

# FIBROIDS SUPPORT MEETINGS

SUMMER 2004



TUESDAYS @ LEWISHAM WAY CENTRE, 138 LEWISHAM WAY, NEW CROSS, SE14

7 - 8.30

## TUESDAY 13<sup>TH</sup> APRIL Information exchange - treatment options, experiences...

A chance to exchange treatment information that works for us and get support with questions we have. Also a good time to discuss ideas and make recommendations for taking to the local Health Service. £4

## TUESDAY 11<sup>TH</sup> MAY Life coaching

Dissatisfaction with jobs and unfulfilled dreams can add to stress which in turn affect fibroids. Life coaching helps clarify what you want to achieve and supports you in putting the plan in to action. £4



## TUESDAY 1<sup>ST</sup> JUNE Herbalist - African herbal remedy

A discussion with a qualified herbalist about the traditional African herbal remedy used by women for generations for fibroids. How does it work, what is the evidence? Come with your experiences, questions and issues. £4

## TUESDAY 8<sup>TH</sup> JUNE Fibroids surgeon - all the questions you're ever wanted to ask

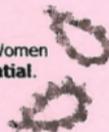
Dr Ruth Cochrane, from Lewisham Hospital will be present to answer all of our questions and explain some of the treatment options available through the NHS. A must for all of those questions about fibroids surgery. £4

## TUESDAY 13<sup>TH</sup> JULY Herbs - healing properties and uses

Every home should have certain basic herbs for good health. For women with fibroids there are a number of essential herbs that should be readily to hand. Eureka Shabazz will discuss properties, uses. Combinations... £4

## WOMEN'S THERAPY GROUP Saturday, May 22<sup>nd</sup> 2pm - 5pm

A six-session therapy group for women with fibroids will provide a confidential space to explore issues. Women attending the first session will organise dates and times of future meetings. **Advance booking is essential.** Facilitator: Beverley Bernard, psychotherapist [7791 2841] for details and **venue**. Cost £9.



## HEALING RETREAT Saturday, June 12<sup>th</sup> 11am - 3pm

Soulweaving and Griot are organising half-day retreats in a beautiful centre in Catford. These will offer meditation, calm space for reflection, healing and browsing self-help books, cards and music. **Advance booking is essential.** For details and **venue** call Joan Eytel, healer and weaver on 8318 5828. Cost £9.

## FIBROID DIALOGUES Tuesday, July 20<sup>th</sup> 7 - 8.30

A fun drama workshop for women interested in developing comic and reflective sketches - real and imagined - about living with fibroids. Novice performers especially welcomed. A Performance in BHM is aimed for.

## ALOE VERA Tuesday, August 3<sup>rd</sup> 7 - 8.30

What is aloe vera, how does it work and how can aloe products can be useful for fibroids? Come hear and share Joan Xavier will be presenting a short talk on this topic with her inimitable humour and lots of time for discussion.

## VACANCY: FIBROIDS SUPPORT CO-ORDINATOR. £7,500. 2 DAYS PER WEEK & 2 EVES PER MONTH.

Experience of database, promotion, marketing, organising and running events, evaluation and radio presenting Send CV, 2 refs & A4 **SSAE** to: Griot, 114 Verdant Lane, London, SE6 1LG no later than noon on **21.5.04** Potential applicants invited to join our meetings before applying.



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• Promoting African centred approaches to developing people and communities  
8697 1600 [griotonline@hotmail.com](mailto:griotonline@hotmail.com)

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