

Portland
Centre
for Integrative
Medicine

Inspiring health
and wellbeing

Friends for Wellbeing: February 2017

Hello, and welcome to the Portland Centre for Integrative Medicine's Newsletter. Read on to find out more about our activities in Bristol, and how you can get involved!

The History of Homeopathy in Bristol and the new Portland Centre for Integrative Medicine (PCIM)



Homeopathy has been available in Bristol since 1852 when Dr Black started dispensing from premises in the Triangle. That was 12 years before the Clifton Suspension Bridge was completed and Victoria was on the throne.

During the next 160 years, homeopathy moved several times and the Bristol Homeopathic Hospital at the top of Cotham Hill was opened in 1925 by Edward the Seventh, Prince of Wales. In 1992 the outpatient service moved to the laundry, renovated to provide a lovely space for patients for over 15 years. The NHS Homeopathic service then took a quick trip to Hengrove and was delivered out of South Bristol Community Hospital. In October, 2015, the Portland Centre for Integrative Medicine (PCIM) took over the NHS Homeopathic Service, which is now delivered from Litfield Medical Centre in Clifton. We also deliver private homeopathy clinics to support accessibility for those people who cannot be referred into the NHS Service.

Alongside homeopathy, PCIM now delivers a range of wellbeing services using an Integrative Medicine model. IM puts conventional and holistic care together to improve health and wellbeing and support people with long term conditions.

PCIM CEO DR ELIZABETH THOMPSON UPDATE

Since moving to Litfield Medical Centre, PCIM has accomplished a great deal. While the website is informative and comprehensive, there is value in distributing a newsletter. This, the first PCIM Friends for Wellbeing Newsletter, is to let you know 'What's coming in 2017'.

The 'Wellbeing' name reflects the PCIM services that have been created to support health and wellbeing, including 'Mindfulness for Wellbeing' and 'Creative Writing for Wellbeing' - you can check out our new 'Food for Wellbeing' course on our website: <http://www.portlandcentrehealthcare.co.uk>

I am delighted to announce a series of Public Engagement Events. The first talk will be given by me on Saturday 11th February from 2:00pm until 3:30pm in Clifton Library, *Integrative Medicine: A Model of Self Care for the Future*. Come and meet me and learn about what Integrative Medicine means and how connecting to good food, green spaces and holistic healthcare can support health and wellbeing.

This lecture will be full of information and practical tips offering tools to incorporate healthy changes into your life.

**Dr Elizabeth Thompson Lead Clinician
+ CEO PCIM**

PCIM Friends for Wellbeing

When the NHS service was transferred from the Bristol Homeopathic Hospital (BHH) at the top of Cotham Hill to PCIM in Clifton, many Friends of BHH chose to become Friends of PCIM.

The Friends of PCIM are a group of service users and supporters of the Portland Centre whose role is to provide a clear voice that can help both guide the Portland Centre and to lobby for holistic healthcare.

The PCIM Friends are helping to deliver the Friends for Wellbeing lecture series in Clifton, to share information, and just to talk to others who are also passionate about the services they receive. Friends are keen to ensure that PCIM services are protected and nurtured, and are actively involved in the decision-making process in how the Portland Centre is developed.

The number of Friends has grown to almost 1K, and they are kept up to date with regular emails about important information and developments. We also have over 6K on our Facebook page, which you can visit at: <http://www.facebook.com/PCIMHealthcareBristol>.

Friends for Wellbeing 2017 Events – Save the Date!

@ Clifton Library, Victoria Street, BS8 4BX

11TH FEBRUARY: A Model of Self Care for the Future by **Dr Elizabeth Thompson**

4TH MARCH: Creative Writing for Wellbeing by **Claire Benjamin**

6TH MAY

3RD JUNE

1ST JULY

2ND SEPTEMBER

7TH OCTOBER

4TH NOVEMBER

For all enquiries regarding PCIM services, please contact Terri or Patti on 0117 317 1482, or by emailing enquiries@portlandcentrehealthcare.co.uk

To join the Friends, email friends@portlandcentrehealthcare.co.uk

Call to Action

For some of you who are aware there have been cutbacks to the funding of the NHS homoeopathy and for whom this is an important part of the way you support your health and wellbeing, you may want to write to your MP about the cutbacks.

The British Homoeopathic Association has tried to make this very easy creating a postcard that sets out some of the reasons why homoeopathy should still be funded on the NHS. The British Homoeopathic Association can provide you with these postcards and connect you to someone that can help you write more personalised letters.

For the MPs Call to Action Point please contact the BHA or Cristal Sumner MBA, the Chief Executive of the British Homeopathic Association, by emailing csumner@britishhomeopathic.org.

Alternatively, you can call 020 3640 5903 and the BHA can kindly send or provide guidance.

This is your newsletter, so if you have an idea for an article and would like to support a cause close to your heart, let us know!

Email

friends@portlandcentrehealthcare.co.uk
