

# WiserHealth Christmas Newsletter



Many thanks for your support to customers past, present and future!

It has been a very busy year and I'd like to take this opportunity to say a huge 'Thanks' to everyone who has supported **WiserHealth**.

The year started with an exciting series of school visits. At the end of 2009 I had recorded 'Pyramid Adventure', a relaxation story aimed at helping children learn relaxation skills and I ventured into Plympton St Maurice Primary School with the aim of trying to calm a rabble of noisy pupils. Ms Kennedy's class were in fact, delightful and coped brilliantly with the relaxation story. It was very satisfying to

see all the children lying peacefully on their classroom carpet, drifting through the 'clouds and across land and sea' to witness a pyramid. My classroom visits convinced me that the Relaxation stories were a good idea and I am in the middle of recording a CD which will hopefully be completed early in 2011.

2010 has been another great year for training. As part of the Women Do Business project managed by the Community Council of Devon, which offers business development training for women, I have enjoyed lots of di-



Janet Wise at the Chamber of Commerce Small Business Networking Event

verse business and personal development training. February saw us getting to grips with Public Speaking with Corrie Spencer of 'Positively Speaking'. It was great because I've always secretly yearned to share my **see page 2...**

## Festive Feet For the Holiday Period Don't delay call today ! 01752 283953 info@wiserhealth.co.uk

Once again this year I will be offering **WiserHealth** unique Christmas Vouchers in the form of a Christmas bag. If you can't decide what to buy for a good friend or member of your family worry no longer! It's a great shame when we have to resort to

buying something just for the sake of it. Treating a loved one with a wonderfully relaxing foot massage with added relaxation therapy as part of the package, has many advantages. You're not spending money on a multinational with already

huge profits but a local company where the money will be spent here in Plymouth buying goods and services again from local people. You're also buying less material goods that have to be stored and looked after.... **Winter Offers page 4**

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### Don't miss:

**New Relaxation Classes** starting in **January** at Harewood House Plympton and later in Plymstock. Also **Central Plymouth, 'Time to Relax',** Virginia House. **Page 2**

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## International Women Do Business Day

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views publically and spurred on by this workshop I have now joined 'The Armada Speakers' a group of Toastmasters who meet regularly to improve their public speaking ability. I'll be preparing presentations for this throughout 2011 and hope it will be both challenging and improve my business communication.

March gave us another chance to celebrate International Women's Day and this year I joined with Women Do Business to host an 'International Women Do Busi-

ness Day' at the Watermark Centre in Ivybridge. Business women had gathered from all parts of Devon and we were inspired by the work of Anita Edgar who gave us a moving presentation about the charity she co founded '*El Shaddai Street Child Rescue India*'. We were impressed with the goods the street children are making and by the way that the charity is helping give young adults the skills which could lead to self employment in the future. As part of the day I ran a lighthearted session where we also looked at our con-

nections to other parts of the world. I already knew that Reflexology is connected to the US as that's where our modern system was conceived and also Asia where Reflexology has been practised for many years. Surprisingly I also found connections with Jamaica and the Netherlands through 'Vistaprint', the online business I use for my publicity materials. Jamaica hosts the call centre and the Netherlands is one of their distribution centres, so unbeknown to me my business is already global!



## Most Developed Individual Award And Developing the [www.wiserhealth.co.uk](http://www.wiserhealth.co.uk) website

May also proved to be an exciting month. As part of my involvement with Women Do Business, at a beautiful celebration ceremony held in The Great Hall, Dartington, I was awarded the **Women Do Business—Most Developed Individual Award**. This was in recognition of the training I had undertaken and the skills I've developed hosting two of the Women Do

*"I was delighted to win the award: it's been hard work but I've really enjoyed it and have gained so much insight into running a business."*

Business groups. I helped set up and co-ordinate WIN, the Women's Ivybridge Network, in 2006, and then moved on to co-ordinate Natural HealthNet. It was fantastic to win as the prize was £250 worth of business support. This has enabled me to have one to one IT training with Cosmic/Sitesplus and I hope you agree the website now looks great.

[www.wiserhealth.co.uk](http://www.wiserhealth.co.uk)



## Working with Other Complementary Therapists: New members welcome!

In July 2009 I began co-ordinating Natural HealthNet a group of local Complementary Therapists. Our aim is '**to promote the health and well being of local people and raise the profile and understanding of complementary therapies**'. We have accessed funding through the Women Do Business project and have been using this money to improve our business know how.

In October I ran a workshop for fellow therapists entitled **Healthy Me, Healthy Business**. We enjoyed an afternoon of relaxation and training at Elfordleigh Hotel. Feedback from the event was very positive. The women particularly enjoyed having the time and space to think about their future business development. I will offer similar workshops in 2011.

Janet presenting at a Women Do Business Event in 2010.



