

Stephanie Johnson and Sarah Talbot

It is with great pride that we have just announced our **5th Birthday**. Here we share some of our thoughts on our experience of setting up and running Riverside Wellbeing. The quotes in blue have been submitted by the practitioners here:

Steph

Without finding the right partner, who has a shared dedication to, and belief in our profession, Riverside Wellbeing would still be a dream. And then came the hard work – but I love it!

“Riverside is run by professionals who understand what it takes to create a therapeutic space where practitioners can work to their best and clients can feel safe, well cared for and respected.”



I have spent most of my life encouraging others to heal and grow emotionally and physically (one definitely affects the other!)

I recognise that there are many ways to do this - there is no one therapy that fits all. Client autonomy and choice are important for wellbeing.



The next step was to carefully select other practitioners who not only shared the same ethos as us, but also have proven experience and particular skill in their own profession. We have succeeded in this, and have created a team that we consider to be the best in the High Peak. This is our Centre of Excellence.



“Sarah and Steph also create and encourage a spirit of friendly and compassionate connection between practitioners where we can each be supported in our professional practice and learn from each other.”

We endeavour to take care of those who work from here, with the belief that it will enable them further to take good care of you (their clients). With this in mind, we celebrated our birthday by treating everyone to a break away - **our** time for meditation; relaxation and fun. (see photos)

“To me Riverside is a great meeting point of like-minded people. I feel supported, and it also provides that out of work interaction and enjoyable time.”



Our joint experience of working in many different environments helped us to know what it was that we wanted to create.

“Thank you so much for providing my clients and I with such a wonderful, warm, safe and professional place to grow.”

One of the first comments recorded from a visitor was **“You just know that you’ve come the right place as soon as you walk through the door”**. And so the healing begins.

We look forward to welcoming you to our space. **(SJ)**

Sarah

It seems unbelievable that 6 or 7 years ago, Steph and I were looking for a new base from which to work, and talking about our ideas and aspirations.



These were like tiny seeds which we hoped would find fertile ground and healthy growing conditions. That was the case and these hopes and dreams have been met...and surpassed

We came across the right place which had the potential to become what we desired. After much time and hard work nurturing it to match our vision of a calm, therapeutic space.

“Riverside Wellbeing is so much more than a place where I hire a room. Sarah and Steph have created a wonderful, warm and supportive community where I feel that I belong. Thank you for making it so easy and enjoyable to work here, I LOVE it!”

Our seed had by this time become a sapling and it was time to open – with 5 practitioners, all of whom are still with us.

And now after five years, I look back with both pride and humbleness at what Steph and I have grown, from a tiny seed, into a sapling....and now maturing into a fully grown tree.



“It's an oasis of healing calm - warm, comfortable with space to breathe and be.”

We are always encouraged by what people say when they walk into Riverside Wellbeing, both the public and our practitioners. Comments about how welcoming, calm and tranquil it is.

“I had someone say that the noise of the river was incredibly soothing for her and really helped her to have a time of calmness amongst the otherwise chaos of her life. I myself feel very calm when I enter the building. Whatever is going on outside for me seems to ebb away. It's like what it feels like when you come home from work except that I'm doing the opposite! Lucky me!”

I am grateful to our practitioners, for their skill, their professionalism and kindness. Through them, we can support the people of the High Peak and beyond whether they simply need a bit of nurture or whether they are going through difficult times.



"Having a space at Riverside for our volunteer counsellor has enabled SAIL to provide a service in High Peak for the first time. It is so important for clients working through past trauma to come to a place that feels welcoming and safe. We are grateful to Sarah and Steph for ensuring an environment that meets their requirements."

After all, as we always say:

“Taking care of yourself is the most important thing you can do” (ST)



Anne Hulme

Anne has been with us from the day we first opened. This is what she says about working here:

“I am the Reiki Practitioner here and was ‘on board’ right at the beginning of Riverside’s ‘journey’. The moment I walked in, the ambience and relaxing atmosphere convinced me that this would be a great place to work with my clients.

It is so important to create the right atmosphere for people to feel they can relax and unwind, and certainly that is always the feedback I get from my clients here at Riverside Wellbeing”

Anne also offers Indian Head Massage and Crystal Healing



Birthday Prize Draw

The correct answer to the question:

“Who holds a free drop in clinic on the last Wednesday of each month?” is ...

Kathryn Rogers (Nutritional Therapist)

The lucky winner was Tom from Marple.

Thank you to those who took the time to enter and congratulations to Tom, who wins a **Gift Voucher** worth £40 to spend with any practitioner here.

GIFT VOUCHERS

Gift Vouchers are available here to buy!!



Or start hinting for Christmas for your own present towards (for example) bespoke nutritional advice; career coaching, or a relaxing massage. You choose. Our gift vouchers can be used with any of our practitioners. See website for details.

We have many highly qualified and experienced practitioners at



who dedicate their professional lives to helping others through difficult times.

We're here to help

Website: www.riversidewellbeing.com



01663 734347

Please telephone us if you're not sure which practitioner to call directly. However, we can only answer if we're not busy, so please be ready to leave a message, with your contact details, and we'll call you back.

Contact: info@riversidewellbeing.com

or follow us on twitter  [@_TherapyRooms](https://twitter.com/_TherapyRooms)

Thank you for reading.

(Photos by Stephanie Johnson)