



# Sue Ricks Newsletter

## Gentle Inspirations

In this, our third edition, we have stories, recommendations and great tips for a better life.



Pg 4-8



Pg 16-17



Pg 14-15

#3

# Contents

Introduction

Update from Sue

Clinic News

Article from Jane Sheehan

Recommended App – Facebook Page Manager

Travel Info – Boulogne

Dates for your diary

Sue Ricks Academy

Recipe – Tomato Soup

# Introduction

Welcome to our lovely Gentle Inspirations Newsletter.

We continue to be very grateful for all your wonderful feedback on our new style newsletter!

In this edition of our Gentle Inspirations Newsletter we share some more beautiful images and life affirming information.

You will find a wonderful article on the experiences that Norwich based Jane Sheehan has had with complementary therapies for cancer and palliative care.

Our latest clinic news on the benefits reflexology has had on one of my latest clients.

We still have our Autumn offer on the Sue Ricks Academy which is still available for a few more days. As well as some wonderful feedback on our featured course!

Recipe corner is brilliant for this time of year!

As always, we invite you to stay in touch with us over Social Media. Facebook, Instagram and we are also now back on twitter! You can find links to these in my latest update, where you will also find out what has been happening since our last newsletter and the success of the worlds first Foot Reading Conference, that was held just a few weeks ago.

We hope that you continue to enjoy our newsletter and we thank you again for being a part of it. Enjoy!

*Sue x x*



# Update from Sue

Since our last newsletter we have thoroughly enjoyed welcoming everyone to the World's First International Foot Reading Conference. The fun, energy and feedback were great!

We had five speakers who shared their fabulous content about all matters related to Foot Reading. We had a superb time and had some awesome post conference comments. Thank you to everyone who came and made it so special.

“It was amazing”  
Catherine Davis

“Wonderful energy, inspiring speakers, brilliant day”  
Beverly Taylor



[SEE FULL GALLERY](#)



We've had students here with us for the Energy and Vibrational Healing course. This is such a powerful course that is so energetic and gorgeous to give and receive. That was a beautiful experience and set us up to be calm and relaxed for setting up the Conference that night.

Several Practitioners and Instructors have been wonderfully successful in completing their Babies and Children One to One intensive Course. Congratulations to everyone who is now making a difference to little ones! So much love and dedication to working with babies, children and helping parents too by running parent classes and teaching them how to be okay and how to use reflexology so effectively.



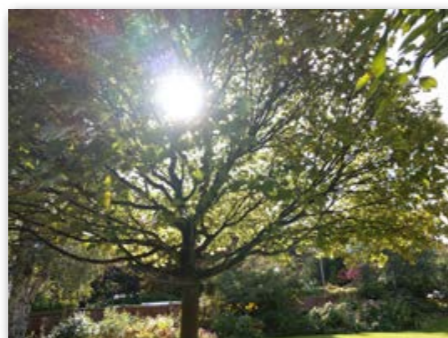
I'm so pleased to be watching and listening to the wonderful strides that my private student this year is making. Every year I work one to one with someone coming into the world of Reflexology and Life Coaching and we work privately together through out the year. It's an intense, joyful and wonderful way to work.

I am surprised and delighted that so many people are now taking up the One to One training sessions with me of a half or full day.

They've become incredibly popular and seems

a very good way of getting what you want from a tailor made training package. I get to hear what information each person would like to learn and we agree a day and off we go! It is so good to see all those light bulb moments happening. We have made some super enhancements to the Sue Ricks Academy and so if you've looked before - look again! Those of you who read this and know how much is in there will already know however for those of you who haven't looked yet - you go to register to sign up you and now get to see what is in there. In order to see, watch or hear anything you then sign up for the monthly member ship.

I've also been filming for my ecourses, online training offerings in our learning Portal and for the Sue Ricks Academy. I was lucky enough to film most recently at my parents gorgeous home in a beautiful September day. It felt very special as a new family will be enjoying the house and garden soon.



We've enjoyed World Reflexology Week and I took the opportunity to focusing on using Reflexology and other life skill techniques to support people (and carers) of people with Dementia. My own personal experiences of supporting our Dad has made me realise and want to share this information, having seen how effective it is. Our new Dementia course is released this year.

I've been baking too! For the Macmillan coffee morning! So we had reflexology, coffee and cake (as the Home is a photo free zone in public areas!).

