



Time for You



Newsletter January 2010
Number 1

Welcome to the first newsletter from Time for You. This is going to be an occasional missive, depending on what is going on for us that might be interesting to you.

Diary dates:
Ellesmere MBS
2010
21st Feb
16th May
15th Aug
7th Nov



Weekends for Weary Women
26th – 28th Feb
(Pilot)
26th – 28th March

www.timeforyou88.co.uk

The Best of Oswestry

I am proud to say that Time for You has been chosen to be included as one of the best businesses in Oswestry. You can check out our entry on www.bestofoswestry.co.uk. We are under the complementary therapy section. I would be very grateful if you felt you could add a testimonial to my page. This would make you a member of the site too, which means that you could benefit from all sorts of offers from businesses in Oswestry.

Ellesmere Mind, Body, Spirit Fairs

Thanks to popular demand after the first one last year, we have booked four dates for 2010 (see column on left). The format will be the same, so you can come to buy from stalls, speak to therapists, treat yourself to a taster of a therapy, or ask advice.

We will be using the Function room at the Ellesmere Hotel for all dates, and raising money to support the Air Ambulance. There will be no charge for entry, but there will be a collecting tin, should you wish to contribute. There will also be a raffle of prizes donated by our stall holders, the proceeds of which will go to the Air Ambulance, Time for You's chosen charity.

Please come and support these events. If the last one is anything to go by, you will be treated to a variety of therapists and stall holders, and the room looked lovely – I wish I'd taken a photo.

Weekends for Weary Women

To those of you who are on my e-mail address list, I apologise for sending out a photo, which I had meant to send to myself. But I told you that there was a reason that I was looking at that photo, and now I can reveal that it is the location for Weekends for Weary Women. This is a venture which will provide women with an all inclusive weekend where they can relax in peaceful surroundings, with excellent homemade food, sourced locally. A selection of complementary therapies will be included in the price.

I met my partner in this venture through the Best of Oswestry, and the photograph was of the Llwyn Bryn Dinas hillfort just outside Llangedwyn. The beautiful William and Mary building that is now Plas Uchaf B+B is where the Weekends will be held.

Please see the next page for the photo again, for those that missed it.



Plas Uchaf

If you are interested in being part of the pilot weekend in February, or would like to indulge yourself in the fully fledged version, please contact me to register your interest. There will be a web-site for you to look at soon, once the tax return deadline has passed (being an accountant too, I am rather busy). The details of the web-site will be posted on www.timeforyou88.co.uk by the end of January.

And men – if you think this is a bit sexist, let me know, and I will put together a weekend for you too. Just need to think of a snappy title....

Time for You personnel

Sadly, Liz has had to move away from Oswestry, so is no longer available to work as part of Time for You. This means that Rachel will be offering reflexology, Hopi ear candles, aromatherapy massage and Indian head massage. Jacky will continue on a voluntary basis, offering reiki. John Pittaway (Rachel's husband) has completed a course in Indian head massage at the college in Oswestry, and once he has got his certificate and insurance, will be able to offer this therapy to you. He also has plans to be attuned to offer reiki in the future, so watch this space. In the meantime, if you know anyone who might be interested in working as part of Time for You, please put them in touch with Rachel.

Future plans

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

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

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

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

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

thebestofoswestry

Contact details:

Call Rachel on 07958 923226 or 01948 710817

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

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

www.timeforyou88.co.uk

