



Big changes are afoot at Nine Springs this Spring!

We are very sadly saying farewell to Lesley Jenkins, who is retiring from practising acupuncture as from 28 April 2018.

As many of you know, Lesley is one of the founding partners of the clinic, having started practising Acupuncture in 1979 from a small clinic in Princes Street. Over very nearly 4 decades she has looked after a countless number of clients, and also run the Clinic, enabling its development from a 2 room

clinic to the large centre we have here today. Her dedication has been admirable. Her efficiency stunning!

Lesley started her professional life as a nurse, having trained at St Mary's, Paddington in the late 60's/early 70's. She then went on to work as a health visitor in Oxford before deciding to train as an Acupuncture Practitioner. She trained in Leamington Spa, on the same course as Jane Robinson. They decided to start the clinic in Yeovil when they qualified and the rest is history.

We wish her the very best in her retirement, and that she will enjoy spending more time with her grandchildren who are in New York, and also time in Greece.

On a positive note, we are really pleased **to welcome 2 new Acupuncture practitioners** to replace Lesley - **Rachel Moon and Yulia Heaton**. It is wonderful that we now have 3 younger practitioners in the team, including Naomi Maynard who has been with us for 2 years, who have all had a wonderfully high standard of training and bring new energy to the Clinic.



Rachel Moon



Yulia Heaton

A message from Lesley to her clients:

After careful thought and consideration, I have decided that the time has come to retire from my acupuncture practice here at Nine Springs. I have arranged to handover my practice to Rachel Moon and Yulia Heaton.

I will be sad to say goodbye, some of you I have known for many years, but I am pleased to handover your care to two practitioners who practice the same style of acupuncture as my own. So hopefully this will make for a smooth transition. I am confident that I leave you in safe and capable hands.

Thank you so much for coming to see me for your treatment in the past months, or even years. I wish you all the very best in the future.

Yours sincerely
Lesley Jenkins



Newsletter May 2018

CLASSES

Antenatal
Active Birth Workshop
Baby Signing Basics
Back Mobility
Chair Yoga
Gentle Yoga
Hatha Yoga
Meditation
Mindfulness
Mini First Aid
Kundalini Yoga
Pilates
Pre/Post Natal Pilates
Qi Gong
Restorative Yoga
Spiritual Health
Tatty Bumpkins Yoga
Tai Chi
Yoga
Yoga for Pregnancy
Yoga for Relaxation & Mindfulness

Tai chi is good for managing Chronic Pain, particularly Fibromyalgia

Tai chi is taught at Nine Springs Clinic, and recent research published in the BMJ this last month has shown it effective for fibromyalgia.

The esteemed journal says: 'it may be time to rethink what type of exercise is most effective for patients with chronic pain conditions.'

Fibromyalgia is a long-term condition that causes widespread body pain, extreme tiredness, muscle stiffness, difficulty sleeping and depression. And it *affects around 2-4% of the adult population worldwide*.

A team of USA researchers set out to compare the effectiveness of tai chi with aerobic exercise and to test whether this depends on its frequency or duration.

Dr Wang, who led the research said: "Patients doing normal exercise (the usual approach) were complaining: "the floor is too hard," "I cannot stand this," "I'm too tired," or "I'm in too much pain". Despite encouragement by staff, many missed classes, and attendance was lower than in the Tai Chi group. What we found suggests that patients may be more likely to enjoy, manage, and continue to practise tai chi, perhaps because it involves gentle, low impact movements with minimal side effects."

226 adults with fibromyalgia with an average duration of body pain of nine years, were observed over a 12 month period.

Participants were then assigned to either supervised aerobic exercise twice weekly or to Tai Chi: 12 or 24 weeks of supervised Tai Chi completed once or twice weekly.

Changes were assessed at regular intervals and participants were able to continue routine drugs and usual visits to their physicians throughout the trial. The year results were impressive.

