



Sunrise Wellbeing

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# IT'S OUR BIRTHDAY!



*Welcome to our first ever newsletter, what better way to launch than with a few words from Shelley Smith (Sunrise Wellbeing Founder & Director):*

*"Sunrise Wellbeing was founded in November 2018 and it has been great to expand to our new Wellbeing Therapy Centre in Anstey, which opened in July 2020. We have already welcomed many current and new clients of all ages into our homely, therapeutic space, for counselling and psychotherapy, along with holistic treatments including reiki, reflexology and massage. We have also successfully run 1:1 yoga sessions and small group workshops in a safe and successful way following all the prevention measures in place. Some of our services may currently be on hold, but we will remain here to support each other through this difficult time."*

## AUTUMN ZEN

During half term Shelley and her helpers, Lynne and Lizi ran two sessions for a lovely bunch of children and teens. The purpose was to create a relaxed environment where everyone could discuss and draw upon their imaginary place of peace and calm. There was such creativity, including hot tubs, swimming pools, tv's and favourite chocolate bars. It made us all want to go straight home and build our very own zen den. The children were taught about grounding, mindfulness & gratitude and their post it' comments were overwhelmingly positive, as were their smiles when they were gifted a grounding shell and a mini bottle of doTERRA wild orange sensory oil.

The subsequent feedback from parents, who shared about the unexpected cuddles and love they received from their extra grateful children further reinforced the value of supporting youngsters, especially during our ever changing times. It served to remind us all that we can benefit from taking some time out, activate our senses, acknowledge what we're grateful for and bring ourselves back to the present.





## Pics from our AUTUMN ZEN

Twinkly lights  
and Zen  
candles



Zen goody  
bags  
Gratitude  
pumpkins

## SUNRISE WELLBEING THERAPY CENTRE – THE PERFECT SPACE FOR ALL YOUR NEEDS

Alongside our centre being a safe, homely space for our therapists and clients in 1:1 sessions, we are excited to also welcome you for teaching, learning, talking and listening, in our beautiful, peaceful space. So, if you have any training, workshop or small group session venue needs, Sunrise Wellbeing can offer you the perfect place. Somewhere calm, relaxed and informal with multiple rooms, kitchen and bathroom facilities plus free nearby parking. Tell us what you need and we can work with you to tailor the venue and experience to your group's needs. Catering can be arranged as can stationery and presentation equipment if required. Give us a call and we'll see how we can help following COVID-19 guidelines.

## LETS HEAR FROM TOM...

Tom Hickingbottom was one of the first to join Shelley's team at Sunrise Wellbeing. He's an experienced person-centred counsellor who uses a variety of modalities to support his clients, including solutions focused approach, CBT and art therapy. Equally experienced in working with adults and teens, Tom supports his clients with a variety of struggles including; stress, anxiety, depression, panic attacks, anger management, relationship difficulties and meaning/purpose in life concerns.



*"The past few months working at Sunrise Wellbeing Therapy Centre have been an absolute pleasure. Every single client that comes into the centre has shown appreciation to the homely atmosphere and cosy vibes. As a person-centred counsellor, I try my best to offer a sense of humanity and genuineness that contrasts the more clinical feel that the NHS offers. When clients enter the counselling room, I hope for them to feel comfortable but also motivated to make the positive psychological changes that they want to see in their lives. Every minute I spend in Sunrise Wellbeing Therapy Centre, I feel the desire to better myself as both a person and as a counsellor. However, I am also comforted by the welcoming notion that I am good enough just the way I am."*



The Sunrise Studio set up  
for one of Chloe's  
creative therapy sessions



## AND CHLOE, OUR EXPRESSIVE, MOVEMENT THERAPIST...

Like Tom, Chloe has been with Sunrise from the early days. Chloe has a MA in dance movement psychotherapy and has devised her own unique therapeutic approach enabling individuals to achieve a mind – body relationship. Working with children, adults and families who've been affected by trauma, attachment, self esteem and body image issues plus those with special educational needs. Chloe loves the Sunrise Wellbeing space and in particular the calm, peaceful setting that works in harmony with her specific type of movement therapy.

