

**NRHP**

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To: NRHP's News & Views - Issue 3, March 2016

# NRHP's News & Views

Issue 3, March 2016

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If you have anything you think would be of interest to your fellow NRHP members, or you would like to seek advice from our membership and its wealth of experience, please contact the office:

e-mail: [admin@nrhp.co.uk](mailto:admin@nrhp.co.uk) Tel: 01282 716839 1st Floor, 18 Carr Road, Nelson, Lancs., BB9 7EN

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## NRHP's AGM – Saturday, 23rd April 2016 The Crewe Arms Hotel, Crewe

If you would like to attend please contact the office by the end of this month.

The AGM starts at 10.30am until 12.30pm and is followed by a two course lunch. (Please indicate if you wish to just attend the AGM and not partake of the lunch and the afternoon talk.) As in recent years, there will be no charge for members.

The speaker for the afternoon talk is Rebecca Cotterall. She is a fully qualified Nutritional Therapist practising in Cheshire. She studied at the College of Naturopathic Medicine for three years and is accredited with the British Association for Applied Nutrition and Nutritional Therapy (BANT). She is the nutritional columnist at the magazine, Lancashire Life. When dealing with low mood and general 'wellness' it is becoming increasingly popular to consider dietary factors, and many of you already have an interest in this field. Nutritional Therapy focuses on the whole person and is based on diet changes and nutritional supplements and lifestyle recommendations.

A Certificate of Attendance will be issued for 6 hours for the whole day. We hope to see you!

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## Election of Directors of the Board

Please contact the office for a nomination form if you wish to put your name forward to join the NRHP Board. We need to receive nominations by 28th March 2016.

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## Volumes 1, 2, 3 and 4 of Milton Erickson's Collected Papers for sale

Barbara Butcher, one of our members based in Devon, has sent in the following:

I have volumes 1, 2, 3 and 4 of Milton Erickson's Collected Papers which I would like to sell. I am asking £15 each, plus p p. I see they are £49 each on Amazon. I am sure they will be useful to many members. Please contact:

e-mail: [barbarab35@ymail.com](mailto:barbarab35@ymail.com) [www.barbarabutcher.co.uk](http://www.barbarabutcher.co.uk)

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## Website designers – recommendations

21/03/2016

You may remember that earlier this year we sent out a request from one of our members asking if anyone could recommend a good website designer. Here, below, is a list of responses received from members which we hope may be of use to anyone else looking for this service.

*I use Lightflows: [www.lightflows.co.uk/](http://www.lightflows.co.uk/) Charlotte Copeland, Cheshire*

1 & 1 internet gave me a cheap but satisfactory template to use. It's not very sophisticated but gives me a presence online. Jane Brindley, Scotland

*Here is the website address for my website designer: [www.vtsdesign.co.uk/](http://www.vtsdesign.co.uk/) They are excellent – very approachable, creative and economically priced. They will also do hosting, and anything related to websites. Ask for Mark Foster, the owner. He is so incredibly helpful. Ellen Goldman, Merseyside.*

Can I recommend Jez Tromans to the membership please, he did my website and is brilliant! His number is 07957 822103. Jo Watson, Birmingham

*Dave- [dave@graniteseo.com](mailto:dave@graniteseo.com) turned by business around and because of me knows lots about the hypnosis business now – he is perfect, professional and no bs!  
Vicki Rebecca – Scotland*

My son Chris Riley is a director of a website design company in Portslade near Brighton. <https://www.facemediagroup.co.uk/meet-the-team/chris-riley> Tel: 0333 8000 007. The company has an excellent reputation as you'll see from the internet. Company website: [www.facemediagroup.co.uk](http://www.facemediagroup.co.uk) or [www.fmgdigital.co.uk](http://www.fmgdigital.co.uk) Please do call, tell Chris who you are – and say 'Mum' (retired hypnotherapist!) gave your contact details! Brenda Riley, overseas non-practising member.

*I suggest a look at KRIESI website to choose a look. A lot are free, (I chose ENFIELD @ \$25.00 I think). Building and uploading is easy after that. Pages/blog are easily added...must be if I can do it!! You will need a host, I suggest TSOHOST and select 'lite hosting'. Cheap and effective option. Sue Washington, Lancashire*

My website was built by Jel Legg of Jelinet: [www.jelinet.co.uk](http://www.jelinet.co.uk) He does sites for small businesses like mine and also builds sites for very much larger companies, especially in the music business. All the relevant info, plus examples of his work, can be found on his site. I can't recommend him too highly. Neil Hall, W Sussex.

*I highly recommend Kev who did my sites for a very reasonable fee. He's very helpful and provides excellent back up if needed. I used wordpress which is free and Kev did the work. His email is : [kevweb63@hotmail.com](mailto:kevweb63@hotmail.com) James Caspian, Sussex*

I used a Lancaster based web designer called Henry Smolarek who was honest, inventive, generous with his time and not excessively expensive. He can be found at [henry@lancasterpc.com](mailto:henry@lancasterpc.com) and tel: 01524 36034 Jim Fall, Lancashire

*The following created my own website. The costs are much better than Yell and there is immediate support. I recommend them. Steve at New Leaf webdesign. Tel: 01752 395037 Mob: 07736 930064 [steve@newleafwebdesign.co.uk](mailto:steve@newleafwebdesign.co.uk)  
[www.newleafwebdesign.co.uk](http://www.newleafwebdesign.co.uk) John Campbell-Beattie, Devon*

In response to your request I can thoroughly recommend the company (TOGOTO) who did my website. Please contact Terry Smith on Tel: 01483 762832 or e-mail: [admin@wychstar.co.uk](mailto:admin@wychstar.co.uk) for full details. Eric Whittaker, Surrey

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