# Holistic Health

Wellbeing events and information in Norfolk and Suffolk

# Summer vibes Feel the love



### **PAUL EAGLE**

Integrated Psychotherapy

### **PAGET NEWS**

Events at the James Paget Hospital

#### **KITCHENERS**

Lowestoft Veterans Centre Appeal Nature heals my body and spirit as I surrender to its gentle rhythms, drawing strength from ancient trees, flowing water, and nurturing soil. I open myself to receive its wisdom today, knowing that like the forest after rain, I am constantly renewing and becoming whole again.



## Hi there!

### Welcome to the third edition of Holistic Health, wellbeing events and information in Norfolk and Suffolk.

I hope you are all enjoying the sunny weather - if you are reading this in July.

This edition has more articles and events than before (I said this last time!) All events have clickable links for more information so you can have all you need at hand on your phone or laptop.

If you would like an article or advertisement in the October to December issue, please email me. It goes out on social media and to all JPUH staff via their wellbeing intranet.

Thank you for your kind comments on how the articles have helped you.

This magazine is for you - what you do, how you can help and work together to promote the wonderful therapies and events we have.

Best wishes



Carole Reeve
Holistic Therapist, Editor
and Cat Lover xx

#### Main articles

6&7
PAUL EAGLE

Integrated Psychotherapy.

8&9
PAGET NEWS

Events at the James Paget Hospital.

19 KITCHENERS

Lowestoft Veterans Centre Appeal.

The magazine will be produced online four times a year,
January - March, April - June, July September and October - December.

All information was correct at time of publication.

Please check with the event organisers for any cancellation or change of date etc. if you are travelling a long distance.

To be included in the next edition, please email info@coolmoondesign.co.uk

# What's on

To advertise your event email info@coolmoondesign.co.uk

### **Dawn Chrystal**

www.dawnchrystal.com

So looking forward to sharing in this new group at <u>Sams Wellbeing Hub + Cafe</u>
If you are sitting at a crossroads in your life, and feel like you need some inspiration, come and join us.

Look forward to seeing you there.

Starting the 4th July from 11am - 1pm and running every Friday will be our new 'Women's Wellness' group.

An informal, womens only meet up where you can talk to others, receive peer support, feel empowered and seek advice and guidance across a number of topics.

Spread the word and we'll see you soon!

See Dawn's Facebook events





### New Womens Wellness Group in Lowestoft



# WOMENS WELLNESS GROUP

Every Friday from 11am - 1pm Starting 4<sup>th</sup> July

- · Weekly, Informal, Women only meet up
- Talk about your lives, open up and get things off your chest
- Receive advice about womens health
- Empower one another with peersupport and self improvement
- Support and self improvement
   Drop in and feel inspired and

supported



For more information email Tracey.mcfee@accessct.org

132 Bevan Street East Lowestoft, Suffolk NR32 2AQ 01502 527200





### **The Energy Alchemist**

Visit their Facebook page

Friday 11th July and 8th August 7.00 to 8.30pm £10 EAST COAST DRUM CIRCLE Lound Village Hall NR32 5LL

Lound Village Hall NR32 5LL This is a monthly event

Friday 19 September 7-8.30pm £15 SOUND JOURNEY AND GUIDED MEDITATION

Lound Village Hall NR32 5LL https://fb.me/e/5YiwGQKJf





See The Energy Alchemist's Facebook events







Inhale... Exhale... Smile...
With Jenn Kenny
www.sunandmoon-qigong.com

"Know what sparks the light in you. Then use that light to illuminate the world." Oprah Winfrey

# Who can help me heal?

### A personal perspective by Paul Eagle of Integrated Psychotherapy

Have you ever noticed how one friend may wildly praise a therapist they have seen, while another claims the same therapist was ineffective? When you are looking for help – how do you know who is right for you?

I'm looking at this from my perspective as a Psychotherapist, Hypnotherapist and Counsellor, but most of what I say will relate to other therapies as well, including physical therapy.

So, let's be honest. There will be some poor therapists out there. I have met several people who clearly have more of their own issues to deal with before offering help to others. Book some sessions with one of them and you will effectively be paying to listen to their problems! It is definitely worth taking the trouble to do a little research before committing.