The Tai Chi group improved significantly more than the aerobic exercise group at 24 weeks. Tai chi also showed greater benefit when compared with aerobic exercise of the same intensity and duration (twice weekly for 24 weeks).

Those who received tai chi for 24 weeks showed greater improvements than those who received it for 12 weeks, but there was no significant increase in benefit for those who received tai chi twice weekly compared with once weekly.

"This mind-body approach may be considered a therapeutic option in the multidisciplinary management of fibromyalgia," concludes the paper

Lead researcher Dr Chenchen Wang, says chronic pain calls for an "all hands on deck" approach to the management of fibromyalgia. "It is time, therefore, for physicians to explore new approaches and rethink their strategies in order to provide the best care for patients with chronic pain conditions."



Chenchen Wang is a professor of medicine at Tufts University School of Medicine and director of the Center for Complementary and Integrative Medicine in the Division of Rheumatology at Tufts Medical Centre, Boston, US.

In a second article, Amy Price, a trauma survivor with chronic pain, describes how tai chi has helped improve her balance, reduce anxiety, and manage pain. She acknowledges that tai chi does not work for everyone, but says the advantage is that "it is low risk and minimally invasive, unlike surgery, and it will not harm your organs, like long term drug use." And there is also the chance that it might complement other interventions to help your body work better, she concludes.

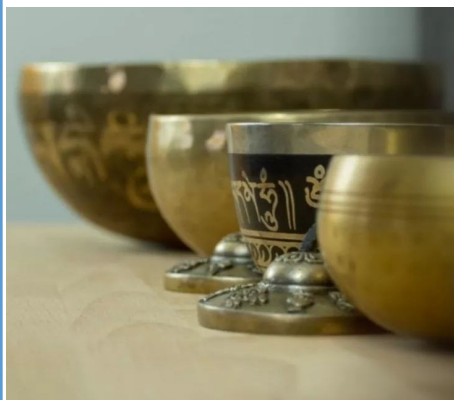
Reference:

Effect of tai chi versus aerobic exercise for fibromyalgia: comparative effectiveness randomized controlled trial, Wang C, et al. *BMJ* 2018; (Published 21 March 2018)

Venue Hire

Are you looking for a therapy room, or small meeting room, or perhaps a large space for training session, classes or workshops. Here at the clinic we have a variety of rooms available to hire. Contact the practice manager for more information:

Kelda@
ninespringsclinic.org
01935 476234



Yoga and Sound Bath

May 20th, 1pm-3pm

Indulge yourself in a nurturing and relaxing yoga practice followed by Yoga nidra with Siromani Teacher of Yoga Debbie Callejah-Atkins. This will lead you gently into a luxurious Sound Bath led by Sound Therapist Carrie Searley of Calm Party.

Refreshments served afterwards.

£20 prepayment secures your space.

Call Debbie on 07929 512442 to book or for more info

2 Hour Baby & Child Emergency First Aid Class

Tuesday 15th May 10:30am-12:30pm

Thursday 21st June 10:30am-12:30pm

The award winning 2 hour baby & child first aid class covers CPR, Choking, Bumps, Burns, Breaks, Bleeding, Febrile Seizures & Meningitis Awareness.

The class is suitable for parents, grandparents and carers and costs just £20pp.

Pre-crawling babies are welcome to come along too!

Contact Sue to book your place:
07890 400461



Antenatal Classes—The Daisy Foundation

Meet other Parents-to-be, make friends, feel supported, be informed!!

Courses starting:

Sunday 13th May, 10am-1:30pm, Active Birth Workshop

Tuesday 29th May 6:30pm-8pm 6 week Birthing Class

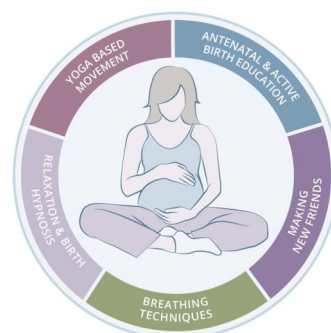
Sunday 24th June, 10am-1:30pm, Active Birth Workshop

Sundays, 22nd & 29th July, 10am-4pm, Parent Workshop

More dates to follow...

