



CHARITY COMMISSION
FOR ENGLAND AND WALES

Trustees' Annual Report for the period

From **06/04/2024** Period start date To **05/04/2025** Period end date

Charity name: The Healing Harbour

Charity registration number: 1201305

Objectives and Activities

	SORP reference	
Summary of the purposes of the charity as set out in its governing document	Para 1.17	To promote the physical, mental health and well-being of those people and their families or carers in North Norfolk who are living with a life-limiting condition/palliative diagnosis, in particular by the provision of: A) A sensory, 'Healing' Garden B) A range of Holistic Therapies including but not limited to Horticulture, Reflexology and Music. C) Workshops in Advance Care Planning and Palliative Care
Summary of the main activities in relation to those purposes for the public benefit, in particular, the activities, projects or services identified in the accounts.	Para 1.17 and 1.19	
Statement confirming whether the trustees have had regard to the guidance issued by the Charity Commission on public benefit	Para 1.18	All Trustees have knowledge of the guidance published by the Charity Commission in relation to Public Benefit they have complied with their duty to have due regard to the commission's public benefit guidance when exercising any powers or duties to which the guidance is relevant.

Structure, Governance and Management

Type of governing document (trust deed, royal charter)	Para 1.25	Our Governing document is the Constitution of a Charitable Incorporated Organisation whose only voting members are its charity trustees (Foundation Model)
How is the charity constituted? (e.g unincorporated association, CIO)	Para 1.25	Charitable Incorporated Organisation
Trustee selection methods including details of any constitutional provisions e.g. election to post or name of any person or body entitled to appoint one or more trustees	Para 1.25	Charity Trustees are appointed for three years by a resolution passed at a properly convened meeting of the charity trustees. In selecting individuals for appointment as charity trustees, the trustees must have regard to the skills, knowledge and experience needed for the effective administration of the CIO

Reference and Administrative details

Charity name	The Healing Harbour
Registered charity number	1201305
Charity's principal address	16 Waterbank Road, Sheringham, Norfolk, NR26 8RB.

	Trustee name	
1	Alison Brennan	Chair Trustee
2	Paul Brennan	Trustee
3	Jacqueline Spencer	Trustee
4	Sally Revell	Trustee

Our Second Year

Building on Our Foundations

During our second year, we continued to strengthen our core offer of wellbeing activities, including gardening groups, art sessions, complementary therapies and drumming circles. These activities were delivered with the commitment of our fantastic volunteers and were accessed by people living with serious illnesses threatening and shortening lives and their families, caring. Alongside this, we worked hard to raise awareness of our charity and secure the funding needed to keep our work going and reach more people.

Here is some of the feedback we have received

- Healing Harbour has been a safe harbour for me. I found the charity when I was first diagnosed with breast cancer. provided a safe space where I could talk and ask questions at the drop-in sessions. Later in my journey I have been helped by monthly reflexology sessions in a caring and supportive environment. Fabulous local charity.
- *From my professional perspective, The Harbour Charity is nothing short of transformational for the people and families they support. Over the years, I have seen first-hand how their work changes lives – not just in the immediate sense, but in ways that have a lasting and positive impact on confidence, wellbeing, and community connection.*
- *the very best of what a charity should be. They lead with integrity, empathy, and an unwavering commitment to making a difference. Their dedication not only benefits the people they directly help, but strengthens the community as a whole. In every respect, they are an absolute credit to the area, and it's a privilege to witness the positive change they create.*
- *I feel this is such a valuable charity, and I feel very privileged to be able to use their services*
- *As a full-time carer for my Husband with many critical conditions, is really lovely to have the support and back up. To know there are lovely people who are willing to give their time and resource in such a helpful and caring manner is so good, when life can be very lonely and uncertain*
- *..... and her team are wonderful! They have been so supportive to my husband during his recent cancer journey! He has received reflexology, cranial sacral and reiki which he has found most helpful at such a difficult time in his life..... has also been there to talk me through the treatment plan which at times can be very hard to understand!*

Grant Funding and its Impact

Funding Support and What It Enabled

We were extremely grateful to receive a £10,000 grant from the St Faith's Crematorium 'Recycled Metal Fund'. This support has made a real difference to what we have been able to offer in the community. It has helped us to:

- Decorate and Equip the Therapy Room, including buying a height adjustable electric massage table
- Provide free Complementary Therapies to people with life-shortening conditions and their families
- Run two 'Compassionate Community Days', giving carers a much-needed break and growing community awareness
- Resource wellbeing activities/therapies and cover venue costs when free spaces weren't available
- Run 'Looking After Yourself' a team day for volunteers to build connections between volunteers covering a large geographical area and offer wellbeing activities to support those caring for others.

