

# NEWSLETTER

*Welcome to the second edition of the Chetham Farm Retreat Newsletter*



## The Freedom Fertility Formula

This month I'd like to tell you a bit more about the work I do as a freedom fertility specialist. I started working with people on their journey to parenthood about 2 years ago after being asked to talk about relaxation at an afternoon tea event for couples struggling to conceive. It sparked in me a passion to offer emotional health and wellbeing support to these people, as I myself had had 6 rounds of IVF treatment and suffered a miscarriage before becoming a mum through adoption.

I was a qualified nurse and was already trained in relaxation for children but wanted to get some more skills and training tailored to fertility. I came across The Freedom Fertility Formula training, which is an amazing programme of emotional support. I undertook the training and qualified in 2019.

I was very lucky to work with a lovely couple who had been trying for a baby for 3 years and were planning on starting IVF. We worked together over a 3 month period following the freedom fertility formula looking at their story, their emotional health, their beliefs about fertility and how we could change the way they felt on an emotional level; giving them back a positive life whilst still trying for a baby. This led to them getting married and also getting pregnant before they needed IVF treatment and we all celebrated the birth of their beautiful baby girl in October last year.

### WHAT'S ON THIS MONTH

**MONDAY 2ND, 9TH, 16TH,  
23RD & 30TH - YOGA AT  
9.15AM & 6.30PM**

**MONDAY 2ND, 9TH, 23RD &  
30TH - BABY BUDDIES AT  
12.30PM**

**TUESDAY 3RD - MONTHLY  
MEDITATION AT 7PM**

**THURSDAY 5TH, 12TH,  
19TH & 26TH - YOGA AT  
9.15AM & 7PM**

**SUNDAY 8TH - YOGA NIDRA &  
SOUND BATH AT 7PM**

**FRIDAY 13TH - MONTHLY  
SOUND BATH MEDITATION AT  
6PM & 7.30PM**

**TUESDAY 17TH, 24TH & 31ST -  
MINDFULNESS MEDITATION  
COURSE AT 7.30PM**

**WEDNESDAY 25TH - HOSTING  
MUMS IN BUSINESS  
ASSOCIATION AT 7PM**



This year I was lucky enough to apply for a small grant from the national lottery community fund as myself and some other therapists wanted to set up a support group for people on their fertility journey. We have secured a small grant which has enabled us to plan two or three events over the next 12 months to bring people together to support each other and also tap into local therapists all offering a holistic approach to fertility care.

We have launched the North West Fertility Hub and our first event is going to be at a beautiful venue in Bury on 2nd May 2020. It will be an afternoon to come together and meet us, learn about what support you can get and also to let you know about the monthly face-to-face group we will be running. There's also a closed Facebook group you can join for daily tips, support and advice.

## Join our Baby Buddies Sessions every Monday

Baby Buddies is unique way of bonding with your baby and making new friends at the same time. Plus you can time take out as a parent in a unique setting amongst the Pennine hills.

Baby Buddies is all about integrating massage and songs, while experiencing puppets and multi-sensory play to aid development of your baby. It is a unique session as Emma can adapt the session to suit your and your baby's needs.

Come and join in every Monday (term-time) 12.30 – 2pm  
Chill, chat & a brew available afterwards.

If you are at all interested, please contact Emma on 07913708419 or [empathyholistics@hotmail.com](mailto:empathyholistics@hotmail.com)





**"My baby and I really enjoyed it and hope to continue developing our skills with Emma. The venue at Chetham Farm was just lovely. The couple who own it are really very inviting and kind and I must say we look forward to coming again."**



Chetham Farm Retreat, Holistic Wellness & Family Retreat, Bolton, Lancashire.

01204 853480  
[info@chethamfarmretreat.co.uk](mailto:info@chethamfarmretreat.co.uk)

 @ChethamFarmRetreat  
@YourFirstThought.co.uk

 @chethamfarmretreat  
@yourfirstthought