## Well Being Clubs



As therapists we also need to look after our own health and this year I have discovered an Acupuncturist who has not only inspired me to work towards greater health and well being for myself but he has also confirmed something I already knew; it is very difficult to achieve the bigger changes we sometimes need with therapy alone. Ramin Khaknegar-Moghaddam, offers pain free acupuncture as well as meditation, exercise and cooking classes in and around Totnes. This has really inspired me. I would love to

see us create well being classes, where we discuss all aspects of health from nutrition and diet to relaxation and therapy, here in Plymouth.

I'm looking for other people to share this 'Well Being Club' vision with me. Would you enjoy a monthly relaxation class with time also to make new friends, share ideas about well being and feel supported with any life changes you want to make in 2011?

I will be running a monthly class

## Time For Me



July saw **WiserHealth** grow and develop to offer services in addition to Reflexology sessions. This was the first real business collaboration between myself and my husband, Rob de Jong, and I'd like to thank him for his enormous support in helping **WiserHealth** progress so far.

We ran our first **Time For Me** event in the beautiful setting of Elfordleigh Hotel on the edge of the moor in Plympton.

As parents of a child on the Autistic Spectrum we have been attending support group meetings which have been very informative. These sessions offer an opportunity to share our feelings about parenting a child with an Autism Spectrum Disorder and I could see that many parents were in need of some serious 'me' time. I knew that teaming up with Elfordleigh Hotel would work well because of their great spa facilities. They have a fantastic pool, sauna, steam, gym and Jacuzzi!

*"I really enjoyed the Time For Me day it was a good way to meet with other people and relax" Alena, Yealmpton.*

The day consisted of one to one complementary therapies, including massage offered by Debbie Flower, who is a supporting therapist to WiserHealth. I ran group relaxation sessions with strategies for relaxing at home and we also included time to talk about living with ASD. The day was a great success with participants giving very positive evaluations and feedback suggested these days were welcome and needed!

However, we did find that many parents and carers of ASD children are coping on a low income. Increased caring responsibilities often make it very difficult to fit in regular work which is often inflexible. We are now looking into acquiring funding to run similar events for 2011. We'd like to run

in Plympton at Harewood House starting in January on Wednesday 26th at 10.30 until 12 noon - with a minimum donation of £3. The Plymstock class will start in February. Updates will be posted on the website. Also planned for 2011 the **WiserHealth Forum**, will be a place for us to extend our health discussions to the website.



**Time For Dads** and **Time For Siblings** and in particular offer the one to one therapies which provide much needed relief and relaxation.

In the meantime, surveys carried out during 2010 have convinced us of the wish for parents/carers to meet together and to meet this need we are organizing monthly relaxation and support mornings called **Time To Relax**. As well as relaxation and information about complementary therapies each month we will focus on an area of ASD introduced by Rob de Jong. Rob is studying the Open University Level One Autism course and is due to complete in April. Our first topic will be 'Theory of Mind' on Tuesday 8th February at 10.00—12.30. The cost will be between £10/£5 depending on income. The meetings will take place at the home of 'Friends and Families of Special Children' Virginia House in central Plymouth. For more information call 01752 283953.

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Many thanks to Sarah Wise de Jong (aged 9) for the lovely Christmas images.



**WiserHealth**

## **Wiserhealth Winter Offers New Year Resolution: Time to Change!**

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**WiserHealth** are committed and passionate about helping you improve your health and well being in 2011. For this reason we are offering a New Year Resolution: Time to Change package.

A full Reflexology treatment with health and lifestyle consultation really helps me to get to know your needs and gives us the best chance of working together to bring about any changes you want to make. Following this up quickly with a second treatment means I can be there to help smooth any difficulties you may be having while helping your body find balance and relaxation. If you are planning anything new for 2011, be it getting married, having

a baby, retiring, changing jobs or finally listening to the messages your body is sending you through aches and pains, sleeplessness or weight gain, I can help. Together we can bring about calmness and clear your head. To make this possible I am offering these two treatments at only **£49.00**, a huge saving of **£21.00** on the standard cost. I know that in the midst of the recession many people will still find it

hard to justify this investment. However, in times of stress and uncertainty sharing your health needs and working in partnership to maintain your best possible good health is surely a good investment?



**Relaxation in a bag, a great Christmas gift for your loved ones. Only £15.00 while stocks last!**

## ***A word from a satisfied customer Sandra, Plymstock...***

Janet: How long have you been having Reflexology with me?

Sandra: 18 months

Janet: Why do you enjoy coming each month?

Sandra: It's calming, restores equilibrium and keeps my digestive system in good order.

Janet: Has the treatment helped with anything in particular?

Sandra: Yes, irritable bowel syndrome.

Janet: How can I persuade people that it's a good investment?

Sandra: I like the holistic approach, including nutritional advice, for me regular maintenance helps me have a good quality of life.

Janet: Many thanks and see you in 2011?

Sandra: You will!