We are currently the only organisation in North Norfolk offering free complementary therapies to people with life-shortening conditions (outside of cancer-specific services). Our volunteer therapists have been remarkable in sharing their time and skills.

One reflexologist has been offering regular treatments to people living with kidney failure at the local renal dialysis unit — something not available through the NHS locally. The feedback from patients and the unit's staff has been incredibly positive, highlighting the value of this support. Patient's have described Reflexology as:

- 'You brought life back to my right leg, I want to keep that feeling'
- 'My feet felt good most of the week'
- 'My restless legs were more settled, so I slept better after the last treatment'
- 'My feet are numb but you made them come alive'
- 'I am walking on air'
- 'I absolutely adore it'

Thank you to our wonderful therapist Erica Redmond, and the supportive nursing team at Cromer Renal Dialysis Unit led by Naomi Parfitt.

The St Faith's Crematorium grant has also enabled specialist training for our volunteer therapists, ensuring safe, evidence-based practice. Training this year includes:

- Cancer care reflexology
- Lymphatic drainage techniques
- Chi Medics (supporting organ-related wellbeing, particularly relevant to renal patients)
- Cancer-specific aromatherapy massage

This investment in volunteer skills has significantly increased our public benefit in the community, as there were no therapists trained in these specialist therapeutic skills offering to free treatments to people living with palliative diagnoses in our geographical area.

We are continuing the work made possible through this grant, including delivering Life Stories and Memory Making workshops that help people reflect on their experiences, find meaning, and share their legacy. Some of the remaining funding will contribute to the development of the 'Healing Garden'.

Community Support and Partnerships

Community engagement is at the heart of our approach. We have been welcomed into local cafés, libraries and other public spaces, and we are grateful to businesses such as Owl Tree Crafts, Fox's Funeral Services and Later Life Care for their ongoing support. Later Life Care has been especially generous, donating the use of a room for eight days each month and their community hub room once monthly. This has given us a safe, reliable space to offer therapies — something we simply couldn't have afforded otherwise.

We continue to build connections with other local organisations, schools, charities, statutory services and community groups. These partnerships help us share skills and resources so that people living with serious illness feel better supported.

We are committed to strengthening our community by building skills, knowledge, and confidence in areas such as Future Care Planning, Palliative Care, End of Life Care, and Loss and Bereavement. Our aim is to increase understanding across the local area so that when people encounter others living with serious illness, they feel prepared to offer support, compassion, and connection during times of health crisis and beyond.

To further this charitable purpose, we have taken part in numerous information-sharing events over the year, including conference presentations and community activities linked to Palliative Care Networks, Dying Matters Week, and Grief Matters Week.

Alongside this, we have delivered a series of *Community Learning Share* workshops across North Norfolk, covering topics such as Palliative Care and Advance Care Planning. We are passionate about increasing awareness of the importance of making choices about what matters most—particularly during periods of ill health—and remain committed to offering accessible training opportunities that support people to explore their own future care wishes.

We have also benefited from free training and resources provided by **My Care Matters**, enabling our volunteers to develop the knowledge and skills needed to support others in making informed future care choices. Through this programme, volunteers have trained as advocates and “Buddies,” helping community members consider and record their preferences for future care (Advance Care Planning).



Co-op East of England: What Matters Most to You?

We have completed our What Matters Most to You? project, funded by Co-op East of England. Support from Co-op Cares has enabled the charity to speak directly with people living with conditions such as Chronic Obstructive Pulmonary Disease, circulatory and heart failure, advanced cancers, dementia, frailty, and other long-term health challenges. The project asked a question: “What matters most to you in supporting your well-being?”

In North Norfolk, no previous ‘evidence gathering’ project based in palliative care, has explored with people that have deteriorating health conditions, what/if they can identify as most important for their well-being. During the project the ‘champion’ leading the information gathering for the charity, hosted ‘empathy circles’ exploring the barriers that prevent people from accessing those things that matter and bring happiness to lives.

Being able to give time and listening to people's lived experiences is essential for strengthening connections between community members and service providers, and for addressing the inequalities that limit access to well-being support. The fund also provided training for three people in 'No Barrier's Here', an art-based approach to future care planning. This approach enables participants to explore and record their wishes around future care at the end of life through interactive art-based workshops.

This project would not have been possible without the generosity of Co-op Cares East of England Fund and the skilled approach of Elaine Spencer, who represented the charity in the community. Their funding has given us a valuable opportunity to continue improving the well-being of people—and their families and friends—who are affected by life-shortening health conditions.

