

April-June 2025

Holistic Health

Wellbeing events and information in Norfolk and Suffolk

A photograph of a hand reaching out to touch a pink cosmos flower in a field of similar flowers. The hand is wearing a blue and white striped shirt. The background is a soft-focus field of pink and white cosmos flowers under a bright sky.

Spring is here
Enjoy nature

KATE STAPLETON

PT Nutrition and
Mindset coaching

OULTON SUITE

New diagnostic centre at
the James Paget Hospital

THE PLACE

University centre
opens in Great Yarmouth

Gratitude isn't just about counting blessings—it's about experiencing life through a lens of appreciation that transforms ordinary moments into extraordinary treasures, challenges into growth, and the overlooked into the deeply valued.



Sunrise at Thurne Mill, Norfolk Broads
Photography by David Edleston
www.davidedlestonphotos.co.uk

Hi there!

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

I had many positive and encouraging responses about the first edition - thank you everyone.

This edition has more pages as there are a lot of events happening as the weather gets warmer and the days are longer.

People are coming out of winter hibernation and want to experience new things and look after themselves. That is where us therapists step in!

I didn't realise how many varied therapies and events are available locally until I started producing this magazine. There is something for everyone.

This magazine is for you - what you do, how you can help and work together to promote the wonderful gifts we have. For us as well as our customers as times are tough at the moment.

Best wishes and take care.



Carole Reeve
Holistic Therapist, Editor
and Cat Lover xx

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THE PLACE

University centre opens in
Great Yarmouth.

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

Saturday 12th April

2 to 3.30pm £10

SOUND BATH at the Marina Leisure Centre

Marine Parade, Great Yarmouth
NR30 2EN

Free parking for three hours, enter car
registration at reception

Friday 11th April

10 to 3pm

WELLBEING DAY

The Scouts Hut, Rotterdam Road,
Lowestoft NR32 2SX

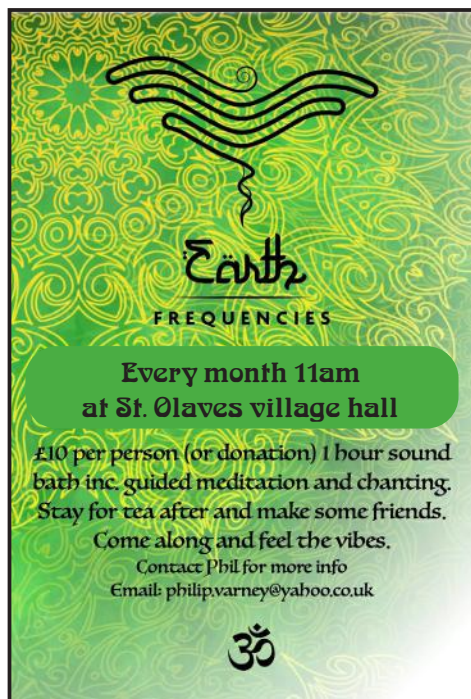
Wednesday 30th April

6 to 9pm

SOUND BATH, MEDITATION AND TALK ON BACH FLOWER REMEDIES

Sams Cafe, 132 Bevan Street, Lowestoft,
NR32 2AQ

See Dawn's
Facebook
events



Friday 11th April and 6th June
7.00 to 8.30pm £10
EAST COAST DRUM CIRCLE
Lound Village Hall NR32 5LL
This is a monthly event



Saturday 28th June
1pm to 4pm £35
DRUM AND CACAO CEREMONY
Breathe at Broome, Bungay
<https://fb.me/e/6cGirY2k3>



See The Energy
Alchemist's
Facebook
events



The Solstice Events
PRESENTS
SUMMER FESTIVAL
MIND BODY SOUL
28th June 2025
10.30am - 7.30pm
Offton Suffolk

**WELLNESS TENTS, FREE WORKSHOPS,
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ECSTATIC DANCE, LIVE MUSIC, CHILDREN'S
ACTIVITIES, STREET FOOD, SUP YOGA
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CLICK HERE FOR INFO.

