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1st December 2025

Good Morning,

Julie and I are excited to share our latest collection of insights, case studies, and professional advancements. This is truly a "**bumper newsmagazine**", featuring revolutionary therapeutic applications, essential self-care strategies, and critical updates from leading specialists.

Our company ethos is that **#SharingKnowledgeImprovesLives**, and this issue clearly demonstrates how **Deep Oscillation Therapy (DOT) continues to transform recovery and treatment** across various fields.

Inside this issue, you will discover:

We provide essential reading and insights directly from experts, including those from PhysioPod Regular Guest Writers who attended the **World Lipoedema Congress in Rome 2025:**

- **Associate Professor Ramin Shayan's review** provides useful input regarding the significant shift towards biological and GLP-1-based therapies in lipoedema.
- We feature **Mr. Vasu Karri, Consultant Plastic Surgeon**, sharing his **three crucial take-home messages** from the Congress.
- Don't miss the interview with **Jane Wigg, RGN, MSc, Lymphoedema Clinical Expert**, following her year of pioneering change, exploring academic validation and emphasising that "**People living with lymphatic conditions deserve better.**"
- Read **Gaynor Leech's beautifully researched article** exploring the differences between **dry body brushing vs. wet body brushing** and

- Also, read and listen to Bel Hardman's article, "**Calm Within the Chronic**", on the essential need for emotional care for life with lipoedema, reminding us that our minds and hearts need tending to just as much as our physical bodies.

Deep Oscillation Therapy (DOT) Highlights

- Why Lymph and Scar Therapist Vaida Voitechovic describes Deep Oscillation as her most significant investment and the "**missing piece of the puzzle**" for her practice, leading to incredible improvements, especially with scars (including a reduction in nerve pain around C-section scars).
- Therapist Kerstin Müller shares how DOT is revolutionising speech therapy, stating that it "enormously" facilitates her work and has become "indispensable". Patients report immediate relief from facial cramps and pain after pretreatment.
- DOT's benefits extend to postpartum recovery, as its gentle, non-traumatic application not only provides instant pain relief but also accelerates the healing of surgical wounds, particularly after a Caesarean section. It can also dramatically address painful lactation issues.
- The case study detailing how a combined approach, including DOT, significantly contributed to the **complete resolution of severe migraine and blurred vision** for 73-year-old Peter within five sessions.
- A testimonial confirms DOT's effectiveness for diagnosed piriformis syndrome and sciatica, leading to pain reduction, improved mobility, and stopping pain relief medication after just two sessions.
- Updates from highly experienced practitioners bringing DOT to new areas, including Kate Attenborough in Rugby and Dawn Seaman in Norfolk, who add therapy for both people and their **beloved equine partners**.

And finally, to melt your heart

- We share a special feature: "**A Gentle Approach to Puppy's Healing**", a **case study from Christine Talbot, Lymphoedema, Bowen and Deep Oscillation Practitioner**.
- The "**fantastic article**" and recorded piece by our guest blogger Dean Attwood, "**REAL IS RARE – ESCAPING THE DECEMBER SEQUEL TRAP**", which is guaranteed to make everything seem better when you listen to his voice.

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bringing 6D Tape training to the UK and the introduction of vocaSTIM® Master for paresis-related swallowing and voice disorders. Fiona (Fee) Stevenson talks about the dangers of Virtual Backgrounds and Gavin Neate talks on Empowerment Action!

PS A big thank you to Hannah Poulton at HLP Therapy for making us so welcome at the HLP Scar Symposium. A very well-organised and well-attended event. We are delighted to confirm that Deep Oscillation was extremely well received.



Mary and Julie showing Deep Oscillation at the HLP Scar Symposium



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Julie and Mary with Hannah Poulton
HLP Scar Symposium
Organiser

Wishing you ALL a very merry Christmas and a wonderful New Year x

Mary Fickling and Julie Soroczyn

Sisters and Directors of [PhysioPod UK Limited](#) and [PhysioEquipment](#)

Discover the Essential Guide to Deep
Oscillation Therapy (DOT).