For more information and to book your place contact Nici Fulton directly: nici-fulton@thedaisyfoundation.com

07791 730123



Your Spiritual Health Programme

Your Spiritual Health Programme has been devised by Dr William Bloom. Marilyn Upton has recently completed a Diploma in Practical Spirituality and Wellness with Dr Bloom. As well as practising hypnotherapy she is now teaching the Spiritual Health Programme. Dr Bloom says: "This Programme can improve and boost your physical, emotional, and psychological health. It can reduce stress and anxiety, and bring your body back into a state of healthy balance."

**Your life is a journey towards
Greater love, wisdom and connection.
Every situation - good or bad -
Is an opportunity to learn
And grow.**

The programme combines practical learning with Meditations and simple exercises. It is taking place once a month over 9 blissful sessions of 2 hours each, excluding December. It's at Nine Springs Natural Health Centre. You will receive a certificate at the end. The first session is on **Saturday 23rd June, 2.30pm- 4.30pm**. The last is on Saturday 23rd March 2019, 2.30pm- 4.30pm.

Please contact Marilyn for more details. The deposit is due by Friday 18th May. The balance is due by Friday 15th June. If the balance is paid by Friday 1st June there is a discount.

Marilyn: mjeupton@gmail.com or 07785 181 991

The MoonWalk, Iceland 2018

Anita Hegerty an Osteopath at Nine Springs is heading off to Iceland to power walk a midnight marathon in June raising money for breast cancer charities. All donations much appreciated.

Go to: **moonwalkiceland2018.everydayhearo.com** for more information and to donate.

You can follow Anita's progress on her Facebook page **Anita Hegerty Osteopath #osteopathyworks**

I am sure you will join me in wishing the best of luck to Anita with this challenge!

What 3 months of yoga and meditation will do for your body

"A study showed you can improve three key biological markers — and it easily translates to steps you can take at home.

At first glance, this story might seem like a no-brainer. Yoga and meditation help to reduce stress? That's obvious. But what's fascinating is that a new study has shown how several key biological markers linked to stress and inflammation were improved after a daily regimen of yoga and meditation."

The full article by Jenn Savedge can be found here:

<https://www.mnn.com/health/fitness-well-being/blogs/yoga-and-meditation-proven-reduce-stress-and-inflammation>

Here at Nine Springs we are fortunate to have a variety of Yoga classes all through the week. Check out our timetable, which you can pick up in the clinic, or go online: www.ninespringsclinic.org/weeklyclasses

Contact the class leaders directly for more information and to check availability.

Find out first-hand what yoga can do for you!

Art Exhibition April - June 2018

We currently have the work of two artists on display at Nine Springs; Cally Stephens has a selection of her photographs and Chris Shaw has a collection of his aviation and wildlife fine art.

Their work will be on display until the end of June. We have had wonderful feedback already from those who have been into the clinic. Do pop in and have a look if you are passing! The work is available for purchase.

Captured Moments

By Cally Stephens

I've always had a passion for photography, finally took the plunge investing in a "proper" camera and enrolled on a Yeovil College photography course in 2016. Having since appeared in various magazines and newspapers in the area and most recently winning Forde Abbey's 2017 annual photography competition.

I enjoy capturing shots of Somerset and beyond. Especially love sunsets, wildlife and local landmarks.

My photographs are edited in Adobe Lightroom and Photoshop, which help me to deliver the emotion I wish to evoke.

I like to create a variety of styles from vibrant landscapes to monochrome silhouettes.

I hope you enjoy browsing my photography.

For more **Cally Captures** please find me on Facebook and Instagram

Facebook - Cally Captures

Email - Cally13_uk@yahoo.com



Aviation and Wildlife

By Chris Shaw

I am an artist based in Somerset, my main subjects are aviation and wildlife.