Someone may have a very good approach to a particular issue. This is often, but not always, an issue they have been through themselves. As long as you have the same issue, in a similar context, they can be very helpful. However, if that person has a great take on, for example, panic attacks, and you are looking for support through bereavement, it may be a poor match. Check their website and see where their focus is.

Membership of a group or association can look impressive online, but shouldn't be your deciding factor. The area of complementary therapy is unregulated - meaning there is no uniformly accepted qualification or examination required to practice as a counsellor, for example. Various groups try to manage this by limiting membership to those who have completed that group's specific training, but this doesn't recognise the large number of trained, effective therapists outside of their association.

When it comes to unsatisfactory experiences with therapists, a lot of disappointment could be easily avoided by following a few simple steps:

- 1. If you, as a client, are asking friends and family for any recommendations, make sure that you also ask what issue they visited with. Is it the same as yours? Does that therapist even offer the help you are looking for?
- 2. Do you know what you would like help with? If you have a specific situation, problem or symptom, then that is what you need to ask about. However it is absolutely fine to tell the therapist that you don't really know what is wrong but explain how you are feeling. Of course, if you book sessions on this basis be



prepared for the first one or two to involve working with the therapist to clarify what is wrong, and which issue needs priority – don't expect to resolve all your problems in a handful of sessions if you have been struggling for years with different issues.

- 3. Absolutely essential speak to the therapist before booking. Although many professionals can adapt to multiple mental health issues, you really want someone who understands where you are and how to help you to move forward to a more positive situation, in a way that works for you. Some will make a small charge for this short consultation, others offer a free phone call, or an online or in person meeting. Consider that this is someone you will be working with in an intimate, open and honest way. You need to feel that you can work with them. Contact more than one, and trust your feelings.
- 4. Accept that YOU are the person ultimately responsible for your health. A counsellor may explore ideas and options with you, but you decide what action to take; a hypnotherapist can help to change perceptions of past pain or improve your self-esteem, but it is down to you to take the next steps. Sometimes accepting this can feel like an unwanted burden, but accepting responsibility for yourself can feel very empowering.
- 5. Be prepared to invest in yourself. Although some counselling is available on the NHS (and is in great demand) private therapy is not subsidised. Make sure you know what the cost will be before you start and that you can cover it one or two sessions when you need six or seven can leave you feeling worse than before your issue is exposed but not yet resolved. Some therapists will offer discounts on block bookings or a reduced rate for those on benefits. Be cautious of any therapist who says they can resolve any issue in a single session.

6. Respect your therapist - turn up on time, if you can't attend let them know as soon as possible. If you don't understand something, ask them until you do. People can have different opinions on things, we're human after all, and still be able to work together. They are not perfect either, and it is okay to point it out if you feel they have missed something important.

Also, therapists may ask if you feel able to give some feedback on their website, or a short review for Google or Yell. This is the 'new normal' and is up to you. It can be the most powerful form of advertising for your therapist. There is no need to give details about your issue or therapeutic techniques used, but do mention their professionalism, warmth, friendliness, efficiency or whatever else you genuinely appreciated.

If you follow these guidelines then you greatly increase the chances of finding a good, suitable therapist and moving forward in an effective, sustainable way.

### Paul Eagle

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# **Paget News**

NHS **James Paget University Hospitals NHS Foundation Trust** 

### TEAM TO TAKE PART IN AIR **AMBULANCE FUNDRAISER**

**Our Pharmacy and Intensive Care Unit** teams, plus NHS colleagues, friends and family, are all teaming up to take part in the East Anglian Air Ambulance 'Only The Brave' charity obstacle course race being held in September to raise funds for the service.

The Air Ambulance team work closely with our hospital and provide a crucial service to support our local

community. But, beyond this, the teams also have a special reason for supporting the charity - after the air ambulance team saved the life of the partner of one of the Pharmacy team recently.

In support of their colleague, and her partner, who was a former Pharmacist at the James Paget, our team, known as 'Team Platty' will now take on the Only The Brave six / ten mile mud obstacle course challenge, which is being held at the Euston Estate in Suffolk on Sunday 21 September.

The course will involve up to 35 obstacles - including monkey bars, giant hurdles, balance beams, tunnels, cargo net crawls and slip and slide style descents - and lots of mud!