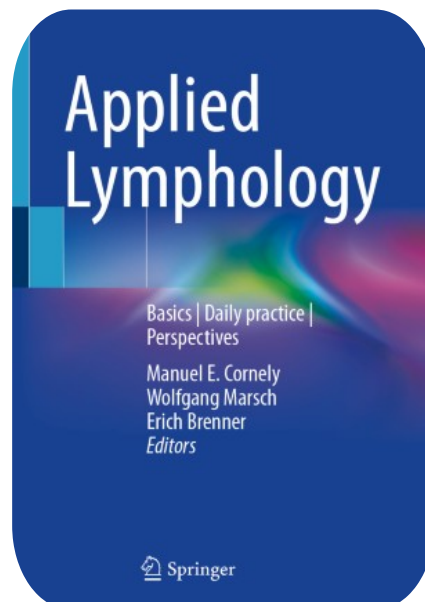


Dr Jens Reinhold

We are excited to share that a chapter dedicated to Deep Oscillation Therapy (DOT) is included in the newly published *Applied Lymphology*. Authored by Dr Jens Reinhold, this chapter provides a detailed examination of this unique modality.

First Online 20th October 2025

[Reinhold J. \(2025\). Deep Oscillation. In: Cornely M. E. et al. \(eds.\), *Applied Lymphology*. Springer Nature Switzerland AG. \[https://doi.org/10.1007/978-3-031-77734-9_40\]\(https://doi.org/10.1007/978-3-031-77734-9_40\)](https://doi.org/10.1007/978-3-031-77734-9_40)



Associate Professor Ramin Shayan's Review - Lipedema World Congress 2025



Associate Prof Ramin Shayan's [review of the Lipedema World Congress 2025](#) in Rome offers valuable feedback on the significant shift towards biological and GLP-1-based therapies in Lipoedema...



READ REVIEW

REAL IS RARE – ESCAPING THE DECEMBER SEQUEL TRAP



Dean Attwood
COACHING

Integral
Workplace Wellness

Stop Press! Our wonderful regular guest blogger Dean Attwood, has not only written this amazing article to help us through December, he's recorded it too! It is such an amazing piece. When you listen to his voice it makes everything seem better!



[READ ARTICLE](#)

Case Study: Peter, Aged 73 - Resolution of Severe Migraine and Blurred Vision



Chris Boynes, Chartered Sports and Spinal Physiotherapist

Peter, 73, presented with **severe migraine and blurred vision**. Chartered Sports and Spinal Physiotherapist Chris Boynes utilised a combined approach including Deep Oscillation Therapy (DOT). DOT, known for **softening deep connective tissue**, significantly contributed to the complete resolution of his headaches and stiffness within five sessions



[READ CASE STUDY](#)



Julie and I are thrilled to announce that **Kate Attenborough**, a highly experienced registered general nurse and dedicated lymphoedema specialist practitioner, is bringing the power of **DEEP OSCILLATION®** to Rugby. With over 30 years of nursing expertise, Kate is ready to elevate your wellness journey with this advanced intervention.



[Kate Attenborough](#)

**Registered General Nurse, Bsc Health Sciences and
Psychology, LTA Lymph Cert**

Rugby

Mobile 07855 771 875

SELF CARE WEEK 2025 CATCH UP!**Self-Care Forum**

1,746 followers

1d ...

Mary Fickling and **Gaynor LEECH** thanks so very much for all your support and your participation in National Self-Care Week. It's been a delight to see your posts, videos, blogs and your advice on self-care and empowerment. Great job!

Gaynor Leech and I had a thoroughly fabulous self-care week creating some incredibly well received content. We hope you found it useful. As we mentioned earlier, the PhysioPod® company ethos is that **#SharingKnowledgeImprovesLives** - something we hold high in our own values and in those of others.