Spring has returned. The Earth is like a child that knows poems.
Rainer Maria Rilke

Kate Stapleton Wellness Coach



As I danced around the kitchen, singing nonsense songs (for some reason, every morning I wake up with a completely bonkers tune in my head) while I was making my coffee,

I reflected how grateful I was to be able to dance around and skip from foot to foot. I have multiple sclerosis, and I am an exercise, nutrition and wellbeing professional – a challenging combination at times! I was on a live online course yesterday and fatigue struck mid way through, so severe that if I lifted my head from the pillow I felt as if I would vomit. I lay with my camera off, half-aware of the course, but so dizzy and sick it was worse than the worst hangover I have ever had – in my partying days that is!

Exercise is so very important, it is important for everyone but of special importance for those with long term health conditions. The benefits are well known – improved cardiovascular health, better sleep, weight management, we all know we should exercise, and I firmly believe that my exercise habit enables my rebound from MS fatigue faster than someone who is deconditioned. I do understand how hard it is though, I was in a wheelchair for 18 months – I did chair dancing when I was well enough, sticking some nineties dance tunes on (Calling Mr Vain anyone? I'm showing my age

here) and throwing shapes with my arms. I've kept up with it, no matter what has happened in life, and I am grateful that I have had the discipline to do that. On days where I can't exercise – fatigue for example – I get tetchy and irritable and miss that bounce in my life.

Mindset is key here. Fitness begins in the mind, not the body – where the mind goes, the body will follow. Mindset coaching – or coaching in general for those who physically can't exercise – is vital, and is the factor that differentiates me from other personal trainers or nutritionists. I am also a qualified coach and mentor, and use those skills for activities like obstacle analysis, and engage in a therapeutic approach, not counselling, but forward-facing coaching and building the YOU – version 2, upgraded and healthy – that you want to be. Mindset is what kept me sane during the year and a half of wheelchair dependency, every day begins with gratitude and meditation, and acceptance of what the day will bring. Nutrition and exercise follow, and I am grateful to have my mobility back to allow me to exercise.

I pass this on to my clients, so don't hesitate to get in touch to find out more. You deserve to be in a body that rewards you, so you can understand the joy of movement and how it feels to be functioning on optimum nutrition. Your new life awaits.



Project Transform Me
Your New Life Awaits



Kate Stapleton
Wellness Coach
07305 129472

www.project-transform.me

PT NUTRITION & MINDSET COACHING



Healthy thoughts...

Health isn't just the absence of illness—it's a daily conversation between you and your body. Listen when it whispers so you won't have to hear it scream.

The small choices you make today—that extra glass of water, those few minutes of mindfulness, choosing the stairs—aren't just isolated actions but brushstrokes in the masterpiece of your wellbeing.

Remember that self-care isn't selfish; it's the essential maintenance that allows you to show up fully in every other area of your life.

Your body is carrying you through this remarkable journey called life—honour it by treating it as the miracle it truly is.

OULTON SUITE: EXTRA TESTING CAPACITY

The new Oulton Suite is a community diagnostic centre which will provide more than 500 additional diagnostic tests per week for local patients, using the latest tests and medical devices.

Inside the suite are six spacious consultation rooms and eight treatment rooms, where diagnostic tests will be performed.

The tests include:

- Echocardiography, including trans-thoracic echo and Holter tests
- Implantable loop recorders and removals
- Lung function tests including spirometry, fractional expiratory Nitric Oxide (FeNo) and spot check pulse oximetry.
- Sleep studies
- Dermoscopy (imaging)
- Point of Care Testing to support diagnostic tests.

You can read more about these tests on the next two pages.

The Oulton Suite complements the work of the neighbouring Community Diagnostic Centre (CDC), where patients receive CT and MRI scans, and X-Ray and Ultrasound imaging. The CDC opened in summer 2024 and is providing approximately 1000 additional imaging tests for patients every week.

Later this year, another CDC is due to open at the Northgate Hospital site in Great Yarmouth.

The additional capacity of both the Oulton Suite and two CDCs means that patients will be offered tests more quickly, resulting in swifter diagnoses, which are so important for treating many conditions.

DIAGNOSTICS: HEART CONDITIONS

Senior Chief Cardiac Physiologist Ruth Mixer is looking forward to working in the brand new Oulton Suite – and says its modern environment will make a big difference for both patients and staff.

“It’s a big building, with fantastic facilities for staff and more space to work,” she said. “Also, because it is a dedicated, standalone facility away from the main hospital, it will mean fewer interruptions to schedules, helping us see patients promptly, at their appointment time.”

Ruth will be overseeing the delivery of cardiac tests to diagnose heart conditions.

