



SUMMER 2008 NEWSLETTER



HELLO AND WELCOME !



It has been a while since we last posted a Summer Newsletter - and so much has changed since Summer 07! Hi I am Jonathan Lloyd, my wife Gill and I are partners in Calm Minds. I am a Hypnotherapist and Counsellor and Gill is a Massage Therapist. We also have a number of other therapists who work from Calm Minds in Bramhall, including Acupuncture, Reiki, NLP, Counselling, Family Therapy and various group sessions, including Anger Management, Mindfulness and Personal Development.

So... What have we been up to? There have been many interesting developments since last year, and here are just a few of them: -

IN EXCESS TV

Jonathan has been on TV!! The 8-week pilot series of In Excess TV has just finished and we are bringing the new series to you in September. The show is a topical chat show around people living in excess - problems with drugs, alcohol and other excessive lifestyle issues. You can see the previous shows including Jonathan interviewing Sally Williams at www.inexcess.tv and the

new series will be live and raw 8 till 9 week nights from
September.

The host of In Excess is our good friend George Williams.



FAMILY SOLUTIONS NETWORK LTD



Along with Sally Margrets we have launched a new venture specifically with Families in mind. We can offer creative solutions to help bring families together including group and individual work. For more information please visit www.familysolutionsnetwork.co.uk .

IBS Register

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Jonathan has taken extra training to become a registered therapist appearing on the IBS (Irritable Bowel Syndrome) Register. If you know someone who suffers from this debilitating problem - please give us a call.

STRESS MANAGEMENT



We have been working with a number of local schools and charities - including The Alzheimer's Society to help to reduce and manage stress. If you know any groups or companies who require a de-stress - please contact us.

ASDADS

Dads of children on the Autistic Spectrum

We continue to support our local group of Dads with Autistic children. We meet the first Wednesday of each month at the Arden Arms (near ASDA) at 7.30 to 9.00.

COMING SOONWe will be introducing Anger Management, Personal Development and Couples Counselling soon - for more info call 0161 439 7773. www.calminds.com