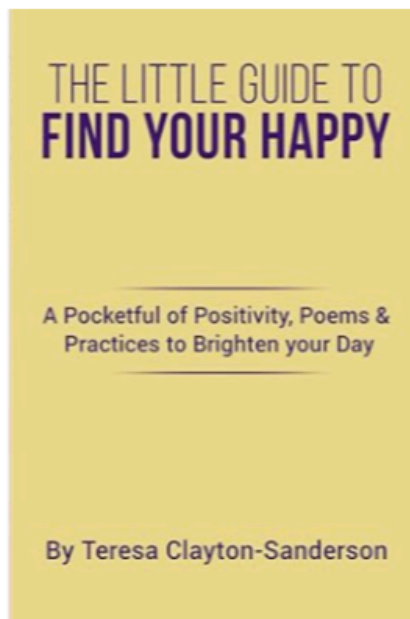
- If you missed any of the videos [click here](#)
- If you missed any of LWO Community, beautifully put together content then [click here](#)
- To download all of the Self Care Forum Self-Care Fact Sheets [click here](#)

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THE LITTLE GUIDE TO FIND YOUR HAPPY A Pocketful of Positivity, Poems & Practices to Brighten Your Day

by [Mrs Teresa Helen Clayton-Sanderson](#) (Author)

This unique little book, *Soft Resilience: Daily Moments of Calm*, is the ideal gift to slip into a Christmas stocking. Designed to fit easily in a bag or pocket, it functions as a **quiet self-care companion** and a **pocketful of calm in a storm**. Made with love, by Tess, our regular guest blogger and fellow self care champion, it provides simple words, gentle prompts, and **honest encouragement**. The book avoids pressure, focusing on **soft resilience**, tiny moments of joy, and the reminder that caring for oneself is a **necessity and a kindness**. It contains practical activities that are easy to slot into the day. The recipient can dip in and out, finding a lift or a little nudge back to themselves: a perfect Christmas gift, a small token for daily moments of calm.



[Buy Now](#)



News From Gemma Levine FRSA...

SWOLLEN SILENCE

Is the title of a new documentary coming out at the beginning of 2026. This will be the first documentary on lymphoedema.

The cast will include many lymphoedema patients, surgeons, and experts, as well as interviews with patients in a hospital in India.

Narrator: Dame Joanna Lumley

Filmmaker: Amory Leader

Creator & Producer: Gemma Levine

Script advisor: Professor Peter Mortimer

The Hidden Hazards for People with Migraines, Seizures, and Photosensitivity



[Fiona \(Fee\) Stevenson](#)

Learn why your fun virtual background might be dangerous. Learn how shifting images and high-contrast visuals can trigger discomfort, headaches, dizziness, and even seizures in people with photosensitive epilepsy, migraines, or vestibular disorders. We reveal these hidden hazards and stress why prioritising accessibility and safer design choices in digital environments must be a priority for all organisations.

[READ FULL ARTICLE](#)

Empowering Action



Gavin Neate, Founder of [WelcoMe](#)

Welcome to the future of independence! Born from a simple, effective intervention by a mobility instructor at The Guide Dogs for the Blind Association, WelcoMe is the free service poised to empower millions. Discover how communicating specific needs and general training to staff before arrival ensures confident, respectful interactions, giving disabled individuals more freedom, choice, and control over their daily lives....



[Read Article on Medium](#)

[The Benefits of Deep Oscillation in Postpartum Recovery](#)



Due to its gentle, non-traumatic application, DO is highly effective even immediately following surgery, providing **instant pain relief** and accelerating the healing of surgical wounds, particularly after a Caesarean section. This therapy helps encourage tissue renewal, leading to **softer, more flexible scars**, and patients have reported regaining sensation much sooner than expected.

Beyond C-section recovery, Deep Oscillation dramatically addresses painful lactation issues. Clinical observations show that, when applied to the breasts, the treated side can demonstrate considerable improvement by the third day after treatment commencement, effectively countering lymphatic and venous oedema and normalising breastfeeding.

[READ ARTICLE](#)

A Gentle Approach to Puppy's Healing

A case study to make your heart melt from Christine ...



Christine Talbot
SRN MLD DLT

Lymphoedema
Bowen
DEEP OSCILLATION®
Practitioner



[READ CASE STUDY](#)

Dry Body Brushing vs. Wet Body Brushing: Supporting Your Lymphatic System

By Gaynor Leech, Patient Advocate and Founder of LWO Community

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Lymphoedema
Online & in the Community
Promoting Lymphatic Health &
Community Engagement



Living with lymphoedema means being proactive about self-care and skin health. The most popular technique we see in blogs or social media groups is dry body brushing. However, I recently met a lovely therapist who lives in my area named Vida Probert from the [Restorative Body Clinic](#), and she suggested that I try wet body brushing. For me this would probably make more sense, as I have extremely dry skin despite daily moisturising and keeping myself hydrated.

