



LEE FAIR SHARE

NEWSLETTER

February 2018

ETHEL SMYTH COMPOSER and SUFFRAGETTE: A ONE WOMEN SHOW

Devised and performed by Gill Stoker



Devised and performed by Gill Stoker and organised by Lee Fair Share Time Bank as a fundraising event, this one-woman show celebrates the life of Dame Ethel Smyth, composer and suffragette (1858-1944). It offers an insight into the life of a talented and headstrong woman, born into the Victorian era but a bold rebel against the Victorian stereotype of femininity. Marking the 100th anniversary of UK women getting the vote

Friday 9 March 2018 Manor House Library (Baring Room), 34 Old Road, SE13

Afternoon performance - 2pm – 3.15pm (tea/coffee/cake included) Tickets £6.00

Evening performance and music 7.30pm – 9.30pm (wine included) Tickets £8.00

Please arrive in good time to take your seat. Disabled access is via a ground floor entrance to the building to the left of the main steps with lifts to the Main Foyer and the Baring Room on the first floor.

Raffle, stalls with books and bric a brac, and live music in the evening.

Admission by ticket only - available from Mid February at the Manor House Library, 34 Old Rd, SE13; and also from Lorraine at Coffee and Chat sessions at the Community Centre, Leegate Centre SE12, on Monday afternoons.

REIKI HEALING

What is Reiki?

Reiki as defined by the Oxford English dictionary is:-

“A healing technique based on the principle that the therapist can channel energy into the patient by means of touch, to activate the natural healing processes of the patient’s body and restore physical and emotional well-being”. It is however, also widely accepted that reiki can be given and received equally effectively hands-off or via distant healing. The word ‘healing’ comes from the same root as the word ‘whole’. Whole, health, healing and holy come from the same root. To be healed means to be joined with the whole. To be ill means to become disconnected with the whole, someone who is ill will have blockages that means they are disconnected with the whole. Healers channel energy through the placing on hands on different areas of the body, usually based on the body’s chakras which are subtle energy centres in the body that serve to receive, transmute and organise cosmic life force energy. The role of healers is to reconnect and make whole, healers are simply a vehicle to channel life force energy. (Osho, medication to meditation). When we are in balance spiritually, emotionally and physically we feel well, we experience vitality, clarity and joy. Reiki is a tool to heal and create balance and harmony to improve our health and wellbeing.

History

The word “Reiki” is derived from two Japanese words: rein, or universal, and kid, or life energy. The Japanese word ‘Reiki’ literally translates as universal life force energy. This system of healing was developed by Mikao Usui in the early 20th century. It is a non-invasive complementary therapy that has been taught and used in the UK since the late 1900s, but Eastern medicine has for thousands of years worked with this energy, recognising its flow through all living things. Reiki is not based on any belief, faith or suggestion, yet, scientific research using quantum physics is starting to help us to understand how reiki may work to benefit the individual. It has been suggested that in years to come it may be known as energy medicine based on scientifically measurable energy emitted from the healer’s hands.

The Five Principles of Reiki

1. Just for today, I will not worry. ...
2. Just for today, I will not be angry. ...
3. Just for today, I will be grateful. ...
4. Just for today, I will do my work honestly. ...
5. Just for today, I will be kind to every living thing.

Useful Safety info

- Reiki supports orthodox medicine or can be used alone but is not a replacement for traditional medication or treatments.
- Reiki is given fully clothed in a quiet environment and is safe for adults, children, mothers-to-be, babies and animals.
- Reiki practitioners must not diagnose the health problem.
- It is highly recommended that practitioners are members of recognised a professional organisation with strict Codes of Ethics and hold Practitioner Insurance. It’s good to get a recommendation from someone you know or research the practitioner to see what reviews you can find.

Benefits

- Illness can be a time of great stress. Reiki can help us cope by encouraging relaxation and bringing balance to both mind and emotions.
- Benefits reported by Clients/Patients include deep relaxation, promoting a calm, peaceful sense of well being on all levels.
- Reiki encourages and supports positive personal choices, such as improving diet, taking more exercise, devoting time for rest or leisure activities, and may reduce the need for alcohol and tobacco.

Engendering greater inner harmony and balance, regular Reiki treatments promote a calmer response to life's challenges.

- Reiki's gentle energy is easily adapted to most medical conditions and may be used safely by people of all ages, including the newborn, pregnant mothers, surgical patients, the frail and the elderly, in any situation.
- Being complementary, Reiki works effectively alongside orthodox healthcare and natural remedies, expanding treatment options.

