



Time for You



Newsletter April 2010
Number 2

This is the second newsletter – so it looks like it’s quarterly at the moment! If you did not receive a copy of issue 1 and would like one, please contact Rachel.

Diary dates:
Ellesmere MBS
2010
16th May
15th Aug
7th Nov



Weekends for Weary Women
See item within newsletter

You can also see us at:
Newtown MBS
17th April 2010
Walsingham MBS
18th September 2010
www.timeforyou88.co.uk

The Best of Oswestry

Thank you to all who have added a testimonial to our page. You can check out our entry on www.bestofoswestry.co.uk. We are under the complementary therapy section. If any who haven’t yet, would like to add a comment, we would be very glad!

Ellesmere Mind, Body, Spirit Fairs

The weather on the 21st February was something of a challenge, to say the least, but we were still able to put on a good show, and welcome lots of customers for the stalls that were there.

We have already got several new and unusual stalls booked for the 16th May 2010, so please put it in your diary, and come and support us all. Once again, there is no charge for entrance, and all proceeds from collecting tins and the raffle will go to the Air Ambulance.

First Aid for Therapists

Time for You will be running one day First Aid for Therapists courses with Border Training Solutions (www.bordertrainingsolutions.co.uk) starting on the 15th May 2010 from 10am to 4pm. The course costs £30 and includes drinks and snacks, as well as all handouts and a certificate at the end. They will be held at 9a Willow Street, Oswestry. If you would be interested in attending, please contact Rachel for a booking form.

Future dates are: 24th July 2010; 2nd October 2010; and 27th November 2010.

Weekends for Weary Women

We are holding a FREE taster day on the 18th April, at Plas Uchaf. Places are all taken now, but look out for a report on how it went on the Time for You website. We will also be putting together a press release, so if you would like a copy, or if you know of a publication that we should contact, please let Rachel know.

Alternatively, why not think about asking us to put together a weekend for you and your friends. We can tailor it to you. Or a mid-week break, or just a day to get away from it all. Maybe you know of someone who is getting married soon, and would benefit from a chance to take a break before the big day. We are here for you – tell us what you would like.

And men – we know Weekends for Weary Women is sexist, but we would be delighted to put together a weekend for you if you let us know of your interest. Any suggestions for a title would be good too!

Time for You personnel

John is now fully qualified and insured to offer Indian Head massage. He is also doing well in his class to achieve attunement to level 2 Reiki. We are also in the process of welcoming two new therapists – one who will be able to offer Shiatsu, and another who will be our principle massage therapist. More details will follow when arrangements are definite. In the meantime, if you know anyone who might be interested in working as part of Time for You, please put them in touch with Rachel.

Pamper evenings

Time for You has been invited to run a pamper evening to raise money for a local school. If you know of any causes which would benefit from such an event, or even if you just want to indulge yourself, please contact us to discuss what we can offer.

Other events at the Willow Street rooms

You may know that other therapists use the rooms at Willow Street. If you are a therapist and would like to use the rooms too, please contact Rachel. You can see the charges on the website.

- 20th April – June Meagher will be holding a meditation class from 7pm – 9pm. This is a precursor to a series of meditation classes that she is planning, to concentrate on each of the Chakras in turn, with an eighth session to pull it all together. These will start in May. If you are interested, please contact June to check availability, as places are limited.
E-mail june@aamarhealing1.fsnet.co.uk.
- Angela Mandy of Healthy Horizons is putting together a six week programme that addresses the nutritional science behind weight loss and how you can reprogram your mind to achieve your desired weight – for ever! This is provisionally due to start on the 10th May. Again, places are limited, so please contact Angela on 01691 661217 or e-mail her on angela@healthy-horizons.co.uk.
- Alan Wick of Positive Hypnotherapy is at the rooms in Willow Street every Thursday. You can contact him via his web-site www.positivehypnotherapy.net.
- Sandra Thomas has put together a one day Psychic Development Workshop which will be held at Willow Street on the 25th April from 10am to 4pm. If you would like more details, or to book, please call her on 07865 201182.

Future plans

- Time for You would like to find employers who can see the benefit of providing therapies for their staff. Stress is the primary source of absence from work, and can lead to other illnesses. Time for You can offer therapies that can be done at the workstation, or in a small meeting room, and will only take a few minutes out of the working day. If you are an employer or you would like me to contact your employer, please use the contact details below.
- Time for You would also like to talk to GPs about the benefits of holistic therapies. If you feel that your surgery would benefit from a chat with Time for You, please use the contact details below to let Rachel know.

If you are not already on the e-mail contact list and would like to be, please e-mail us at timeforyou88@hotmail.com

If you would like to be on the list for a printed copy of the newsletter, please write to the address below.

If you know anyone who would like a copy of the newsletter sent to them by post or e-mail, please ask them to contact Rachel.

If you have received this and do not want to in the future, please let Rachel know.



Contact details:

Call Rachel on 07958 923226 or 01948 710817

Or write to Time for You, 9a Willow Street, Oswestry, Shropshire, SY11 1AS

Or drop into Willow Street on a Wednesday between 10am and 4pm

www.timeforyou88.co.uk