Among the tests available at the Oulton Suite will be ambulatory monitoring, where a patient is fitted with a wallet-sized monitor for up to a week, to record the heart’s rhythm; and echocardiography, using echo machines, similar to ultrasound used in maternity departments, which provide images of the heart’s structure.

Brand new this year is the introduction of implantable ‘loop recorders’ - no bigger than a paper clip – that are inserted under the skin to record the heart’s rhythm over a number of months, with results that can be sent direct from the patient’s phone via Bluetooth.





Lung Function

DIAGNOSTICS: LUNG FUNCTION/SLEEP

The new Oulton Suite will offer a range of diagnostic tests for patient's lung function.

These tests include spirometry, which is measured to assess how clear your airways are, gas transfer measurements, which can determine how efficiently the lungs transfer oxygen into your bloodstream; and lung volumes which measures your total lung size and capacity.

Also available for patients will be several new diagnostics tests, one of which includes the fractional exhaled nitric oxide (FeNO) test. This test measures the amount of nitric oxide in your breath to determine the level of inflammation in your airways, and is particularly useful when assessing for Asthma.

These different tests can help towards the diagnosis and management of a range of conditions, from asthma and chronic obstructive pulmonary disease (COPD) to lung fibrosis and asbestosis.

Chief Respiratory Physiologist Matt Scott will be overseeing the team conducting the tests at the suite, as well as providing diagnostics for sleep-related breathing disorders including obstructive sleep apnea hypopnea (OSAH).



Patients who are suspected of having OSAH sleep disorder will be issued with a respiratory polygraphy test (home sleep study device). "The device provides a range of channel markers used to help diagnose obstructive sleep apnoea and other sleep related breathing disorders – and it can all be done within the comfort of the patient's own home environment rather than a hospital bed," said Matt.

DIAGNOSTICS: HAND-HELD TESTING

The latest 'Point of Care Testing' (POCT) machines will be used in the new Oulton Suite, to carry out 'blood gas' tests, which measure levels of oxygen and carbon dioxide in a patient's blood, to evaluate respiratory and circulatory disorders.

A small sample of blood is placed in a cartridge, which is then inserted into a hand-held POCT device (see photograph), which analyses it and displays the results on its screen.

The use of POCT machines in hospitals has grown in the last few years, particularly since the Covid pandemic; there are now 17 different types of POCT machines at the James Paget, testing and analysing to help diagnose and manage a range of conditions.



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 w www.divinetime.me.uk



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Workshops and Events

Divine Time
Holistic Health

Tai Chi Exercise

Thursdays 1230-1330

From Thursday 23 May 2024

Shrublands Youth & Adult Centre
 Magdalen Way
 Gorleston
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 Tel: 07544551670

With regular practice Tai Chi could:

- ~ Improve breathing and range of movement
- ~ Lower blood pressure and stress
- ~ Increase muscle and bone strength
- ~ Better posture, sleep and appetite
- ~ Develop your balance and co-ordination
- ~ Reduce fear of falling
- ~ Recommended for chronic pain conditions

Tai Chi for Health (ENS)
 A not-for-profit Holistic club promoting Active Ageing and Healthy-Living

www.tc4hens.co.uk
info@tc4hens.co.uk

***“Proudly Supporting
Our
Armed Forces”***

NHS
James Paget
University Hospitals
NHS Foundation Trust



Veterans Coffee Mornings 2025



The James Paget University Hospital invites Armed Service Veterans to join our coffee and information morning at the Louise Hamilton Centre 1100-1400 on

22nd January 25
26th March 25
21st May 25

25th June 25
17th September 25
12th November 25

Hosted by our Armed Forces Service
Free food and refreshments



Louise Hamilton Centre

Providing services for people with life limiting and progressive illness, their family and carers

We work closely with the voluntary sector, community groups and partners to put the right help in place to meet each individual's needs.

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

SERVICES AT THE LOUISE HAMILTON CENTRE INCLUDE

- Lymphoedema clinic
- Cancer Care Navigators
- AAA (abdominal aortic aneurysm) screening service
- Counselling
- St Elizabeth Hospice

VOLUNTEERING OPPORTUNITIES

Volunteers play an important role within the Louise Hamilton Centre, welcoming visitors into the centre.

They give up their valuable time to help benefit others who wish to give something back to the community.