Paul Young, from our Pharmacy team, who is organising our team for the event, said; "We are normal people, very much like one big family, and aim to support and look out for one another. We also do much behind the scenes to support and give back to our local communities, even when off the clock, and this fundraising event is just one of many examples of this.

"This event is close to our hearts. The East Anglian Air Ambulance is there to provide the best opportunity to save

> somebody's life, one of our loved ones lives. We want to ensure we raise as much money as possible to keep this service available for us



The East Anglian Air Ambulance provides advanced critical care, 24 hours a day, 365 days a year to the most seriously ill and injured people in the region by air and road. Their crews are called to, on average, eight critical emergencies a day. The service receives no regular government funding and relies entirely on the support of the community.

If you would like to read more and support this fundraising for the East **Anglian Air Ambulance, please visit;** 

https://eastanglianairambulance. enthuse.com/pf/team-platty

# NEW ORTHOPAEDIC OUTPATIENT CENTRE OPENS



We've just opened our new Orthopaedic Outpatient Centre – after a successful project which saw the new facility being completed and fitted out in just four months.

The orthopaedic outpatient teams will provide care for their first patients tomorrow in a spacious new facility which has nine consultation and examination rooms and a modernised plaster bay, as well as improved staff office and rest areas.

We worked with constructors
Darwin Group on the new centre which
is designed as a temporary building
that will support the hospital and
local patients while the planning and
construction of the full new James Paget
hospital takes place in the years ahead.

Completion of the new centre means that our hospital has brand new orthopaedic facilities, including a hi-tech operating theatres building and a modern ward with en-suite single rooms, all located next to each other, for the benefit of our patients.

The transfer of orthopaedic outpatient services to the new centre

frees up space in the main hospital building, which we will now use to develop our Same Day Emergency Care (SDEC) services.

SDEC is a way of providing care that allows specialists to assess, diagnose and treat patients on the day of arrival, who would otherwise be admitted to hospital for an overnight stay.

Financed through capital funding from NHS England, the project will see the fracture clinic transformed into a new SDEC facility, which will increase the number of clinical spaces for patients from nine to 20.

The new facilities are scheduled to open in the autumn, helping us see patients arriving at our Emergency Department more quickly, as well as preventing unnecessary admissions.

### SUMMER WORKSHOP - SUNDAY 13th JULY 10am - 12:45pm

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Norfolk NR30 2RL





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# With the Cancer Care Navigators

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April 10th • May 8th • June 12th • July 10th
August 14th • September 11th • October 9th
November 13th • December 11th

For more info please call 01493 452783 or email cancersupport@jpaget.nhs.uk





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The Louise Hamilton Centre has self-help groups for many health conditions. Here is their web page.

# Louise Hamilton Centre

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Our priority is to support you and your loved ones going through a difficult time.

A safe haven where people can get information, advice and support when they need it most. We have a team of staff on hand to give you a warm welcome.

#### CONTACT US

**Louise Hamilton Centre James Paget University Hospital** Lowestoft Road, Gorleston Great Yarmouth, Norfolk NR31 6LA Telephone 01493 453100

We are open Monday to Friday 08.30-17.00 Answering service weekends and out of office hours Closed Bank Holidays

















# Anxiety: When Worry Helps and When It Harms



# In the complex landscape of human emotions, anxiety stands out as both an ally and an adversary.

Not all anxiety is created equal – some forms serve as vital warning systems that enhance our performance and keep us safe, while others can paralyze and diminish our quality of life. Understanding this distinction is crucial for managing our mental health effectively.

### The Upside of Anxiety: When Worry Works For Us

Anxiety, in its functional form, has evolutionary roots as an adaptive survival mechanism. When you sense danger before a critical presentation, feel butterflies before a first date, or experience heightened alertness in unfamiliar surroundings, your anxiety is doing exactly what it evolved to do – preparing you to perform at your best and avoid potential threats.

Functional anxiety is characterised by its proportionality and temporality. It arises in response to genuine challenges, motivates appropriate action, and subsides once the situation resolves.

This "productive worry" often:

- Sharpens focus and attention when needed
- Enhances preparation and planning
- Increases alertness to potential problems
- Împroves performance under pressure
- · Motivates timely action

Consider the student who feels anxious about an upcoming exam. This anxiety might prompt them to study more diligently, seek additional help, and arrive well-prepared. In this case, anxiety serves as a motivational force that ultimately leads to better outcomes.

