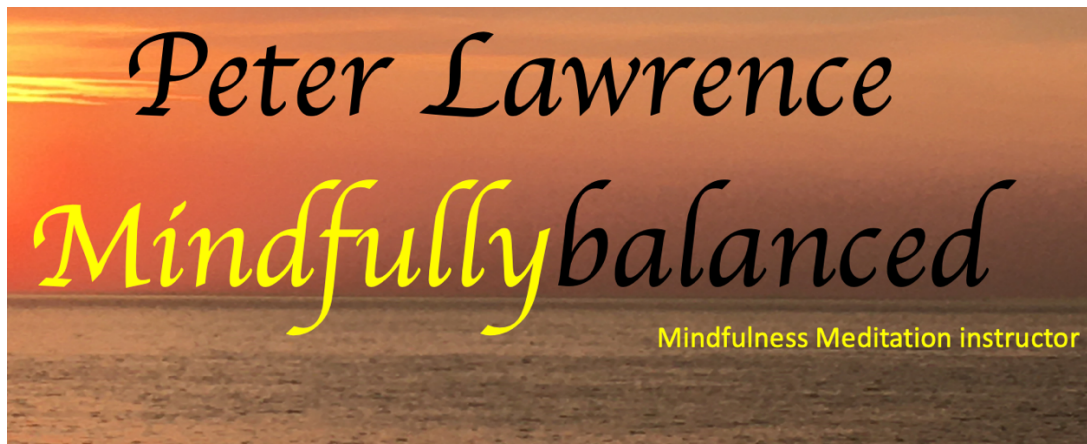


Newsletter 20/2021



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Date: 12th July 2021

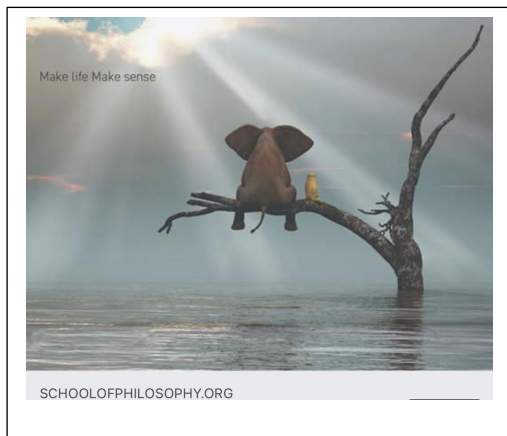
Contents of this newsletter:

Section 1: **Update weekly sessions**

Section 2: **Please read a message from me – confidential clause for new people joining the sessions**

Section 1:

Update weekly community sessions from Monday 12th July – Sunday 18th July



Monday 12th July – **No 9am session** there will be a session at 8.30pm

Tuesday 13th July **9am to replace Monday 9am session** 7.30pm (movement for cancer)

Wednesday 14th July - 9am

Thursday 15th July - 6.30pm

Friday 16th July - 9am and 11.30am

Weekend times:

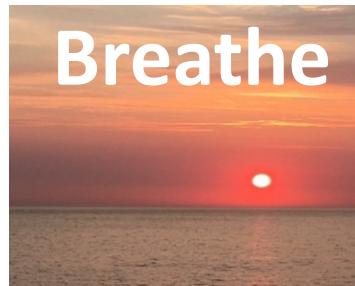
Saturday 17th July - 11am

Sunday 18th July there will be no session

If you want the Zoom code for any of the session(s) you would like to attend, please contact me through my website's 'contact page'

Section 2: A message from me regarding confidentiality: I had to remove a new person joining a session recently as they did not confirm the confidentiality clause I ask for, which is one of my standard and quality protocols. I heard from the person later explaining they had a problem with using Zoom as they were new to it. I will now ask for confirmation of confidentiality by email, if a person isn't sure of using Zoom as well as asking at the Zoom session. I will send out an email this week and if you are a person who struggles with Zoom, please email me. Thanks.

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Yay!!!

Take care everyone.

With kindness

Pete