While I have covered and written about dry body brushing before, this was new to me, and I was intrigued to see what the difference was, but more importantly, I wanted to look at whether there were any benefits to the lymphatic system.

Vida has an east-vs-west approach to her practice, which got me thinking, and so I did some research, and it was surprising how long-ago body brushing has been in existence. Before I look at body brushing, I thought I would take a look at when and where body brushing came from and the benefits it was thought to achieve.

[READ FULL ARTICLE](#)

History of Body Brushing



Egypt

Egyptians used a brush to clean their bodies, believing that it promoted cleanliness and health. Dating back to 3000 BCE

India

Ayurveda (over 5,000 years old) introduced Garshana, which translates to "rubbing" or "massaging," a form of body brushing often done with raw silk or linen gloves to gently exfoliate the skin



China

Ancient Chinese practices used dried fibers of the silk squash (gourd fruit), which evolved into the modern loofah.

Japan

Japanese bathing culture emphasized purification and relaxation. Textured cloths and mitts were used in hot baths, often with herbal infusions like green tea or yuzu.



Middle East

The Turkish hammam and Persian traditions used coarse mitts (kese or kiseh) with soap and steam.

Wet brushing was combined with mineral pastes like sefidab (a mix of animal fats and minerals), dating back as far as 2000–4500 BC.



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Drive Change and Tee Off The Sun Lymphoedema United Charity Golf Day

Julie and I are delighted to announce that we will be attending the evening dinner of this fabulous event and we hope to meet some of you in person.



Matt Hazledine, Lymphoedema United

Well done to Matt Hazledine for organising this. Matt is passionate about making a difference in the lives of those living with lymphoedema and connecting with those in the lymphoedema healthcare sector.



**Do you, or a loved one, have lymphoedema?
Do either of you play golf?**

**Join our Charity Golf Day at The Forest of Arden,
near Birmingham on Thursday 4th June 2026**

***We unite golfers with lymphoedema and specialist product
suppliers to raise money for Lymphoedema Charities.***

Amazing value at £80* per person!

***Limited places. Includes breakfast, 18 holes, 3-course dinner, prizes & much more!**

**For more information visit our website or to register email
hello@lymphunited.com**

We look 'fore'-ward to meeting you!

[FIND OUT MORE](#)

The Efficacy and Safety of Deep Oscillation in the Management of Post-Mastectomy Pain Syndrome: A Case Series



Lic María Del Rosario Pineda

Author: Lic. Rosario Pineda

Affiliations: International Agency for Research on Cancer (WHO)

[VIEW PRESENTATION](#)

Presented by Lic. Rosario Pineda at the XXI World Congress of the International Union of Phlebology (UIP) in Buenos Aires in 2025. A prestigious event for professionals in the fields of phlebology and lymphology. The work was carried out by the Rosario Leg Institute from 2015 to 2025 in Argentina.

International Union of Phlebology

Welcome to the
XXI UIP World Congress
Buenos Aires 2025

The Efficacy and Safety of Deep Oscillation in the Management of Post-Mastectomy Pain Syndrome: A Case Series

Rosario Pineda

GKV 2025
GRUPO DE KINESIOLOGÍA VASCULAR

10/10/25

Take Home Messages from The World Lipoedema Congress - Rome 2025

With huge thanks to Mr Vasu Karri



Activate & Align Integrated Therapies Add DEEP OSCILLATION® in Norfolk

Are pain, stiffness, or restricted movement holding back you or your beloved equine partner in Norfolk? Prepare for a therapeutic breakthrough! Dawn Seaman, the highly experienced musculoskeletal therapist behind Activate & Align Integrated Therapies, is elevating the standard of care for both people and horses across the region. Drawing on more than eighteen years of expertise and a commitment to integrated therapy aimed at achieving pain-free, effortless movement, Dawn has introduced, with "outstanding effect" - DEEP OSCILLATION®.

