

# Your Spiritual Health Programme Informal Tasters

Public events highlighted in red

Proposed dates	Name	Location	Contact details	Description
Began Jan. Running in March tbc	<b>Angela Sellens Drake</b>	Mangreen Hall Mangreen Swardeston, Norwich, Norfolk, NR14 8DD	01603 503794; asdrake@ntlworld.com	Spiritual group. Pilot group already interested
March date tbc. Plans to go on to a short 6 week programme and Diploma course.	<b>Angela Sellens Drake</b>	Mangreen Hall Mangreen Swardeston Norwich, Norfolk, NR14 8DD	01603 503794; asdrake@ntlworld.com	<b>Open group for local community</b>
March and ongoing	<b>Alison Dubbins</b>	North of England, with scope to respond nationwide	01603 503794; asdrake@ntlworld.com	NHS. Working as a collaborative group: Alison Dubbins, Sara Sault, Catherine Barnard, Rachel Jane. Offering 90mins - 2 hour sessions. Proposing for large NHS Trusts, offer a maximum of 4 pro bono sessions, supporting health and wellness programmes
March and ongoing	<b>Brenda Bruzon</b>	Based in Eastbourne, tasters in Sussex	07906 314436; brenda.bruzon@gmail.com	<b>Serialising YSHP for a local community newspaper</b> ; contact with residential care home; local networking group; women's Go-Getters club
March and ongoing	<b>Catherine Barnard</b>			NHS: Working as a collaborative group - so far Alison Dubbins, Sara Sault, Catherine Barnard, Rachel Jane.
March and ongoing	<b>Chrissie Astell</b>	Home group in Great Dunmow, Essex	07979 961797; chrissie@angellight.co.uk	Local people in a home group
4 week online journey of 2 hr Zoom meetings, first Monday of every month from Jan. Facebook Live	<b>Hoppi Wimbush</b>	Run from Lammas, Tir y Gafel, Glandwr, Whitland SA34 0YD	hoppi@hoppiwimbush.com	

sessions on  
Saturday 16 6.30  
pm and Monday 18  
March 1 pm

March and ongoing	<b>Izzy Valeri</b>		izzyvalenti@hotmail.com	Local college and GP surgery
March and ongoing	<b>Izzy Valeri</b>		izzyvalenti@hotmail.com	Has booked to deliver a session for large social housing group
March and ongoing	<b>Izzy Valeri</b>		izzyvalenti@hotmail.com	Spoken with a mental health self help group to agree a taster
March and ongoing	<b>Izzy Valeri</b>		izzyvalenti@hotmail.com	Plans to enquire at local lunch club to run taster
Wed 27 March 8 pm	<b>John Abdey</b>	Cluny, Beech Tree room, The Park, Findhorn, Forres, Moray, IV36 3TZ Cluny, Scotland	01309 690311; john.abdey@findhorn.org	<b>Public</b>
On going	<b>Judy Barber</b>	tbc	judy@judy-barber.com	Friends at Judy's home
On-going	<b>Jyoti Patel</b>			Shared YHSP at Malta EPICC conference where educational competencies for Spirituality in Nursing & Midwifery Education across Europe discussed. EPICC steering group of 6 Professors published papers and research regarding spirituality in nursing. All UK/Europe Nurse professors/ educators interested in including the EPICC competencies into their education programmes. Jyoti keen to influence employer to incorporate these competencies into clinical guidance.
Sun 24 March 12.15 pm	<b>Kate Spohrer</b>	Togetherhness Festival, Kidderminster Town Hall, DY10 1DB	07806 301328; katespohrer@hotmail.com	<b>Public - held at the Togetherhness Festival. Interested to take this into funeral services.carers. And into orgs</b>
Sun 31 March 12.30 -2.30 pm	<b>Kitty Lloyed Lawrence</b>	Richmond & Putney Unitarians, Ormond Road, Richmond TW10 6TH	kitty@ubique70.com, 07976 615586	<b>Public</b>

Sat 23 March 3 pm	<b>Marielle Churaqui</b>	Marielle's home in North London	marielle@londonyoga.org.uk	
On-going	<b>Marilyn Upton</b>	Yeovil, Somerset	07785 181991, mjeupton@gmail.com	Meditation group
Sun 31 March 2 pm -5 pm	<b>Naomi Duffield</b>	The Mowlem, Shore Road, Swanage BH19 1DD	naomi.h.duffield@gmail.com	<b>Public event</b>
March and ongoing	<b>Sara Sault</b>		sarasault@btinternet.com	NHS: NHS: Working as a collaborative group - so far Alison Dubbins, Sara Sault, Catherine Barnard, Rachel Jane.
Mon 25 March, 7pm	<b>William Bloom</b>	197 Picadilly, St. James's, London W1J 9LL	01458 555008; william@spiritualcompanions.org	<b>Public, Alternatives Programme</b>
March and ongoing	<b>Kitty Lloyd Lawrence</b>	Online	kitty@ubique70.com, 07976 615586	Follow up for 3 online sessions between Dec and Feb
End of March tbc followup taster session following introductory session	<b>Janet Thurston</b>	Norwich	janetthurston19@gmail.com	Norwich Cruse - charity supporting bereaved people. In support of volunteers
March/April	<b>Jayne Macgregor</b>	Wellbeing Centre, 38 Nun Street St Davids Pembrokeshire SA62 6NT	07991 985180, 01437 454388; jaynmacgregor@yahoo.co.uk	
March and ongoing	<b>Rachel Jane</b>			NHS: NHS: Working as a collaborative group - so far Alison Dubbins, Sara Sault, Catherine Barnard, Rachel Jane.
Wed 3 April 7.30 pm	<b>Judith Bone</b>	The Community Centre (upper room), The Park, Findhorn Foundation, Forres IV36 3TZ	01309 690311; c/o john.abdey@findhorn.org	<b>Public</b>
Early April - 2, 9, 15 tbc	<b>Julia Tourle</b>	Gravesend, Kent	07880 928815	Group of 7 friends in a local yoga class. Running the sessions with a fellow Spiritual Companion, Jyoti Patel
Early April	<b>Marielle Churaqui</b>	Crouch End, London		Current Saturday yoga class
			marielle@londonyoga.org.uk	