### When Worry Becomes Harmful: Recognising Dysfunctional Anxiety

Unlike its functional counterpart, dysfunctional anxiety persists beyond appropriate contexts, disproportionately exceeds actual threats, and actively interferes with daily functioning.

Rather than enhancing performance, it undermines it, creating a paralyzing cycle that can lead to avoidance behaviours and diminished quality of life.

Dysfunctional anxiety often manifests as:

- Persistent worry that doesn't resolve when threats pass
- Physical symptoms like chronic tension, sleep disturbances, or digestive issues
- Avoidance of potentially rewarding experiences due to excessive fear
- Catastrophic thinking patterns that assume the worst outcomes
- Impaired decision-making due to overwhelming worry

The same student who benefited from pre-exam jitters might cross into dysfunctional territory if anxiety becomes so overwhelming that they can't sleep for days, experience panic attacks while studying, or become so convinced of failure that they skip the exam entirely.

### The Tipping Point: When Functional Becomes Dysfunctional

The boundary between functional and dysfunctional anxiety isn't always clear-cut. Many people experience a gradual shift when healthy concern transforms into something more problematic.

Key indicators that anxiety has crossed this threshold include:

- Duration that extends far beyond the presenting situation
- Intensity that feels unmanageable or overwhelming
- Interference with work, relationships, or self-care
- Development of secondary problems like substance use to manage anxiety
- Persistent physical symptoms that don't resolve

Understanding this distinction empowers us to harness anxiety's motivational aspects while addressing its problematic manifestations. By recognising when worry has crossed from helpful to harmful, we can take appropriate steps – whether through mindfulness practices, cognitive restructuring techniques, lifestyle modifications, or professional support – to restore anxiety to its proper role as an occasional, useful signal rather than a constant, debilitating presence.

The goal isn't to eliminate anxiety entirely, but rather to develop a healthier relationship with it – acknowledging its evolutionary value while preventing it from dominating our lives. When we achieve this balance, anxiety can resume its rightful place as one of many emotional tools that enhance, rather than impede, our human experience.



# Arthritis Self-Help Network (London)

Be positive with ASNet - connecting and informing with our weekly newsletter.

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www.arthritis-selfhelp.org

For more information and to receive future newsletters click here

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or Sally www.sallycollins-sound.co.uk

## Calmer Waters

# **Inspirational poems** by Ally Willowood

If one day I can steer this soul into calmer waters.
After navigating through rising tides of traumas.
Then I would feel
I have done my very best
To give this soul
a well-deserved rest.

But if I decide to maintain course Through anguish, fear and discourse. Then I would be The creator of my storm. Allowing hate, torment, and bitterness To transform.

Immense power we have
To man the helm.
The risks we take
And the choices we make.
Through rising tides and storms we create
If we allow the soul to hold its steer
Calmer waters will become so clear.

More of Ally's poems will feature in future editions. Follow Ally Willowood's Poems - Willowoods Murmur Facebook page



In the throes of unspeakable despair, a place where a parents suffering is unimaginable. Bringing one to the brink of their very core.

Two little beings forced me to get up every morning, staying in bed and shutting myself away was not an option, my little dogs Frodo and Benji kept me moving. They created a sanctuary of comfort and warmth amongst a world I no longer wanted to be a part of.

Whilst sitting in my living room with Frodo by my side and Benji snoring on my lap, quiet stillness created space for words to flow into poems.

I began to realise these poems have come to me from a higher place, reading them resonates with the soul. I felt they should be shared with others who they may also resonate with.

Ally Willowood

# Digital Detox Challenge 7 Days that will reset your brain chemistry

In a world where the average person checks their phone 96 times a day—that's once every 10 minutes—our brains are increasingly wired for distraction.

The constant dopamine hits from notifications, likes, and endless scrolling are literally changing our neural pathways. But what if you could reset your brain in just one week?

### The Science Behind Digital Overwhelm

Neuroscientists have observed that excessive screen time triggers the same reward pathways as addictive substances. Each notification delivers a small hit of dopamine, creating a dependency cycle that leaves us constantly craving more digital stimulation while simultaneously feeling more anxious and less focused.