[READ DAWN'S FEEDBACK ARTICLE](#)

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[Dawn Seaman](#)

**Dip MCST (WCST), Dip MCAM (OCEPT), Dip HM (ITEC),
EEBW, AMCST, RAMP**

Activate & Align Integrated Therapies

Costessey

Norfolk

NR8 5AD

Mobile 07786 546523

**PhysioPod® UK Interviews Jane Wigg: A
Year of Pioneering Change**



Jane Wigg RGN, MSc, Lymphoedema Clinical Expert

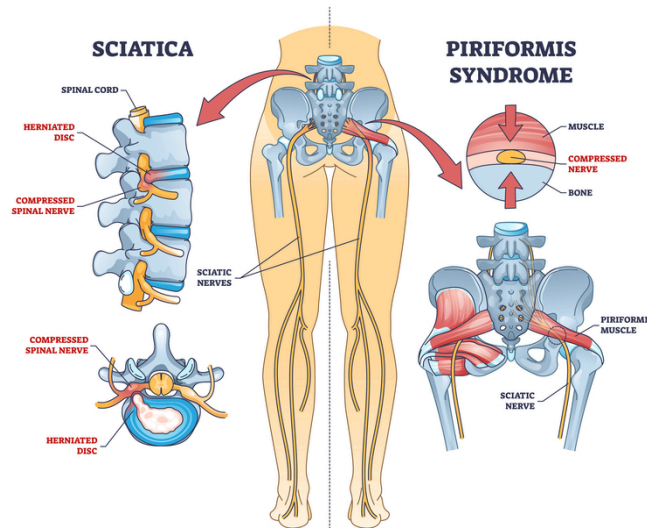
PhysioPod® sits down with Jane Wigg following a “busy, busy, busy” year. Driven by the philosophy “Change is hard, but change we must!”, her organisation trained over 400 students and presented in eight countries. This conversation explores academic validation, cutting-edge research, and her goal that “People living with lymphatic conditions deserve better.”



[READ FULL INTERVIEW](#)

Deep Oscillation Therapy for Piriformis Syndrome and Sciatica

Testimonial from Karen Clifford



I used the PhysioPod Deep Oscillation Unit to treat a diagnosed condition of piriformis syndrome and sciatica in October/November 2025.

I cannot praise this treatment enough! It was extremely effective, and I felt like there was light at the end of the tunnel after feeling very low about my situation. The piriformis runs through your glute, and when inflamed, it caused me the most horrendous pain and spasms in my buttock, back, hip and leg.

I am a very active person, and this treatment literally took me off my feet! I struggled to walk, change positions, make any sudden movements, and just generally live my life.

I am a regular runner, walk 5–8K daily and attend gym classes. I had to stop all activities except for short walks, which I did while experiencing extreme discomfort and taking painkillers.

I was introduced to Deep Oscillation Therapy and was fortunate enough to use the PhysioPod unit for 16 days, and wow, what a difference. I had daily 20/30-minute sessions with a combination of self-massage using the applicators and my partner treating the area through gloved hands.

movement improved. After just two sessions I stopped all pain relief medication. Regular use meant the stiffness and pain reduced significantly, and after week one, I was able to run 5-8k without any discomfort.

[READ FULL TESTIMONIAL](#)

Support when it is needed through the Mouth Cancer Foundation

The Mouth Cancer Foundation offers vital support via a weekly safe-space Zoom meeting and a private Facebook group. Survivor Karen emphasises the group's support for patients and families in discussing issues, late effects, and combating isolation.



Karen Liesching-Schroder
Public Speaker/Patient Ambassador



My name is Karen, and I was diagnosed in 2016 with tongue cancer. I thought I was healthy as I had never smoked, didn't drink much alcohol, was a runner and was careful with my diet. I was 43 at the time, a wife and mum to 2 teenage children, and working full-time in a nursery attached to a school. There was no public awareness of head and neck cancers at the time (and still too little to be honest.) My cancer started as a stubborn ulcer that wouldn't heal, but during

There was no signposting to support groups online. I started going to a local face-to-face support group run by my cancer nurse who is now retired, but this was only every 3 months, and it shut due to COVID. COVID changed so much for many of us. It was just before this time that I came across the Mouth Cancer Foundation on Facebook and I joined my first Mouth Cancer Awareness Walk that the charity put on every year; my first one was September 2019 and I met the charity ambassadors, and more importantly I met other head and neck cancer patients and their family members and it opened up a new world of friendship for me.