Collaborative working shares resources and skills

The charity is an active member of the Norfolk and Waveney Compassionate Community Group which is creating a network of people that are striving to work together to ensure that people (and their families/carers) living with serious illnesses that shorten lives experience the support of the community around them. This group participation has been a unique networking opportunity for the charity, with others that are motivated to support people living with serious illnesses that shorten lives in North Norfolk.



Compassionate Communities Norfolk & Waveney

62 likes • 107 followers

We aim to spread public awareness, increase practical support, and enable more people to prepare and make choices for end-of-life care that align with their preferences, wishes, values and beliefs in Norfolk & Waveney.



The 'Healing Garden'

Our vision is to create a dedicated *Healing Garden* where people can access therapies and take part in wellbeing activities in a beautiful, natural environment. Although we needed to relocate our gardening group to a new venue this year, we remain committed to finding a permanent space for this project.

While we continue our search, we have offered a community gardening club at a local allotment site, where participants grow flowers and vegetables together. We were grateful to receive seedlings from the National Trust at Felbrigg, which were nurtured in greenhouses across the community. Plant swaps with local gardening enthusiasts further strengthened these connections and supported our activities.

We have also been generously supported by **Kelling Heath Holiday Park**, which offers extensive heathland, woodland, and nature-rich walking routes. The company has kindly provided us with a free meeting room and open access to the surrounding walks. This has enabled us to run yoga sessions, fundraising events, and gardening meet-ups in a peaceful and accessible setting. We have also been supported with a donation, following a fundraising event held by the company, which was very much appreciated.

Fundraising

The need for community-based wellbeing support in our area is significant. North Norfolk has no hospice provision, no Macmillan homecare services, and no Marie Curie nursing support. With only three full-time equivalent specialist palliative care nurses serving a population of more than 102,000 people, many individuals living with life-shortening conditions rely heavily on community resources. Our work, including the development of the Healing Garden, aims to help bridge this gap by offering connection, activity, and compassionate support close to home.

Our charity could not fulfil its vision and purpose without the generosity of our community. This includes not only the small team of volunteers who consistently give their time, but also the local organisations, businesses, and individuals who fundraise on our behalf.

We would like to express our sincere thanks to **Gary Powell** for his ongoing commitment to supporting the charity. Gary has played a vital role in securing essential unrestricted funds, enabling us to cover insurance costs and day-to-day running expenses throughout the year. His belief in our work and his dedication to helping others has made a meaningful difference.

Volunteers

Our charitable activities are made possible through the dedication, skill, and compassion of our volunteers. The Healing Harbour extends heartfelt thanks to everyone who has chosen to stand alongside us in supporting people in our community living with palliative and life-limiting health conditions.

As the charity continues to grow, we hope to welcome even more volunteers so that more individuals—and their families and carers—can experience the strength and support of a connected community.



Bringing People Together



A Compassionate Community North Norfolk

Bringing People Together

We are committed to enhancing the well-being of people living with deteriorating health in North Norfolk and their families, friends and carers.

Creating a 'Healing Garden' in which we can offer activities, as we believe being present in nature and meaningful time with others supports well-being.

We are connecting with people, organisations, institutions and service providers to raise awareness, share learning and nurture a 'Compassionate Community' in which people living with palliative conditions, and their caregivers experience the support of their community.

Empowering people in our community to gain skills in Future Care Planning, Palliative and End of Life Care, Loss and Bereavement so that they are able to support each other in times of 'health crisis' and beyond.



The Healing Harbour Volunteers Want to Support People in their Community by Offering:

- Activities to connect with Nature such as Gardening, Foraging and Forest School Activities.
- 'Drop Ins' to meet with others, share Art/Crafts, Tea and Chat Support.
- Holistic Therapies such as Reflexology, Herbalism, Drumming for Wellbeing, Reiki, Sound Baths and Meditation.
- 'Community Learning Shares' in Future Care Planning, Palliative Care, Loss and Bereavement.
- End of Life Doula/ Soul Midwife Connection



About Us

Background Information

The Healing Harbour Charity was established in December 2022 by a former palliative care nurse. Through her experience, she saw firsthand how individuals in North Norfolk living with life-limiting conditions—and the families and friends who care for them—often feel isolated and unsupported, especially during end-of-life care. This is not due to a lack of dedication from nurses, carers, and doctors, who work tirelessly to support those with palliative conditions. Rather, the challenge lies in the overwhelming demand that far exceeds the available resources, making it impossible to provide adequate support for everyone in need.