October started off wonderfully with a lovely big group of high spirited students for the Babies and Children Practitioners and Instructor Course in Maryland USA. We were made so very welcome by the Maryland Reflexology Association (MDRA). There were 16 very aware individuals who went through my four day Gentle Touch Reflexology for Babies and Children Practitioner and Instructors Course. We loved being in the US again and sharing this awesome information that is literally changing lives.



I felt very lucky to be following Geraldine Villeneuve who left from teaching her class only hours before...see you next time Geraldine!

The babies class was awesome in every way. So much love and laughter. They were serious about their missions, attentive and utterly delightful to teach. Thank you to you all! I look forward to getting all the case studies in and seeing the Reflexology for Parents classes happening.

George and I loved meeting everyone and our few days away in Washington DC before flying home.

It was an honour to work with you!

So it's been a busy and rewarding time. I'm so grateful for the opportunities to connect, the richness of these connections and how life unfolds...it's all an adventure.

A big thank you and shout out to the team!! Love you all!!



# One to One Intensive Reflexology for Babies and Children Practitioner and Instructor training.



“

I've just treated a three year old and it was his first reflexology treatment. Afterwards, he hugged me and told me he loved me. It brought tears to my eyes. ”

*Lousie Gramalia*

This course is one of my favourites! You have all the benefits of the 4-day attendance course option to become a babies and children practitioner and / or instructor. This allows you to work at your own pace in the comfort of your own home whilst being supported by me, Sue Ricks. You will get the opportunity to learn some fabulously useful information that supports you, parents and the beautiful children we aim to assist.

This course is certainly more than in looks and our feedback is so lovely that we are delighted to be offering it again. We will give you access to all the learning materials in our easy to use and follow Learning Portal. Everything is made clear and simple so that it is an enjoyable and beneficial learning experience. Once you have worked with me via video, email and my personalised audio feedback you are then invited to complete a one-day intensive session with me.

This can be booked and arranged to be mutually convenient around your schedule. Having a one to one option I feel is also very helpful for those that feel less confident within a group class.

My Reflexology for Babies and Children courses are packed full of useful information that I have gathered over the years.

To book your place for this life changing and enhancing course visit my website [www.suericks.com](http://www.suericks.com)



For more updates, like us on facebook and follow us on Instagram

# Clinic News

I'm finding that there's a real change in parents desire to help their children through complementary means. I've seen more young people and children recently and love that parents seem to becoming more open to getting help for their kids.

One young lady had a real fear of flying and another family had recommended EFT and a GP I know recommended they came here.

What a wonderful experience it all was! The little girl came with her mum and brother and together we sat in my clinic room and had a ball!

Some people think that these "therapy sessions" will be very serious events and arrive looking very scared...and yet within minutes I hope that they get this thus is just me using all the skills, learnings and knowledge that I've accumulated along the way and my intention is to help us all enjoy the sessions so that change is facilitated.

I believe that if you're facing a nice time then you "settle down", feel safer and are more readily able to allow and make changes.

I like to make my sessions interactive and enjoyable.

The little girl really wanted to fly to her holiday destination with her parents and so joined in the fun. We used Neuro Linguistic Programming (NLP), stress management techniques and Emotional Freestyle Technique

(EFT) to give her more tools in her tool box to cope.

Luckily we developed a really quick rapport and she engaged completely in the process. Even her mum and brother got on board with some of the techniques because they were in the room and listening.

I loved the fact that after only three sessions that she had completely changed her view of flying, knew that she had the skills to help her be fine and that mum also relaxed too because she could see her daughter was in a different place about flying.

The after info is great too because Helen and I had a fantastic email arrive in the office, telling us about the amazing change in her and hopes she'd be okay on the way back too.

Recently I've been lucky enough to work with the mum too (as she was so shocked at the change in her daughter that she booked herself in too). The mum said that both mum and dad had been teary at watching their daughter cope so well, "we welled up with pride at her peace of mind, she just sailed through it".

So getting children access to help can be beautifully emotional in a lovely way.



# Hand Reflexology Learning Portal



This is a series of easy to follow videos on hand reflexology, what it is and how to do it.