How a treatment works

- A Reiki treatment is non-diagnostic, non-interventionist, non-manipulative and no pressure is applied.
- A session is usually carried out with the recipient lying down or sitting, in a comfortable and peaceful environment. There is no need to remove any clothing as Reiki energy passes easily through all materials, including plaster casts.
- The Practitioner places their hands gently on or over the body; there is no massage or manipulation. Reiki can also be given over a distance.
- Reiki may be experienced as a flow of energy, mild tingling, warmth, coolness, other sensations, or nothing at all.
- Length of Reiki sessions may vary, but are usually half to one hour in duration.

For More Information

<http://www.reikifed.co.uk>

Introduction to reiki video on youtube

Reiki Healing – How to Heal Yourself and Others with Reiki Healing Techniques for Beginners -

PILATES SESSIONS

Lee Green Community Centre, Leegate

February 2018 - 7th & 21st

NB No Pilates on 14th Feb, St Valentine's day!

For more details and to book a place please contact Lorraine on 07875 082571 or by email to leefairshare@hotmail.com

Would you like to gain a better posture, balance and flexibility?

Then come along to Pilates, a method of exercise that consists of low-impact flexibility and muscular strength and endurance movements, developed by Joseph Pilates in the 1920s.

It may sound intimidating, but don't be put off, it really isn't just for fitness fanatics. This Pilates class is for all ages, all levels of ability and fitness, guided by Patty, who is a qualified Pilates teacher. Patty will provide support for beginners, people with medical conditions, as well as resistance for those looking to challenge their body.

The Pilates class will start at 6.30 p.m. Please bring a mat or towel

Lee Fair Share members will earn **2 time credits** by attending a Pilates Class

As these are time of austerity and funding is becoming increasingly difficult to obtain a contribution of £5 per session or £20 for all five sessions will be appreciated

SKILLS OFFERED, SKILLS WANTED

Lee Fair Share members have many skills to share. Tell us any special ones you have.
Tell us also about help you need.

Volunteers wanted to help at **ETHEL SMYTH COMPOSER and SUFFRAGETTE:
A ONE WOMEN SHOW** on 9th March

Pamela would like a Lee Fair Share member to decorate her home

REPAIR, RECYCLE, REUSE

Officially, goods cannot be exchanged for Time Credits. But in the spirit of time banking, in which the community uses its skills, time and resources for the benefit of the community, this section is for articles wanted and unwanted, recycling tips and how to repair items. What would you like to recycle?

Lee Fair Share would like any unwanted books.

TIME TICKERS WALKING GROUP THURSDAY AFTERNOON WALK

Meet at 2 pm

Lee Green Community Centre

Join us for a Thursday afternoon walk to Blackheath and Greenwich – all welcome.

THURSDAY MEET UP – 15th February & 22nd March

The next Thursday meet up will be on 21st September 7.30 p.m. We will be meeting at
The Edmund Halley, Leigate. Everybody buys their own drinks. All welcome

DATES at a GLANCE

Every Monday 1.30 – 3 pm

Coffee, Cake & Company:

Lee Green Community Centre, Leigate Centre

Every Thursday afternoon
2 pm

Time Tickers Walking Group - Greenwich Walk:

Meet at Lee Green Community Centre

February 2018

Wednesday 7th & 21st February
6.30 – 7.30 p.m.

Pilates

Lee Green Community Centre, Leigate Centre.

There will be no Pilates on 14th February 2018 – St Valentine's Day

Thursday 15th February
7.30 p.m.

Thursday Meet Up
The Edmund Halley, Leigate

Monday 19th, 26th February
2.30 – 3.30 p.m

Chair Exercise
Lee Green Community Centre, Leigate Centre

March 2018

Monday 5th, 12, 19th March
2.30 – 3.30 p.m

Chair Exercise
Lee Green Community Centre, Leigate Centre

Friday 9th March
2pm & 7.30pm

Ethel Smyth Composer and Suffragette:
A One Women Show
Manor House Library, 34 Old Road, SE13

Thursday 22nd March
7.30 p.m.

Thursday Meet Up
The Edmund Halley, Leigate

LFS now has a Facebook page. Facebook members can see our events and invite friends to attend. Have a look.
Go to: <https://www.facebook.com/LeeFairShare/>



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