants have found the course to be beneficial and for many participants there have been real "lightbulb" moments.

In addition, MLB offer half day work-

Jane Deanwood Natural Beauty Therapist & Organic Skin Care

I am a fully qualified beauty therapist working in a holistic way using natural ingredients and organic products where possible.

I have an intergrated approach to skin conditions such as acne, rosacea and eczema by working externally with effective natural products and with our naturopath to address internal causes.

I offer a wide range of beauty treatments to enhance confidence in the calm and confidential setting of the centre. Vouchers for giving as gifts are available.

Email: janedeanwood@elysiacentre.org
Phone: 07794 494862

shops offering valuable information prior to anyone wishing to attend an 8 week course, retreat days to strengthen existing practice and new for the autumn, a regular monthly 'sit'. This will enable previous participants and existing practitioners of mindfulness to meet for a relaxing evening of mindful meditation and discussion.

Sue Rogers and Sarah Lucas
info@mindfullifebalance.com



Don't forget you can follow us on Facebook!

Why not also sign up to our email list to receive up to date information on our events . Drop us an email on info@elysiacentre.org to sign up.

Elysia Therapeutic Centre

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