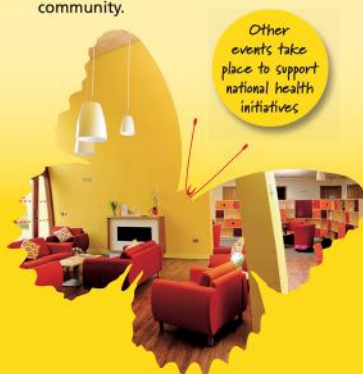
If you or someone you know may be interested please get in touch on 01493 453100

THE RANGE OF SUPPORT WE OFFER INCLUDES

- Telephone support and advice
- Family carer support
- Headwear solutions
- Complementary therapies
- Welfare and benefits advice
- Look good feel better - face to face workshop in skincare and makeup for ladies with a cancer diagnosis. Online virtual workshops available through website.

We can signpost visitors and families to other support services in the community.

Other events take place to support national health initiatives



SUPPORT GROUPS

- Inside out - Stoma
- Migraine support group
- Multiple Sclerosis
- Dementia Café
- Early onset Dementia
- Veterans coffee morning for armed services
- Men's share and talk
- Friends Together - for former carers
- Crafty Quackers
- Carers group
- Journey through the field of Art
- Max's Legacy - baby and pregnancy loss
- The Robins - loss of a loved one
- Care for us
- Prostate cancer
- Skin cancer
- Head & neck cancer support group
- Walking Beside You
- The Tulips - Breast & Gynaecology
- Cancer companions
- Can-Cer-Vive - support group for those with any form of cancer
- Coffee, Cake and Natter
- Together against cancer (T.A.C)

If you are interested in any of the services or support groups please get in touch.

You can pop in or give us a call.



womenswalkandtalkgy@gmail.com

WOMEN'S



We are a group of women who welcome you to join us for a chat, friendly, non judgemental, all welcome

Spring/Summer Dates 2025

Meet @ Cliff Top,
Gorleston, 10am

April 13th

May 11th

June 8th

Meet @ Waterways,
Great Yarmouth, 10am

April 27th

May 25th

June 22nd

For more information, please visit our
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Thursday 10th March 2025

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Our community groups and activities are
partially funded but we rely on your
generosity to keep them going (suggested
donation of £3 per session).

Every contribution, big or small, helps us
keep these vital groups running.



Funded by
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the July to
September
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LIGHT LANGUAGE SOUND HEALING £40 1 HOUR

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(I OFFER A RECORDED AUDIO TRANSMISSION BASED ON YOUR
INTENTION/NEEDS AND SEND VIA WHATSAPP FOR YOU TO KEEP)



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TO GAIN COHERENCE WITH THE HEART AND MIND THAT GREATLY ASSISTS
WITH STRESS, ANXIETY AND OVERWHELM. THIS CAN BE A STANDALONE
SESSION, OR INCORPORATED INTO ANOTHER MODALITY)

IF YOU'RE IN NEED OF SOME NURTURING TIME OUT, IT WOULD
BE A PLEASURE TO ASSIST YOU. GET IN TOUCH TO BOOK A SESSION,
OR TO CHAT THROUGH WHICH SERVICE WILL BEST ASSIST YOU.



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SUNSET walk

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Take part in our first Sunset Walk at Great Yarmouth Seafront, Saturday 5th July

Our 5 mile in-memory walk is a chance to honour loved ones as the sun sets on the coastal landscape. There will be live music, face painters and refreshments to enjoy during the event too.

Starts at Great Yarmouth Town Football Club
Registration from 6pm, setting off at 8.30pm, ending at 10.30pm

Tickets are £12 adults, £8 children (aged from 10-17)
Discover more & sign up: <https://bit.ly/4hgLcYh>

All proceeds from the Sunset Walk will help fund our hospice care to patients and families living in the Great Yarmouth and Waveney area



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eastcoast
COLLEGE

Sheringham Mind, Body, Spirit Events 2025 10am-4pm free entry



Dates for your diary

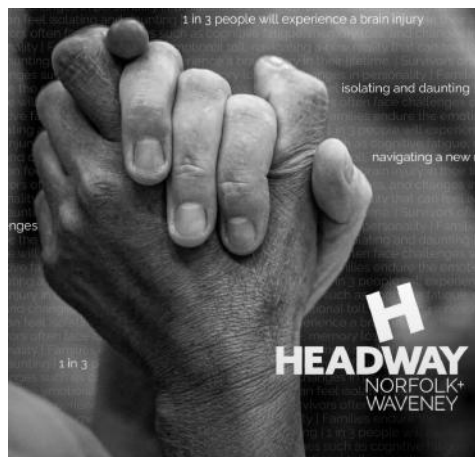
6th April
8th June
27th July
21st September
23rd November

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RAEDWALD CHAPTER

100

Mile Ride

17th MAY 2025

BACAAworld.org



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CAMPING - £10 A NIGHT PER PERSON
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REGISTRATION:
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BRIEFING: 10:30am

KSU: 11:00am

END LOCATION:
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Wuzzy's Campsite

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the July to
September
edition?