Dr. Anna Lembke, author of "Dopamine Nation," explains: "The brain adapts to these constant rewards by downregulating dopamine receptors, making it harder to feel pleasure from everyday activities." This explains why many of us feel strangely empty when separated from our devices—and why a digital detox is so powerful.

#### What to Expect

Participants in digital detox studies report significant improvements within just one week:

- 65% report better sleep quality
- 78% experience reduced anxiety
- 71% notice improved focus and attention span
- 89% report feeling more present in conversations

One participant described the experience:

"By day three, I noticed colours seemed brighter. By day five, I was having deeper conversations with my partner. By day seven, I felt like I'd reclaimed parts of my brain I didn't know I'd lost."

#### The Path Forward

The goal isn't permanent digital abstinence—it's conscious consumption. This week-long reset helps you break unconscious habits and establish a healthier relationship with technology.

Ready to reclaim your attention and reset your brain chemistry? Your sevenday journey starts tomorrow morning. Your devices will wait. Your life, however, won't.

A survey of over 15,000 UK schools revealed that most have independently implemented smartphone bans, with 99.8% of elementary schools and 90% of middle schools instituting restrictions without government mandate. Education Secretary Bridget Philipson supports this autonomous approach, noting it demonstrates that empowering headteachers works effectively. Educational leaders cite evidence that even a phone's presence can negatively impact student concentration and learning outcomes.

The successful implementation has garnered positive parent feedback, while in the United States, various states are adopting different approaches—from providing grants for phone-securing technology to passing binding restrictions or issuing non-binding guidance—all acknowledging research showing improved learning, concentration, and student wellbeing when phone use is reduced in educational settings.

# **YOUR 7-DAY BRAIN RESET CHALLENGE**

#### **Day 1: Notification Elimination**

Turn off ALL non-essential notifications. Yes, all of them. Studies show that simply seeing your phone light up activates stress hormones, even if you don't check the message.

### **Day 2: Morning Mindfulness**

The first 30 minutes after waking are crucial for setting your brain's tone for the day. Replace your morning scroll with meditation, journaling, or simply enjoying your coffee in silence.

#### **Day 3: Social Media Sabbatical**

Delete social media apps from your phone (temporarily). Don't worry—your accounts will still be there when you return, but your brain will thank you for the break from the comparison trap.

### Day 4: Single-Tasking

Our devices have trained us to juggle multiple inputs simultaneously. Today, practice doing just one thing at a time. Research shows this increases both productivity and enjoyment.

### **Day 5: Nature Immersion**

Spend at least one hour outside without your phone. Nature exposure has been proven to lower cortisol levels and increase activity in the prefrontal cortex—the area responsible for focus and creativity.

### **Day 6: Analog Pleasures**

Rediscover pre-digital entertainment: read a physical book, play a board game, cook a meal without following an online recipe. Notice how different it feels to engage with the tangible world.

### **Day 7: Intentional Reintegration**

Today, you'll strategically reintroduce technology with new boundaries. Set specific tech time blocks, create a phone-free bedroom, and decide which digital habits serve you—and which don't.

Good luck and keep it up!



### Join us for our East Coast Truckers 25th Anniversary Fun Day on 20th July at Filby Playing Field

www.eastcoasttruckers.co.uk/25th-anniversary-fun-day

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\*University of East Anglia, University of Suffolk





# BAKEHOUSE

A COMMUNITY SPACE FOR GREAT YARMOUTH

Bakehouse is a social enterprise.
A not-for-profit organisation incorporated for the benefit of the community of Great Yarmouth.

Bakehouse is a cultural third place and venue for mutual aid that stands for diversity and against bigotry, with the aim of supporting a better future for the town and the people who live here.

We will also host a programme of arts and culture events, workshops, and other related activities.



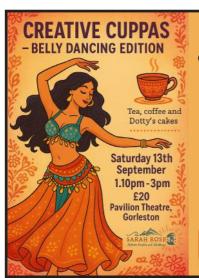
We are currently open on Thursdays and Fridays, 11am to 4pm, for community kitchen and pay-what-you-can cafe service.

