

Great news - There is new life for the Health and Wellbeing Trust!



Dear Supporters and Members,

We are delighted to tell you that after a quiet time of reflection and re-focusing that the Health and Wellbeing Trust is now bursting back into life under the new leadership of Programme Director Jeremy Colledge, supported by new Trustees Caroline Totterman and Chris Smith and Medical Advisor Dr Rosy Daniel.



Jeremy has joined the charity to take forward our original intention of creating a centre for health and healing but with his own very distinct brilliance and vision. He is a teacher and practitioner of Qigong who has studied Qigong for thirty years and Zhineng Qigong for ten years in the healing lineage of Dr Pang Ming, renowned for his legendary 'Medicineless Hospital' in Peking. Here people with long-term illnesses of all types came for residential programmes of daily Qigong, achieving extraordinary levels of disease stabilisation and remission unheard of with orthodox medical treatments. However, this hospital was closed down in 1999 by the Chinese authorities leaving a great gap to be filled.

Through Jeremy's own classes in London and Bath he has seen for himself the power of this dynamic life energy practice and he is now ready to focus his efforts full time into the creation of a UK Qigong centre for the prevention and healing of lifestyle illnesses. This could not be more relevant at this time as the NHS creaks under the burden of ever higher rates of cancer, diabetes, obesity, depression, allergies and arthritis all of which can be prevented, improved or reversed by right living in harmony with universal chi or life energy. Try a class with Jeremy today at <http://chi-gung.co.uk/videos/>



Our New Vision

First Jeremy will create a South West Qigong community, providing classes and healing circles in Bath, moving outwards into Bristol, Frome, Wells and Stroud. He will extend further the reach of his service through the provision of virtual classes from our E-Learning platform.

The charity's focus then over the next three years will be to create a **residential base** for a Qigong Wellness Centre, with accommodation for those wishing to take more intensive programmes of Qigong in our own version of the 'Medicineless Hospital'. With the pure simplicity of this energetic approach to healing we will radically improve the health and wellbeing of our members and clients and give them a really powerful self-help practice to take forward themselves in a greatly enhanced relationship to themselves and to life. At this centre we will teach all aspects of right living with emphasis on healthy nutrition, sustainable ecology, loving community, enhanced creativity and awakening spirituality.

The New Vision Appeal - Can you help us to make this happen?

First of all, may we offer our heartfelt thanks to our faithful members who have been donating every month to maintain our core function of providing patient bursary funds. You are angels and we are deeply grateful that your continuing support has enabled us to provide invaluable support to those of limited financial means to access integrative healthcare.



Our appeal target is to raise £50,000 per annum for our Three Year development programme

With this core funding we can enable Jeremy with team support to focus full time to:

- Provide weekly classes and healing circles in Bath, Bristol, Frome, Stroud and Wells
- Create membership and a health-giving sense of belonging for members of our new South West Qigong Community through meetings, classes, newsletters and access to online classes
- Evaluate the health and wellbeing benefits of Qigong
- Establish links for GP referrals into our service
- Create a development plan for the Qigong Wellness Centre
- Fundraise for core funding and for the Patient Bursary Fund
- Launch our capital appeal for the creation of this centre.

We have already been pledged:

- Land in North Devon where we are seeking to create a Woodland Qigong Day Centre
- 250 Cancer Lifeline Kits by Dr Rosy Daniel for onward transmission to our members with donations welcome

Together we can make this happen! Are you able to donate:

A capital sum as a Founder Donor at the level of:

- Gold member - £10,000 and above
- Silver member - £5,000 to £10,000
- Bronze member - £1,000 to £5,000

And with Gift Aid these donations are increased by 25% if you are a UK tax payer,

A monthly membership donation at the level of:

- £50 per month or more
- £25 per month
- £10 per month
- £5 per month

We will be hugely grateful for your support for this wonderful project

To donate

Please make direct payments to our bank account at Triodos Bank
Payee:- The Health and Wellbeing Trust
Sort Code:- 16 58 10
Account Number 20119437



If you would like to donate via a Cheque, please make this payable to :-
The Health and Wellbeing Trust

Please send it to:-
FAO Jeremy Colledge
215 Newbridge Road
Bath
BA13HH

If you would like to discuss your intended donation, or indeed if you have ANY questions at all about what we are proposing, please call Jeremy Colledge on 07808-738 520

Come and try Qigong for yourself - Programme of Classes

All classes are held at The Dojo, The Stoneyard, Old Orchard, Walcot Street, Bath BA1 5AX
Tuesday Morning's at 9:30am, Wednesday Evening's at 6:15pm
Please call Jeremy on the number above to discuss, or just turn up!

Wishing you a happy and healthy autumn and a very positive new energy as we join together to make this great healing resource available locally and nationally!

With love from Rosy, Caroline, Chris and Jeremy