**Was £55 now £45**  
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**30th November 2018**

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# Palliative care - Complementary Therapy in the NHS

Jane Sheehan



At the time the complementary therapies were delivered by self-employed therapists and a volunteer, and was overseen by a senior physiotherapist and I was the first coordinator. My long term objectives were to assess the service, produce a complementary therapy policy and develop a model of service provision that would be affordable, sustainable and provide the best quality of patient care. Other objectives were to integrate the complementary therapy team into the multi disciplinary team, and ensure that the complementary therapists were able to receive the same ongoing training that all other members of the clinical team received which was not possible when I first started the post. I had not anticipated the length of time that it can sometimes take to achieve such goals, but eventually the model was adopted where the therapists are still paid for by the support group, and they are now employed by the NHS which means that they receive mandatory training with other clinical staff, and are fully integrated into the team providing care for patients in this palliative Care setting. It is quite unusual for therapists to be employed by the NHS, as most Hospices have a complementary therapy service which is provided by volunteers and a coordinator. It felt like a huge step forward for them to be employed.

When I left to return to being a self employed therapist, the Support group

was very keen that the model of service delivery was written up and published as it may be of help to other services looking at their model of complementary therapy delivery.

I have just given you the beginning and end of the process and story and there were many more developments in the service, including a pilot scheme to provide treatments at home, and showing carers how to do the M Technique for their loved ones. I feel that sharing information is important because working in this setting felt like such a privilege and one of the best uses of complementary therapy that I could think of. The service is extremely highly valued by the patients and carers and they find the support that it provides is invaluable. I qualified in the M Technique whilst I worked there, and have since become an instructor in this so that I now train therapists to use the m technique in this setting so that they can be sure that they are providing a

safe and effective relaxation treatment. One of my therapy team described the M technique as being able to achieve a relaxation that is disproportionate to the amount of time that it takes. All the therapists at the Centre for Specialist Palliative Care did this training and found it very beneficial.

I hope that by reading this you may feel inspired to get trained for something and follow your own dream, you never know what may be possible until you try and the sky really is the limit. If someone had told me years ago that I could develop a service to the point where the therapists were then employed by the NHS, I would have found it hard to believe – but it came true. There is always a possibility for change if we allow ourselves to be open to it. I wish you luck following your own dream.