Bakehouse, 1 Whitefriars Court Stonecutters Way Great Yarmouth NR30 1HF

www.bakehouse.space www.facebook.com/bakehousegy







# Step into the mesmerizing world of belly dancing with the incredible Nadia Salama at the Gorleston Pavilion Theatre!

No experience (or coordination) needed! This session is completely beginner-friendly, but all levels are welcome.

Whether you're looking to try something new, embrace your inner goddess, or just have a good laugh with friends, this is the perfect chance to move, express, and have fun!

Spaces are limited, so...

**Hurry! Book your tickets here** 

# I'm Caring for Creation a Lent Course by Yasmin Abigail, Acle Churches Together

For many years the churches in Acle have come together to share in an ecumenical Lent course. This consists of about five or six sessions during the period of Lent. Approximately fifteen to twenty people regularly meet as a face-to-face group.

This year the group chose Caring for Creation, a course published by York Courses. This comprised a booklet for each individual, and a CD and transcript for the leader. The course was written by Canon Brian Davis, Chair of Eco Church, Harborough, and a team of professional contributors combining theologians, environmentalists, social activists and published authors.

POINT: It is hard to realise that humanity is probably facing the greatest crisis in history, and unless we take more resolute action that crisis will turn into a catastrophe. (Bishop Hugh Montefiore.)

Our course was led by Rev. Martin Greenland, St Edmunds, Acle, who is passionate and knowledgeable about wildlife and the environment. It was a remarkable group, gelling quickly, where everyone felt comfortable contributing regularly in each session.

The supporting booklet was extremely readable, relevant and interesting, addressing such areas as:

- The Environment
- Global Warming and Climate Change
- The Age of Humans The Anthropocene Fra
- Coming out of Denial and Facing Crisis
- · Faith, Hope and Love.

We were especially fortunate with some of the members of the group having experience and professional knowledge to enable us to have some lively, informed and interesting discussions, as well as an opportunity for new learning.

POINT: More than a quarter of the UK's puffins are struggling to survive due to

climate change and lack of food. In Europe they are at risk from extinction.

Those of us who have grandchildren felt guilt and despair over the state we shall be leaving the planet in, when we die. We are supposed to be God's stewards of our world and sadly are making an appalling mess of it. It is easy to get overwhelmed by the many crises facing our global world and to feel guilt and helplessness due to the part that we as individuals have contributed in the continual destruction of our planet, and the negative impact on the lives of millions of people and the natural world.

POINT: As reported by Christian Aid, Burundi with a population of 12 million has the lowest annual per capita emissions of carbon dioxide in the world yet finds itself in the front line of climate change, suffering from higher temperatures, lower crop yields, and increasingly unreliable rainfall.

Guilt, shame and acknowledging the issues are all very well, but what are we as Christians going to DO? We do our little bit and as the famous Tesco adage states, 'Every little helps.' However, change needs to be much bigger than on an individual or local level. The course provided food for thought. As one attendee stated, 'It was great coming to a course where we thought about our world and discussed what we as Christians could do about the damage.'

POINT: The task of the local church is to create opportunities for Christians and others to engage in public action. (Ann Morisy, theologian.)

The group discussed how as Christians we should try to live more environmentally conscious, and to live a simpler life. Another attendee stated, 'It made me think more about small things that I can do such as choice of toiletries, house cleaning products, eco-friendly gardening, eating less or eating no meat, and using Fair Trade products.' Everyone on the

course shared what we ACTUALLY do. This included recycling, cutting down on plastic use, installing solar panels, using more public transport, growing our own fruit and vegetables, eating less meat and reducing our plane journeys.

# POINT: To do things right, first you need love, then technique. (*Antoni Gaudi, architect.*)

We need to value the beautiful world in which we live and to actively involve ourselves in Christian groups working to support those living in the developing world who have limited access to healthcare. clean water, sanitation, education and a roof over their head. Those people who are caught in global conflicts and experiencing extremely appalling abuses - rape, murder, squalor, fear and having to leave their homes. As a group we recognised those associations that are meeting these challenges but acknowledged that on a personal level and as Christians we needed to engage more with proactive groups. We should now be looking to lobby our MPs, challenge local council decisions, join international movements to challenge governments, leaders and CEOs of multinational companies.

Many countries are already experiencing the effects of climate change such as extreme weather, desertification and rising sea levels. Failed crops and harvests leave millions dying from starvation and many others vulnerable to disease. So, what do we as individuals DO to help these people?