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A Journey of Me

Roadmap to Empowerment

I left behind the warm hues of family home,
Where familiar laughter and dreams intertwined,
Carrying within me a tender hope of future bright
My husband's dream as a beacon defined.
Across vast seas and shifting skies,

Setting foot on a land both strange and new,
Known only through lens of literature and history,
I began to weave a life both brave and true.

In the cadence of new tongues and customs,
I searched for echoes of the songs once sung;
Longing in my heart, ancient roots remained robust,
A legacy for my children, has proudly sprung.

Through days of hardship and nights of doubt,
I learned the art of strength with every fall,
Each challenge a lesson, each tear a clout
That carved a place where hope stands tall.

New friendships, good neighbours, helped me root in land,
And emerge to serve humanity, hand in hand,
Above color and creed, with purpose grand,
Their kindness and warmth a bridge so planned.

Now, with resilience as my guiding light,
I merge two worlds with grace and art,
In professional halls and social twilight,
I contribute my soul, a part of the heart.

This journey, a testament of spirit and grace,
Bridges the old with the promise of the new—
A tapestry of culture, dreams, and embrace,
Empowering a future that rings ever true.

Vandana Khurana

08 March 2025

Awakening with Sunrise: Thoughts and Quotes
by Vandana Khurana is available on [Amazon](#)



A big part of being happy is being excited. Be excited for everything: making a cup of tea, seeing a friend, the next episode of your favourite show, buying something you've been saving up for, sunsets, travelling, a new book.

Live a life you are excited about.



Meet Jean...

Jean Powis is a homeopath who combines her knowledge of homeopathy with a love of education and passionately believes in sharing basic knowledge so that people can explore homeopathy to relieve common complaints.



The Homeopathic Support Group at Halesworth's Harmony Centre is for anyone interested to learn about how to support themselves and family with minor ailments such as:

- 15th March – Sore Throats
- 12th April – Colds
- 17th May – Hay Fever
- 21st June – Injuries
- 19th July – Sunny Days
- 20th September – Stress
- 19th October – Coughs
- 15th November – Children



Single sessions £12.00. Bookings of three or more sessions = £10 + 10% off a consultation. Booking 6 or more sessions = 20% off a consultation

Bookings can be made at – The Harmony Centre,
Walpole, Halesworth IP19 9BB, **01986 784500**

Or via Jean Powis, registered homeopath:
jeanpowishomeopathicgarden@gmail.com
01473 737 717 or 07722 939702

Registered member of





The Cyber-Witch Circus is a tourist attraction with a difference.

Situated in the iconic Pleasure Beach Gardens, (part of the Pleasure Beach theme park) it is open from Easter to Halloween every day.

The little round house of magic, between the main entrance gates and the “Upside Down House”, is the first thing you see when you come into the gardens and it’s purpose is evident. There are signs on the windows and a large pavement sign that offer “Tarot Readings £15”.



The Cyber-Witch Circus began in 2003. It was created as a vehicle to support socially and economically challenged groups or individuals by offering social activities and safe access to festivals and events.

For 15 years we travelled throughout the UK having a stall at prestigious events including Glastonbury, Latitude, Boomtown Fair, Endorse in Dorset, Global Gathering, Folk East (to name a few!) until in 2018 we were offered a home in The Pleasure Beach in Great Yarmouth. After two years in the main Park we were blessed with the purpose built round hut in the Gardens where we are now entering our fourth season – taking our Circus to an audience beyond our wildest dreams.

The tourist Industry in East Anglia has welcomed an influx of Holistic and Spa retreats and resorts. The current trend for well being and Spirituality has been a gift for us. Respecting Seaside and Fairground traditions for Fortune Tellers we have seen a sustained growth in footfall and open minded interest in Tarot and Spirituality amongst tourists and locals.

