



# A new technique for pain control

*Kathryn Scorza, a highly qualified therapist based in East Finchley, explains how hypnotherapy and relaxation can combine to help those suffering chronic pain.*

Hypnotherapy has nothing to do with hypnosis used on stage as entertainment, but is instead a highly effective therapy able to mobilise the powerful resources of mind-body connection and control pain. Far from requiring clients to give up control, hypnotherapy is increasingly widely recognised as actually able to help them gain more control at any level: physical, mental or emotional.

My approach has been developed with a GP who had made a study of pain receptors, and is therefore based on current medical and scientific thinking about the nature of physical pain, how pain signals work, and why we get pain in the first place.

It's a programme using relaxation, mindfulness meditation techniques and hypnotherapy, to help people living with chronic physical pain reduce their need for painkillers.

The purpose is to help those with any chronic condition which involves ongoing pain, including arthritis, osteoarthritis, the pain which can accompany cancer, or even phantom limb pain.

With practice, people become empowered with techniques to keep pain at bay, or at least at a manageable level. Far from just having to "live with it", it is possible to transform the physical experience of chronic pain so that it dominates everyday life less.

It is important to stress that success depends on practising the techniques. With time, results



Kathryn Scorza.

can be achieved increasingly quickly. Hypnotherapy has no side-effects, and the skills learned are there for life.

To find out more contact Kathryn on 020 8444 5498 or 07703 404 839 or via her website [www.kathrynscorza.co.uk](http://www.kathrynscorza.co.uk).

# Meditation and mindfulness

By Sheila Armstrong

**Sallie Rose, meditation teacher for over 30 years, will be running another meditation course in East Finchley this autumn. The course will cover various techniques to develop mindfulness, reduce stress and increase peace of mind.**

The four-week course starts on Thursday 6 November from 7.30pm to 9.30pm. The cost is £65, or £55 for Sallie's current students. Information from Sallie on 07944 818197, by email at [sallie@meditationow.co.uk](mailto:sallie@meditationow.co.uk) or on the web at [www.meditationow.co.uk](http://www.meditationow.co.uk)

As the days draw in Sallie and Sunnah Rose will also be running a one-day yoga and meditation course on 18 October from 2pm to 5pm at Holy

Trinity Church in Church Lane. The cost is £35, or £30 for low-waged people.

Sunnah will teach yoga postures to help you root yourself and Sallie will offer meditation to ground your awareness and develop a sense of wholeness. All levels are welcome.

To book contact Sunnah at [sunnah@stretchingpeople.co.uk](mailto:sunnah@stretchingpeople.co.uk) or 07941 321 772. Or more information from Sallie as above.

# Try mindfulness for yourself

By Sallie and Sunnah Rose

**This is a lovely technique that can be used by anyone at any time of day to calm and centre yourself.**

1. Wherever you are, you could be standing or sitting on a chair, just feel your feet on the floor. Connect to the ground and feel that you have created a stable base.
2. Then imagine there is a piece of string coming from the top of your head encouraging your body to lengthen and draw tall.
3. Start to pay attention to your breath. You can feel it coming in and out through your nose or your mouth. If you are anxious or upset this can be quite challenging but keep trying.
4. Once your breath is coming and going more easily bring your attention down to your belly and feel the breath there. If you like, you can put your hands on your heart as a way to stay grounded.
5. Inhale so that your breath expands in to your belly. Exhale so that your breath is released from your belly. Try to do this breath 10 times.

This technique need not be used only when feeling stressed or upset but it can definitely help at those times. Do remember that you cannot fail at this, it is just a technique to help you experience a more peaceful mind.

More details at [www.stretchingpeople.co.uk](http://www.stretchingpeople.co.uk) and [www.meditationow.co.uk](http://www.meditationow.co.uk)

## KALASHNIKOV KULTUR

By Ricky Savage, the voice of social irresponsibility

### Name of Thrones

**Once upon a time when men were men, women blushed at the sight of an ankle and most of the globe was coloured British Empire red, naming children was easy. Everyone knew that Archibald or Alfred or Ernest were suitable names for a boy, just as they knew that Mary, Mavis or Martha were perfect for a girl. These were good, English names, the sort of names that inspired men to conquer entire continents before luncheon.**

Now, in the weird world of modern television, things are different. No more shall parents look to great British heroes for names; instead they shall turn to the warped cross between The Hobbit and The Godfather that is Game of Thrones. Yes, names like Arya, Khaleesi, Sansa and Catelyn seem so perfect for a girl and what could be better than calling a boy Tyrion or Theon?

And it's not just the TV listings. There are other ways of doing it too. You can pretend you're clever and do what Kim and Kanye West have done by calling your child North. What are they going to call the second one ... South? That's almost as sad as the Davidsons calling their son Harley, although nothing sinks as low as Mr and Mrs Nicholls calling theirs Harvey.

Weirdness can begin closer to home, perhaps as close as the fruit bowl. Why stop at Apple when there is space for a Kiwi, Apricot or Raspberry, but perhaps not for Peaches any more. Or maybe just dig out a map because if there is Bronx and a Brooklyn then there must be room for a Finchley, Camden or Norwich.

And if we are talking about maps we have to be talking about cars and isn't Jag a good name for a boy, or Van and Sierra is at least as a good a name as Cortina or Chevy for a girl. And guess what, strange though it may seem, the first Mercedes car was named after the daughter of one of Daimler's directors, not the other way round. Still, that's no excuse for calling your daughter Portia even if you have read Shakespeare.

## No Marks

**THE ARCHER has heard a rumour that Marks and Spencer were interested in setting up a small local store in the former Post Office building.**

A spokesperson told us that although M & S are always looking for new outlets, they have no plans to move into this site, but we would be told of any future interest in the area.

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Tel: 8883 1544 (Minister: Simon Dyke)

[www.eastfinchleybc.org.uk](http://www.eastfinchleybc.org.uk)

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## THERE IS A SHORTAGE OF PRIMARY SCHOOL PLACES IN THE LONDON BOROUGH OF BARNET. HAVE YOU THOUGHT ABOUT WHERE YOU WILL SEND YOUR CHILD?

We are a group of teachers and education specialists with a vision to provide excellence in education by opening a new state-funded primary school in Barnet. However we need your support to make this happen. Please sign our petition - visit [www.araschool.org](http://www.araschool.org) - and give your child a world-class education.