# POINT: The fight against climate change is fundamentally about human rights and securing justice for those suffering from its impact. (Mary Robinson in Climate Justice.)

In the Western, affluent world it is so easy for us to lose touch with the basic necessities of life. To have a home, energy security, food, water, education and hope. As Dr Mitri Raheb, a Palestinian Christian said, 'Hope is faith in action...... hope is what we do today.' One attendee stated, 'We worry about our future and the future of the world. We must keep our HOPE and FAITH strong in the Lord.'

POINT: As Archbishop Stephen Cottrell stated, 'We need to learn a simplicity of life.'

We can act small by being kinder to people, helping those less fortunate than us, working together and praying. The power of prayer is powerful, and we must ask God for support and direction. As Brian Davis states: 'We have been given God-like powers. We CAN and MUST act before it's too late. Jesus challenges us to change, to renounce our selfish, greedy, materialistic, self-centred ways, and to love our neighbour and care for creation.

God is with us; the Holy Spirit saves us from despair, giving us inner strength for living in true Christian hope.' At the end of the end of the course we found that we need to pray to God for direction and believe in hope for a better world.

POINT: Worship that saves the world is courageous, daring and willing to look reality in the face and step out in a way that responds to God 'doing a new thing' in his Kingdom, already present with us. (*Brian McLaren, preacher.*)

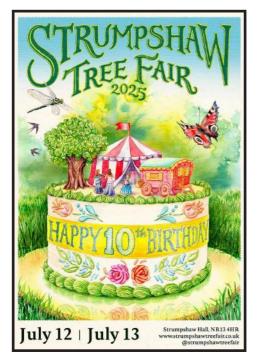
Brian Davis concludes that our planet will only be saved as we learn to act unselfishly and sacrificially, thinking less of ourselves, and more of others.

'If any want to become my followers, let them deny themselves and take up their cross and follow me.' (Mark 8:34.)

Although time was spent discussing the various issues, several people in the group commented on how good it was to join in Christian fellowship. It was also suggested that we meet up regularly once a month for another course to stimulate discussions and encourage us to be more proactive in facing the challenge in caring for our world and its people.

### Yasmin Abigail, Acle Churches Together, April 2025

Acle Churches Together' is an ecumenical group involving the three churches (Anglican, Roman Catholic and Methodist) holding joint services in Acle and social events several times a year.











Please click here to save our holiday centre

The Lord Kitchener Memorial Holiday Centre was set up in a Grade II listed building at Kirkley Cliff, Lowestoft, Suffolk in memory of one of the nation's war heroes more than a century ago.

It has offered discounted accommodation to veterans and their families for decades but the building, which is now 180 years old, is in desperate need of repair - with the re-wiring of the electrical system and new windows a priority.

An appeal has been launched to try to raise £1m to allow the charity to continue helping veterans and secure the building's future.





### **UNEWS**

Lord Kitchener centre's £1m appeal to continue helping veterans holiday in Lowestoft | ITV News Anglia

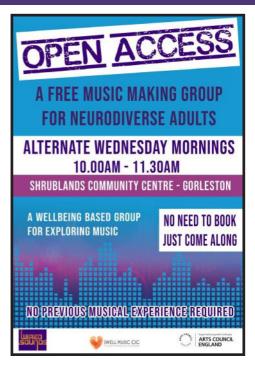


Visit our website www.kitchenerslowestoft.co.uk



### What's on





### Magdalen Way, Gorleston Norfolk, NR31 7BP 07544 551670





### Shrublands Youth & Adult Centre Charitable Trust





### Info@shrublandstrust.org.uk www.shrublandstrust.org.uk





# MACMILLAN CANCER SUPPORT





# Skin cancer nurse-led support group

Meets on the first Friday of each month
2.15pm to 3.30pm
in the Louise Hamilton Centre
on the James Paget hospital site

Friday 4th July
Friday 1st August
Friday 5th September
Friday 3rd October
Friday 7th November
Friday 5th December

Dates for 2025 All welcome

For more information please contact our Cancer Care Navigators on 01493 452783 or email CancerSupport@jpaget.nhs.uk

Look out for the October to December edition of Holistic Health.

If you would like a copy sent to your inbox, please email

info@coolmoondesign.co.uk