The Cyber-Witch Circus is a unique opportunity for local practitioners to offer their skills to the public. The Reader Chair is staffed by a team of established readers who bring their own flavour to the table. Less experienced and student Readers are closely mentored through our own student programme – The Cyber-Witch Academy. The Academy has a mission statement that is aiming to raise and maintain standards in what is a largely unregulated industry- where Readers can come and go without trace. Being an established Tourist Attraction as Readers and as a business we are fully accountable, and tourists make a reading with us a part of their holiday schedule, coming in as strangers-returning as friends.

This year we have added new services- our founder and “Boss Witch” Paula Lester has added the casting of birth charts and interpretations (also £15) and there is a new exciting range of Spell Kits

and Components to add to our already popular jewellery, key rings, and unique range of Tarot themed Gifts, alongside our incredibly popular Readings.

Bookings are generally not required – the Gods/Angels/ Universe send us our visitors and waiting with an ice cream or just chilling in the gardens doesn't put people off. We aim to deliver our messages quickly and efficiently- sending people on their way with a gentle touch of Light and Love, revitalised and energised to enjoy the rest of their day out.

**For further details please visit
www.thecyber-witchcircus.co.uk**

You can also see who is reading and when on our social media platforms – Facebook, Instagram, Tiktok.

We look forward to seeing you in our little round house of Magic soon!

***Please mention this article
when you come in for your
reading to receive a bonus gift!***

THE CYBER-WITCH CIRCUS

The Pleasure Beach Gardens, Gt.Yarmouth

Tarot Readings and Magical Gifts



Easter to Halloween
OPEN DAILY
10am-6pm
(Weather permitting),



"Touching You with Light and Love"

www.facebook.com/thecyber-witchcircus

www.thecyber-witchcircus.co.uk

Join us for a community fundraiser

Pup & Me Afternoon Tea

Raising funds for
NORFOLK & SUFFOLK ANIMAL TRUST

Saturday 26th April - seatings at 1pm and 3pm
£25 per ticket

Each ticket includes a selection of afternoon tea treats provided by local small businesses for one human and one dog. (Menu available soon)

For all ticket enquiries please message Abby on 07490083500



An event by
Hair of the dog x Mariners compass
showcasing local food offerings

SOUTHWOLD ARTS FESTIVAL

SOUTHWOLD STREET FESTIVAL

LIVE MUSIC  **FOOD DRINK**

STALLS

SATURDAY

21ST JUNE 2025

visit southwoldartsfestival.co.uk for more information!

 **Book a stall or be a volunteer**
email info@blythvalleyrotary.co.uk

Rotary
Blyth Valley 

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

80

VE DAY
80TH ANNIVERSARY
A SHARED MOMENT OF CELEBRATION
8 MAY 2025

In association with **Bruno Peek**
CVO OBE OPR

at the
GORLESTON
PAVILION
THEATRE & BANDSTAND

Hosted by **Olly Day**

Great Yarmouth Brass

The Knightingales

Pavilion Players Stage School

Tickets £20 - [book here](#)
Supporting the Gorleston Pavilion Trust & Royal British Legion

**Enjoy
exclusive
perks
and
support
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**Become a
friend of the
Gorleston
Pavilion
Theatre**

OUT THERE
INTERNATIONAL FESTIVAL OF OUTDOOR ARTS & CIRCUS

29th - 31st May 2025

Circus Maddy

Prepare to get moving, be moved and move aside as you experience exceptional artistry, musicality and buffoonery in Great Yarmouth this May half term.

Make your way to the parks, streets and open spaces of Great Yarmouth between the 29th and 31st of May. Your new favourite show is Out There.

2025 PR°GRAMME

BACK BY
POPULAR
DEMAND

Moveable Feast

2025

**Tuesday
17th June**



**Tickets
£45
per person**

Save the date!

Join us for a three-course dinner at three different local dining venues, plus entertainment.

If you would like more details when tickets are available please email Maxine.Taylor@jpaget.nhs.uk or call 01493 453348

LIMITED SPACES SO BOOK EARLY TO AVOID DISAPPOINTMENT

Proceeds to

**James Paget
Hospital Charity**

Registered Charity No: 1050406



Look out for the July to September edition of *Holistic Health*.

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

[**info@coolmoondesign.co.uk**](mailto:info@coolmoondesign.co.uk)