*"Since the Centre opened this summer, I have been able to provide a range of therapeutic services including; creative therapy for children and families, emotional support and psychotherapy for young people and adults, and clinical supervision for a range of practitioners. As a body oriented psychotherapist, I work with the mind/body relationship, allowing clients of all ages to access a thinking, feeling and imaginative space.*

*The implications of Covid-19 have left all of us having to adapt to the changes and restrictions that are now part of our daily lives. Since the centre opened, I have seen a shift in more & more young people and adults struggling with establishing a sense of peace. The tranquillity of Sunrise Wellbeing Therapy Centre has provided an ideal space to allow clients to experience a sense of stillness and holding in an ever-changing world."*

## SUNRISE WELLBEING TRAINING ONLINE – 'UNDERSTANDING & MANAGING DIFFICULT EMOTIONS '

On the 4<sup>th</sup> November, Shelley delivered her popular training course to a variety of delegates from a cross-section of children based settings. The online workshop covered a lot in 3.5 hours with the key output being about how difficult emotions like worry and anxiety can be best observed and understood amongst young children. Shelley covered the psychology behind how a child might present behaviourally if they're anxious or scared as well as providing practical techniques to help support the change of negative thoughts, feelings and behaviour. Shelley talked through some really helpful Mindfulness and grounding tools which can be used with all children, even the really little ones.



Crucially the role of the children's worker was also outlined and the importance of caring for their own 'stress container'. The delegates were able to share all the different approaches and tools that they each used in their own settings to encourage the discussion about emotions. We heard lovely stories of infants as young as 18 months sticking happy face emojis against pictures of their faces on feelings boards. The feedback was overwhelmingly positive as was evident when the course overran because the delegates wanted Shelley to help them with various children with specific needs. In each case, Shelley was able to use the workshop content to provide a bespoke solution that the delegates could take away with them. A fantastic session with fantastic feedback!

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### LETS HEAR FROM NICOLA OUR REFLEXOLOGIST...

Nicola is a qualified reflexologist who has a proven track record supporting her clients with both physical and mental health concerns. Recently she's completed a course enabling her to devise a workshop that supports parents whose children have anxiety, special education needs or are on the autistic spectrum.

*"As a reflexologist I am passionate about providing adults and children with a natural and holistic strategy to cope with their anxiety to promote emotional wellbeing. While I love delivering one-to-one treatments, I am very aware that during this period, face-to-face treatments can cause additional anxiety, so for me being able to deliver virtual workshops to continue my support has been vital. This was clear from the amazing feedback Shelley and I received from the online Anxiety and Reflexology Workshop where we delivered information on the affects of anxiety on the body alongside techniques on the hand to support these areas. "That was so interesting and brilliant! Tell Nicola how great it was, I loved your collaboration, really informative. I will be trying it out on the boys tonight!!".*

*Looking ahead I am very much looking forward to delivering face-to-face workshops at the Sunrise Wellbeing Therapy Centre to continue my goal of providing practical strategies for children, young people and adults to enable them to cope with their anxiety and emotions through a range of workshops including:*

- ❖ *An Introduction to hand reflexology*
- ❖ *Self-support hand reflexology to young people (10 years and above)*
- ❖ *Family hand reflexology workshops*
- ❖ *Self- support hand reflexology to Teachers, Practitioners and Professionals"*





# Our Services

## And so much more:

**Gift Vouchers:** a voucher than can be purchased online or face-to-face and be redeemed against a variety of Sunrise services from beauty treatment to reiki to 1:1 yoga to deep tissue massage. Available in a variety of denominations and perfect for a Christmas gift or an act of kindness.

**Weekend retreat:** a 10am-2pm session which includes a variety of Sunrise's services (introductory mini sessions). Ideal for teenagers ahead of exams, new mums or dads, or anyone that would benefit from taking time out, resetting and looking after themselves.

**Essential oil monthly workshops:** delivered by Rachel & Neda to groups of all ages. Tailored specifically for their audience, the ladies will share the benefits of the different oils, how they can be used and how they can help with anxiety and worries in the moment.

**Singing for wellbeing:** Chloe is launching a singing program for anyone over 5yrs, available face-to-face or online. The sessions support individuals physically, mentally and socially and see attendees become more aware of their breathing, as well as improving their posture, confidence and communication.

- 1:1 Counselling & Psychotherapy (varying modalities)
- Couple Counselling
- Bereavement Counselling & Support
- Play Therapy
- Art & Creative Therapy
- Emotional Support for children
- Low-Cost Counselling Service
- Mindfulness
- 1:1/Small Group Yoga
- Hypnotherapy
- Reiki
- Reflexology
- Massage
- Aromatherapy
- Beauty Treatments
- Nutrition Advice & Support
- Wellness consultations
- Fitness & Running Advice
- Low Sensory Hairdressing
- Retreat days for Self-Care & Wellbeing
- Special Education Needs & Disability Support
- Young People's Workshops
- Parent/Carer Support & Guidance
- Training Sessions on a variety of topics
- Workplace Wellbeing support & training
- Mental Health & Wellbeing support & training for Nurseries/Schools/Colleges
- Gift Vouchers Available to Buy
- Clinical Supervision
- Peer Support for Therapists



# SUNRISE Wellbeing

Holistic therapeutic support service for children, young people & adults