[READ FULL ARTICLE AND JOIN THE PRIVATE FACEBOOK GROUPS](#)

Introducing vocaSTIM® Master - For Paresis-Related Swallowing and Voice Disorders



Physio Equipment

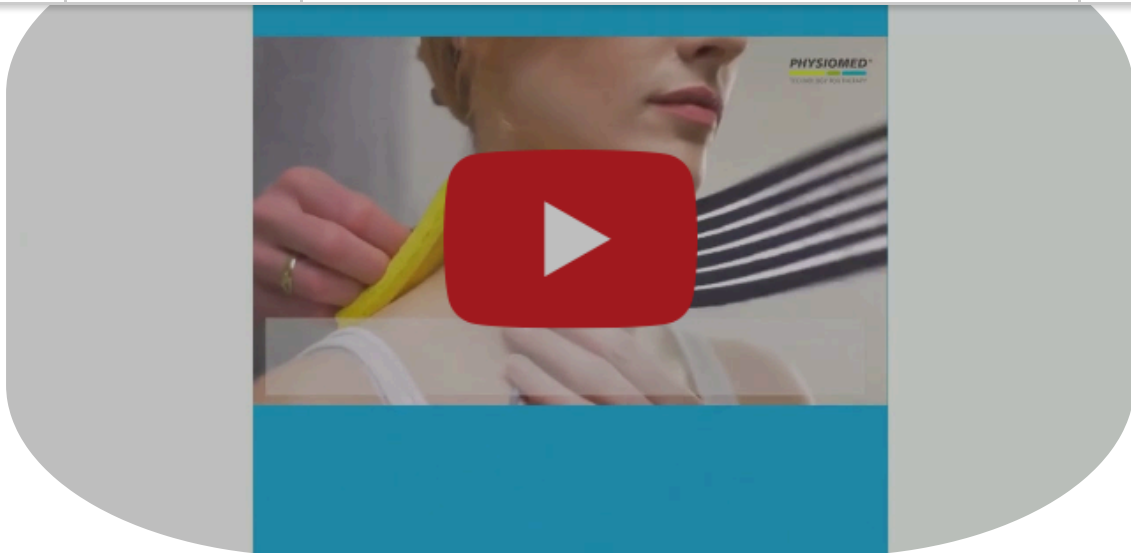
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Leading the way in rehabilitation
sports and aesthetic medicine

Professional therapy and diagnostic device for laryngeal paresis-based voice and swallowing indications Developed for neuro-rehabilitation, ENT doctors and speech therapy. For more information please take a look at our product page on [PhysioEquipment UK](#)

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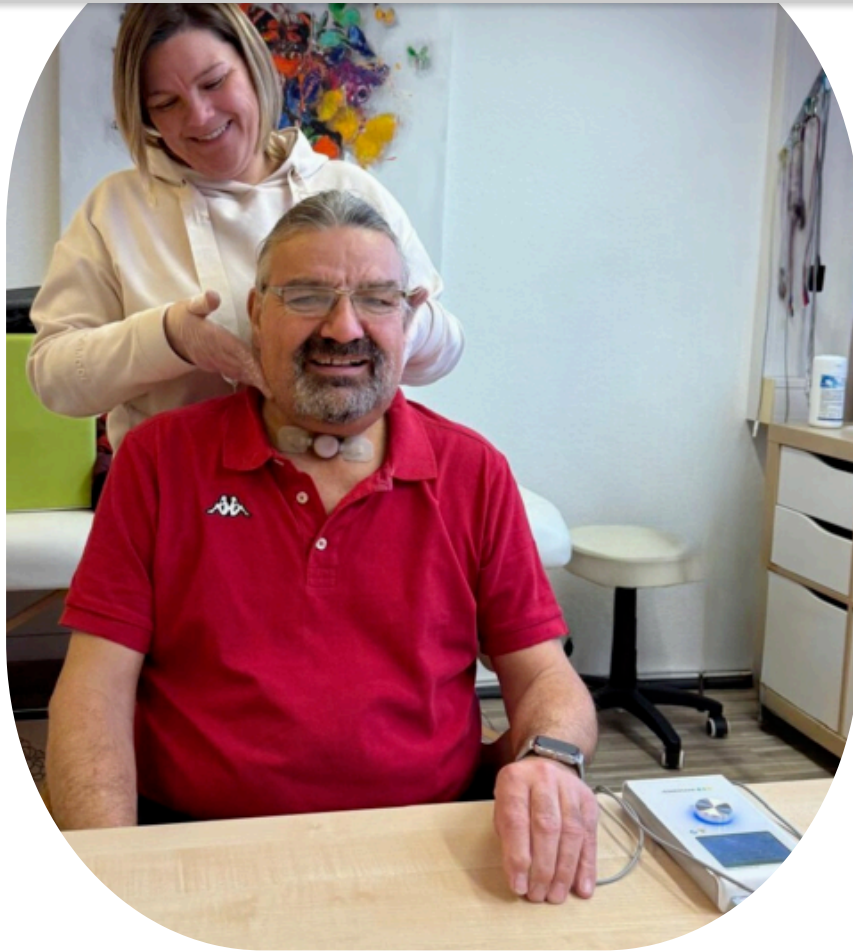
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From Practice for Practice: Experiences with DEEP OSCILLATION in speech therapy

