

# Alternative therapy day raises £200 for charity

Report by Karl Aston

**A CELEBRATION** of the 100th birthday of a therapy pioneer's birthday in Bridgnorth also raised more than £200 for charity.

The Holistic Health care open day took place at the Low Town Community Centre in Bridgnorth.

The event was staged to mark the hundredth year since the birth of alternative therapist Tom Bowen.

Born in Victoria, Australia, after his parents had emigrated from Wolverhampton, he developed the Bowen Technique, a remedial, hands-on therapy that is applied using very gentle pressure.

Bowen Technique therapist Kate Fullerlove said the open day went very well, with a steady stream of interested people.

She said: "People came with an interest in finding out more about the holistic therapies on offer, either for helping their families or themselves with troublesome pain, chronic illness, and so on.

## Healing

"There was a real interest in all of the holistic practices on offer; the Sound Healing with Maggie Langton and homeopathy with Kate Griffith and Gail Porter brought up much discussion and experience of healing effectiveness

"Jen Brown was kept busy with reiki taster treatments; Caroline Rolling didn't stop with EFT, Matrix Reimprinting and HeartMath therapy and Jenny Broadbent had a lot of interest in how we can all help ourselves keep healthier with pilates and yoga.

"The Bowen Technique therapists, myself, Julie Farmer and Sue Lander, were busy all afternoon giving taster treatments to the public, helping resolve physical aches and pain by stimulating the body to realign without the necessity of any skeletal manipulation at all.

"All those people trying it for the first time were really impressed with the gentleness of the therapy that Tom Bowen created."

"We also had refreshments, a raffle and donations for taster treatments, by the end of the day we had raised £215 for the Tom Bowen Legacy Trust Fund (TBTLF) UK."

The TBTLF UK charity was started a few years ago in the UK, giving financial support to children with disabilities to help make their lives easier.



From left: Julie Farmer, Caroline Rolling, Kate Griffith, Kate Fullerlove, Gail Porter, Sue Lander, Jen Brown