Jane Sheehan

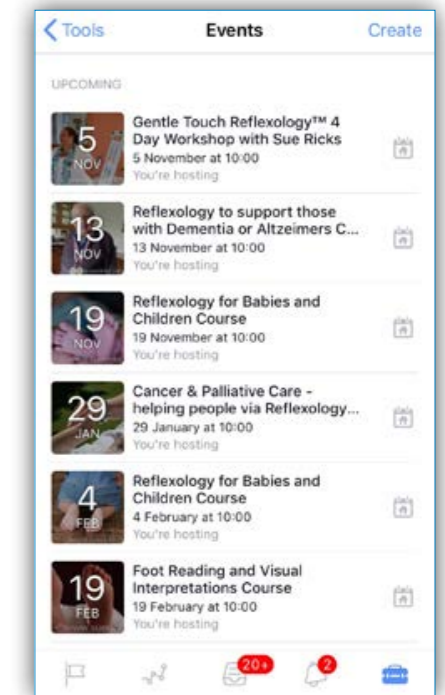
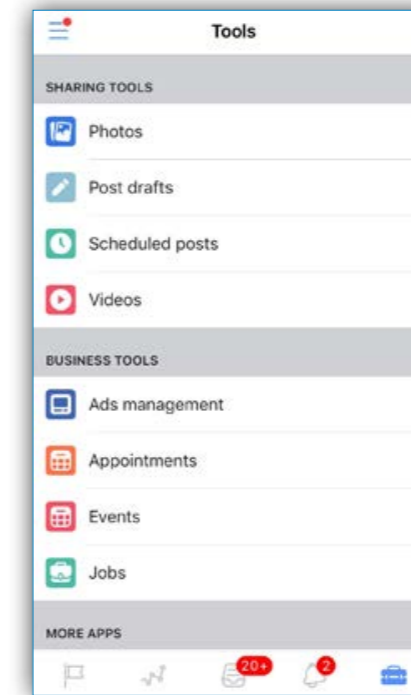
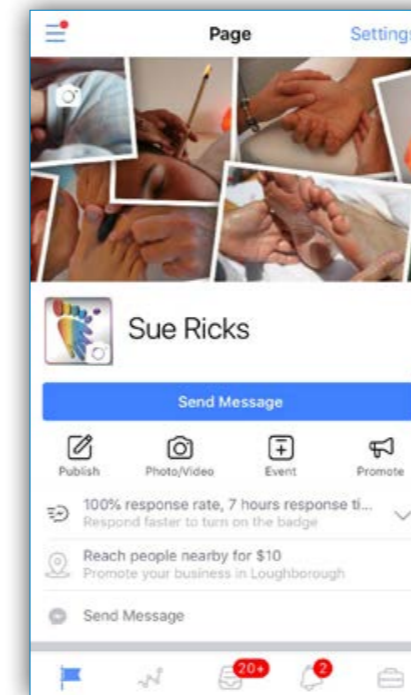
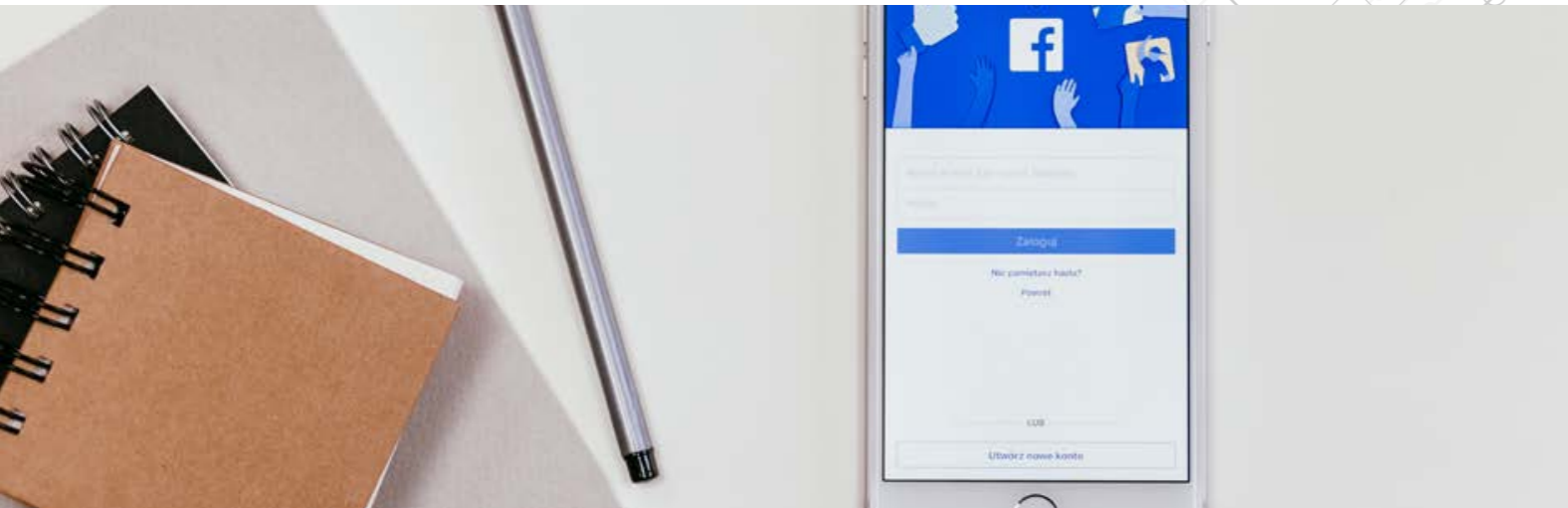


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# RECOMMENDED WEBSITES OR APPS



## Facebook Page Manager App

Social media is great to connect with people and there are so many options. This editions app recommendation is about making Facebook easier to manage. It's fantastic for those who manage multiple Facebook pages for their business. You may have several pages to represent various aspects of what you do and thus brings it all together for you in one easy to access place.

I know a colleague who wanted to run multiple Facebook Pages and was put off by the thought of managing them all. That all changed when she found Page Manager.

We love it to help us with our pages as we have many!

- **Sue Ricks Page**
- **Gentle Touch Reflexology**
- **Baby and Children Reflexology with Sue Ricks**
- Our recent International Foot Reading Conference Group

Plus, new pages coming soon for my books

- Three steps to Enjoying Life
- The Gentle Touch of Reflexology for Babies and Children
- Fantastic Feet - foot reading
- E-Motion, messages of the body.

So bringing it all together makes it so much easier and it also ensures you see notifications.

You can manage all pages, Facebook messages, appointments and events all in one place away from your personal Facebook profile which I find helps keep things simpler.

This app allows you to publish and schedule your post's and keep track of up to date insights as to how your pages are performing. It also gives you useful hints and tips on how you can increase the performance of your Facebooks posts.

You can access all your pages private messages in this app. With instant notifications you can reply and engage with your followers at a quick rate keeping interaction with your audience at a high!

Facebook Page Manager is available to download on Android and iOS for both phone and tablet.

We like it and recommend it.