ALERT! DEEP OSCILLATION is now transforming speech therapy!



Speech Therapist Kerstin Müller shares her experiences treating severe head/neck issues, including facial paralysis. Patients report immediate relief and find the treatment very pleasant and relaxing.

Kerstin says it facilitates her work "enormously" and is an absolute fan! Learn why this tool is now "indispensable"!

In traditional speech therapy, therapists typically use heat, massage, and stretching as pretreatment. "We work a lot with our hands. When you've treated three or four faces a day, you really feel it in your fingers. Deep oscillation is much more relaxing, and I don't need heat treatment anymore," explains Müller. With deep oscillation pretreatment, both sides of the face can be effectively hyperemic and deeply loosened. "Afterwards, I can then – if necessary – do another stretch on the synkinetic side," says the speech therapist. "After just 20 minutes of deep oscillation plus 5 to 10 minutes of stretching, the cramps and pain are gone from the face, and the patients say they have two symmetrical sides again. It's truly amazing!" Furthermore, patients consistently report that they find the treatment very pleasant and relaxing, so they feel much better prepared for the subsequent mental and physical work..

[VIEW FULL ARTICLE](#)

Kerstin Müller using DEEP OSCILLATION. Photo: Kerstin Müller

GENTLE REMINDER: PHYSIOPOD® UK INDEPENDENT SURVEY

Our survey is open until 31st December 2025. If you are living Head and Neck Lymphoedema or are a healthcare professional supporting those with head and neck lymphoedema, then we would greatly appreciate your anonymous participation in our survey.

EVALUATION

UK Treatments and Experiences with Head and Neck Lymphoedema (HNL)

Survey for all individuals living with HNL and the Healthcare Professionals who support them.

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TAKE SURVEY NOW

NEW ARTICLE

Published in Frontiers

TODAY

**LIPDEMA AND
ADIPOSE TISSUE:

CURRENT
UNDERSTANDING,

CONTROVERSIES AND
FUTURE DIRECTIONS**

[VIEW ARTICLE](#)

**Calm Within the Chronic: Emotional Care for
Life with Lipoedema**

[By Bel Hardman](#)

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If you're living with lipoedema, like me, you'll know, that most of the conversations online are focused on the physical body, swelling, dry brushing, deep oscillation, supplements, the right diet, surgeries, compression and more. These treatments matter deeply, they support our physical wellbeing, movement, pain levels, and daily quality of life, but so do the emotions that live underneath. Our minds and hearts also carry the weight of this condition, and they need tending to just as much as our legs and lymphatic system does.

Listen above or read below.

[READ FULL ARTICLE](#)

PHYSIOPOD® UK BLOG POST

BASED ON MINI REVIEW article, *Front. Cell Dev. Biol.*, 06 November 2025,
Sec. Molecular and Cellular, Pathology

Volume 13 - 2025 | <https://doi.org/10.3389/fcell.2025.1691161>

Lipoedema
What We Know Now
A Blog Post

[View PhysioPod Blog](#)

Actively Fabulous! Juzo Brings 6D Tape Training to the UK!