My interest in aviation stems from my dad being in the RAF and my Grandad being a bomber pilot in the Second world war. My family's connection to the RAF led to me having a keen interest in aircraft and their history. Living locally to RNAS Yeovilton, the subject of much of my aviation work is the Fleet Air Arm.

I have always had an interest in wildlife and the natural world fascinates me. I try to visit wildlife parks and zoos as often as I can to study animals. I would like to go to Africa to see animals in their natural habitat.

As well as aviation and wildlife I have also completed some other paintings for clients including pet portraits, various sports, landscapes and other subjects.

I appreciate any views and feedback you may have for me, alternatively if you are interested in discussing any of my paintings or would like to talk to me about commissioning a painting please do not hesitate to get in touch.

"The most important skill an artist can have is the ability to bring a painting to life, to make metal look like metal, glass look like glass etc. and to know how light behaves."

"Painting is making an illusion and my goal is to master that illusion."

Facebook - Chris Shaw Aviation and Wildlife Artist

Website - www.shaw-arts.co.uk

Email - chris.shaw.arts@gmail.com



Artists wishing to exhibit at Nine Springs should email the practice manager with examples of their work: kelda@ninespringsclinic.org



Find us on:
facebook®

Weekly Classes at Nine Springs

MONDAY

- **Gentle Yoga - 09:30-11:00** Ursula Dunne
- **Yoga for Mindfulness & Relaxation - 11:30-13:00** Debbie Calleja-Atkins
- **Gentle Yoga - 14:00-15:30** Jane Hobbs
- **Chair Yoga - 11:30-13:00** Debbie Calleja-Atkins
- **Yoga for Pregnancy - 18:00-19:15** Ursula Dunne
- **Mindfulness - 18:00-20:30** Beatrice Brooke
- **Hatha Yoga (Mixed Level) - 19:30-21:00** Louise Byford

TUESDAY

- **Pilates (Improvers) - 09:45-10:45** Kate Jeans
- **Pilates (Beginners) - 11:00-12:00** Kate Jeans
- **Hatha Yoga (Beginners) - 18:00-19:15** Louise Byford
- **Antenatal Class, Birthing - 18:30-20:00** Nici Fulton
- **Hatha Yoga (Mixed Level) - 19:30-21:00** Louise Byford

WEDNESDAY

- **Kundalini Yoga - 08:00-09:30** Debbie Calleja-Atkins
- **Qi Gong/Tai Chi - 10:00-11:30** - Zabeth Reid
- **Baby Signing Basics - 10:00-11:00** Louise White
- **Tatty Bumpkins Yoga - 11:55-14:30** Paula Hall ****Coming soon****
- **Pilates (Beginners/Improvers) - 17:00-18:00** Kate Jeans
- **Pilates (Intermediate) - 18:00-19:00** Kate Jeans
- **Restorative Yoga - 19:30-20:45** Louise Byford

THURSDAY

- **Pilates (Beginners) 9:30-10:30** Nicola Gibb
- **Pilates - 10:40-11:40** Nicola Gibb ****Coming soon****
- **Postnatal Pilates - 13:00-14:00** Kate Hayden
- **Hatha Yoga (Experienced) - 18:00-19:30** Louise Byford
- **Hatha Yoga (Beginners) - 19:45-21:00** Louise Byford

FRIDAY

- **Back Mobility - Rehabilitation Pilates 10:10-11:10** - Kate Hayden
- **Baby Signing—Sing, Sign and Rhyme - 11:30-12:30** Louise White
- **Qi Gong - 13:00-14:00** Jane Robinson
- **Yoga for Mindfulness & Relaxation - 19:00-20:30** Debbie Calleja-Atkins

SATURDAY

- **Antenatal Class- 13:00-17:00** Nici Fulton

SUNDAY

- **Antenatal Class - 10:00-16:00** Nici Fulton

Contact details for all the class leaders can be found on our website. Please contact the class leader for more information about the classes, to check availability and to book your place.