ANDRIOD DOWNLOAD



APPLE DOWNLOAD



# TRAVEL RECOMMENDATIONS



## Boulogne Sur Mer

Have you ever been to France?

If you have, you may have driven straight to by Boulogne Sur Mer and not seen such a truly beautiful and highly enjoyable location.

Boulogne Sur mer is right on the coast and just down from Calais where the cross-channel ferries dock and the Eurotunnel exit is. Making the crossing from the UK to France so easy

Boulogne Sur mer is a major fishing port (largest in France) with a magnificent fortified old town with the stunning Notre Dame basilica (Cathedral) that dominates the skyline. Underneath the basics there is the most amazingly the crypt that's been recently renovated.

The countryside around Boulogne is beautiful with rolling hills, lush farmland and reminders of the war years and its history all along the coast and inland.

The beaches are gorgeous with long sandy swathes of sand and on a clear day you can see England's White Cliffs of Dover too!

Boulogne Sur Mer has two centres with cobbled streets and a square with a vibrant market plus masses of superb seafood restaurants and bistros. One area is in the fortified old town where we often go out for gorgeous meals. We can highly recommend lots of the restaurants in this quarter. The French cuisine is all that it's reported to be.... delicious!

The other main area is down the hill and has all the normal and also typical French shops as well as excellent restaurants. It's beautiful with markets on a Wednesday and Saturday morning.

So whichever area you choose to visit, you will have a great time.

It's a lovely place to able around as there's so much to see and experience. You'll find a 20th century Belfry and some ancient Egyptian and Greek artefacts in the Castle Museum and that's about 10-minute walk away from the Basilica. The walk round the old town on the ancient walls is wonderful. Great views and gives a totally different perspective.

There a couple of the other places either side of Boulogne that we recommend too. Le Touquet and Wimereux.

Le Touquet is 45 minutes further down the coast and has so much to do and see, with a huge beach, masses of seaside entertainment, many walkways and roads with outside cafes. There's a general buzz about it. We recently met a gentleman who has his own plane and flies out to Le Touquet on a regular basis!

Wimereux is a delightful old town with a long promenade and it's delightful to sit in the cafe and watch the world go by with children on their scooters, people walking their dogs, people playing on the beach (there's a secure area for small children to swim which is washed at every tide). you'll see wind surfers, kayakers and general beach life in full swing. We go there each time we visit.

Travelling to Boulogne is just 45 minutes from the Eurotunnel and 55 minutes from Calais docks. It's a journey we've done so many occasions as we both love France.

So, whatever you love about your trips away, you will love Boulogne!

Most people get off the ferries or Channel Tunnel and drive right past Boulogne and yet it's French France.

It's so close the UK as it only takes 2 hours from Dover to Boulogne and that includes travelling via the Tunnel.

We hope you enjoy the photos of some of our more recent trips.



SEE FULL GALLERY

Sue Ricks

# Dates for your Diary



Gentle Touch Reflexology 4 day workshop with Sue Ricks - Fully Booked!

5<sup>th</sup> - 8<sup>th</sup> Nov

Reflexology to support those with Dementia or Alzheimers

13<sup>th</sup> Nov

Reflexology for Babies and Children Practitioner and Instructor Training

19<sup>th</sup> - 22<sup>nd</sup> Nov

Cancer & Palliative Care - helping people via Reflexology

22<sup>nd</sup> Jan '19

Reflexology for Babies and Children Practitioner and Instructor Training - SOUTH EAST LONDON

4<sup>th</sup> - 7<sup>th</sup> Feb '19

Foot Reading and Visual Interpretations:

19<sup>th</sup> - 20<sup>th</sup> Feb '19

Energy Healing (Including Chakra Balancing and Past experience healing via the feet:

5<sup>th</sup> - 6<sup>th</sup> March '19

Energy Healing (including Chakras): OXFORD

2<sup>nd</sup> - 3<sup>rd</sup> April '19

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## Tomato Soup

### Ingredients

2 tins of tomatoes  
1 carrot (chopped)  
1 onion (chopped)  
2 rashers of bacon (chopped)  
Fry light  
1 pint of vegetable stock  
salt & pepper  
few dried mixed herbs  
squeeze of tomato puree

### Method

Spray fry light in pan, cook carrot, onion and bacon, add tomatoes, stock, herbs and salt and pepper, simmer for about 25/30 minutes. Liquidise then pass through a sieve, warm though and ENJOY!

# LIGHT UP

## Creative



**WEDDINGS**

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With Love

Sue

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