We are absolutely thrilled to share exciting news about a fantastic product we highlighted in our newsmagazine in Dec 2023: the innovative 6D Tape! We are particularly delighted that our longstanding friend and

The Six-Dimensional Power of 6D Tape

6D Tape is a patented, skin-friendly handle tape intended for physical therapy, lymphatic therapy, and active self-care. It differs from classic kinesiological tapes and enables a new type of tissue stimulation.

[READ MORE](#)

The FINAL Missing Piece of The Puzzle -
DEEP OSCILLATION®



[Vaida Voitechovic](#) is in Glasgow, and Vaida wrote this on her Facebook, our hearts are still singing.

"A little honest share from me..."

completely forgotten.

I was working a lot, travelled a bit. I am back now and I wanted to share something that truly transformed my practice.

Since starting my career as a massage therapist, I've invested thousands in different courses, explored different techniques to work on various tissues, there was a time I blended my own oils, and collected a range of tools — all in search of the best possible results for my clients.

I was always busy, always doing my best... but something was missing — especially when it came to scar work and post-operative care.

And then I discovered Deep Oscillation.

This has been my biggest investment so far, and honestly, it was the missing piece of the puzzle.

Since introducing it into my treatments, I've seen incredible improvements — especially with scars. Clients notice a reduction in nerve pain and sensitivity around C-section scars, and it feels amazing for releasing abdominal tension linked with IBS or endometriosis.

It's also gentle yet highly effective for neck work and for post-surgery clients, when started early, we've seen no signs of fibrosis or seroma formation after liposuction.

Deep Oscillation has also been helping beautifully after facial lift procedures — softening hardened tissues and improving recovery after hematoma.

Another wonderful effect I've noticed is how it helps to soften lymph nodes that have become firm and less efficient at pumping in cases of lipedema and oedema, helping the lymphatic system function more effectively and comfortably.

These are honest results, and I'm genuinely so grateful to finally have found what was missing.

Vaida Voitechovic

**Glasgow
G40 2AA**

Mobile 0757 880 8788

CHRISTMAS CORNER



Christine Talbot
SRN MLD DLT
Lymphoedema
Bowen
DEEP OSCILLATION®
Practitioner

Wreath Making Event with Proceeds to Dorset Cancer Care Foundation Held At Stoborough Village Hall (November 2025)

Organised by Christine Talbot, Ambassador for Dorset Cancer Care Foundation (DCCF)



"Awhile back I thought it would be such fun to hold a Wreath Making Event in the Village Hall. My friend and I would demonstrate the required techniques for Christmas Wreath creations.

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as it intrudes into the flow of my walk as I stoop down to gather these fascinating creations in colour and design During my cone squirrelling I began to notice all the different foliage possibilities furthering my thoughts as an abundant supply for a wreath workshop.....

Funds Raised £300


THE DORSET CANCER CARE FOUNDATION



COME AND JOIN OUR
CHRISTMAS WREATH MAKING EVENT
West lane
@ STOBOROUGH VILLAGE HALL BH205AD
THURSDAY 27th NOVEMBER 9.00-13.00


£35 inclusive of refreshments
CASH ONLY AT DOOR

ONLY 30 PLACES YOU NEED TO BOOK IN ADVANCE
So please call or text CHRISTINE 078815980

APRON and SECATEURS advisable

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**Happy Christmas
from
L-W-O Community**

With gentle hands and open hearts, we send this festive wish to you

In the hush of winter's glow,
May kindness wrap you head to toe.
Let self-care be your guiding light,
A balm for body, soul, and sight.

May your lymph flow free and bright,
Like rivers dancing in moonlight.
With every breath, release and mend,
Let healing be your faithful friend.

In warm embrace and quiet cheer,
We honour every voice we hear.
So here's to joy, to peace, to rest,
To knowing you are truly blessed.

From our community to yours,
A Christmas filled with open doors,
Of hope, of health, of hearts aligned,
In love and lymph, forever kind.

**Best wishes for a happy Holiday Season.
We'll see you in 2026!**

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Mary and Julie xx



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