Early April	<b>Marielle Churaqui</b>	Muswell Hill, London	marielle@londonyoga.org.uk	Education - primary school teachers
Tues 2 April, 1-2 pm	<b>William Bloom</b>	Avalon Community Centre, 1, King Street, Glastonbury BA6 9JY	01458 555008; william@spiritualcompanions.org	Public
Wed 3 April, 7.30 - 8.30 pm	<b>William Bloom</b>	Avalon Community Centre, 1, King Street, Glastonbury BA6 9JY	01458 555008; william@spiritualcompanions.org	Public
5 April 2 pm	<b>Barbara Taylor</b>	Forres, Moray region, Scotland	07766 093685; earthtales2003@gmail.com	Group of 7 with interest in health and wellbeing. With an intention to offer to more small groups in Moray or Aberdeenshire during 2019
Sat 6 April, 11.00 - 12.30	<b>Angela Sellens Drake</b>	Mangreen Hall Mangreen Swardeston Norwich, Norfolk, NR14 8DD	01603 503794; asdrake@ntlworld.com	Public
Sat 13 April Sat 27 April 10.00 – 16.00	<b>Rosemary Stibbon Martine Moorby</b>	Bristol West Park Hotel, Harrogate, HG1 1BJ	rosemarystibbon@hotmail.com> 01423 501368, martine@martinemoorby.com; www.worldofwritingandwellness.com	The Healing Trust (NFHS) Public Running a taster at the World of Writing and Wellness event
Tues 7 May 6.45 – 8.15 pm	<b>Sarah Jane Williamson</b>		07713 669867; sj@sarahjanewilliamson.com; fteans@icloud.com <a href="https://www.mareandfoal.org/events/">https://www.mareandfoal.org/events/</a>	Public
Tues 4 June 6.45 – 8.15 pm	<b>Sarah Jane Williamson</b>	Education Building, Coombe Park Visitor Centre, Littlehempston, TQ9 6LY	07713 669867; sj@sarahjanewilliamson.com; fteans@icloud.com <a href="https://www.mareandfoal.org/events/">https://www.mareandfoal.org/events/</a>	Public
Sun 7 July 12.00 – 12.45 pm	<b>Sarah Jane Williamson</b>	Education Building, Coombe Park Visitor Centre, Littlehempston, TQ9 6LY	07713 669867; sj@sarahjanewilliamson.com; fteans@icloud.com <a href="https://www.mareandfoal.org/events/">https://www.mareandfoal.org/events/</a>	Public
Led with Tean Stuttaford. Taster sessions above followed by 2 x 6	<b>Sarah Jane Williamson</b>	Education Building, Coombe Park Visitor Centre, Littlehempston, TQ9 6LY	07713 669867; sj@sarahjanewilliamson.com; fteans@icloud.com	Public

week programmes:  
from July; from  
Autumn

w/c 3 June

**Chrissie Astell**

Omagh and Belfast

<https://www.mareandfoal.org/events/>

07979 961797;  
chrissie@angellight.co.uk  
debbiedhouse@gmail.com

Within existing Angel Weekend workshop

23 - 26 Aug

**Debbie House**

Greenbelt session proposal

tbc

**Caroline Elias**

Trinity Hospice, 30  
Clapham Common  
Northside, London SW4  
ORN

c@elias.as

tbc

**Elizabeth Payne**

tbc

07906 091022 / 01386 41593;  
elizabethann.payne@tiscali.co.uk

**Giancarlo Serra**

Harlington Hospice - for  
small groups of patients

08649 7360; info@giancarloterra.org

tbc

**Heather Veitch**

tbc

01457 869967;  
heather@holisticgoddess.co.uk

tbc

**Kim Flower**

Bridgend, South Wales

kimhughes\_uk@yahoo.co.uk

Meditation group

tbc

**Luchi Fernandez**

mailto:lesleybc\_2000@yahoo.co.uk]

Has introduced this to the Lead chaplain in  
their Trust

tbc

**Melony Weatherall**

Local sanctuary.  
Leatherhead

melony.weatherall@gmail.com

Spiritual group

tbc

**Melony Weatherall**

Leatherhead

Possible talk at CHAT group

Sat half day,  
sometime later in  
2019

**Rosemary Stibbon**

Bristol

rosemarystibbon@hotmail.com>

Sat whole or half  
day. Some time in  
2019 tbc

**Rosemary Stibbon**

Bristol

rosemarystibbon@hotmail.com>

Fri evening talk tbc **Rosemary Stibbon** Bristol

rosemarystibbon@hotmail.com>