Challenges in North Norfolk

- High demand vs. the funded NHS services
- No dedicated hospice within North Norfolk
- Aging Population, over one third being 65 years or older, increasing demand for Palliative care
- Rural area, limited transport options and long travel time impact access to healthcare
- No Macmillan or Marie Curie Homecare available
- Lack of care staff available (especially with skills to support End-of-Life Care), even if privately funded. Care staff are a low paid workforce in demanding roles.
- Medicalisation of Death- many people have no experience of being with a dying person at home. Without guidance families can feel overwhelmed, especially when they can wait hours for healthcare professionals to manage changes in symptoms such as pain and distress. Limited hands on support can lead to avoidable hospital admissions.
- Care Homes and Community Hospitals carry the burden. Many people receive End of Life care in these settings, even if their preference was to die at home.
- Cultural avoidance of death- we tend to avoid discussing death, meaning many families face these challenges in isolation, without adequate community support.



About Us

What the Charity does?

- As a charity, we support individuals from the moment they are diagnosed with a life-threatening illness such as during cancer treatment, or when living with a life-limiting condition.
- Imagine if more people facing serious illnesses felt truly supported by the community around them. We are investing in volunteers, to become 'Compassionate Companions' and 'Doulas' supporting people from diagnosis through to End-of-Life and beyond (see note *)
- Raising awareness of palliative care and equipping people with the knowledge and skills to connect with those in health crisis and transform the experience of individuals in our community.
- As a small, volunteer-led charity, we are deeply committed to making this vision a reality. Collaboration is at the heart of our approach. We actively engage with individuals, charities, organizations, such as mycarematters.org.uk and are proud members of the Norfolk and Waveney Compassionate Community Network which shares this vision.

*A Compassionate Companion is a volunteer who has completed a training programme, so that they can support, signpost and advocate for individuals and their families.

<https://compassionatecompanions.uk/>

Doulas are trained through the 'Living Well, Dying Well' programme and volunteer for the charity to support individuals during End-of-life care.

<https://lwdwtraining.uk/end-of-life-doulas/>



About Us

What is Palliative Care?

- Palliative care is a holistic approach that supports physical, psychological, emotional, and spiritual well-being. It aims to support you and maintain or improve your quality of life from the point of diagnosis through to end-of-life care.
- In the NHS 'Palliative Care' often prioritises the care of individuals believed to be in their last year of life, due to the demand on service provision.
- It is not End-of-Life Care, people can have 'Palliative Care' and continue to live for many years.

What is a Life-Limiting Condition?

- Life-limiting conditions are progressive, cannot be cured and are expected to shorten a person's life. Examples are Dementia, Ischaemic heart disease, Pulmonary Fibrosis, Kidney or Liver failure, or Frailty caused by factors such as age, falls, strokes and reduced mobility.

What is a Life-Threatening Condition?

- A Life-threatening condition is one that may be cured but for which treatments may not be successful, such as Cancer.
- We have a Macmillan Information and Support Centre in Cromer, but support for other illnesses such as Frailty, Heart or lung Disease and Kidney Failure is less resourced. Increasing numbers of people are dying from complex long-term conditions (meaning they are not dying of just one illness but a combination of factors)



What We Do?

The Healing Garden



Connecting with nature is central to our charity's approach to well-being. We are passionate about creating a Healing Garden—a space where individuals can take part in activities designed to support their mental, emotional, and physical health. Research shows that time spent in nature has profound health benefits, particularly for those facing serious illness. Our garden-based initiatives, such as our garden club, provide opportunities for connection, relaxation, and joy at a time when they are needed most.

Offer Activities to support wellbeing

The charity offers a range of free activities including:

- Garden Club/ Wellbeing Walks
- Art/Tea/Chat at the Sheringham Library, last Monday of the
- Drumming Circle at Hempton
- Care and Support Group, Sheringham
- Home based visits as 'Compassionate Companions'
- Sharing Your Stories- leaving Legacy



Complementary Therapies

We have a small dedicated team of volunteers providing free therapies to support your wellbeing including:

- Reflexology
- Reiki
- Cranial-Sacral Therapy
- Aromatherapy Massage
- Naturopathy/Herbalist Consultations



What We Do?

Community Workshops



We offer a range of workshops free of charge to increase awareness, skills and knowledge in areas relating to Palliative Care. Workshops include:

- What is Palliative Care?
- Advance Care Planning
- Loss and Bereavement
- Community Engagement and Compassionate Communities
- No Barriers Here (an art based approach to making future choices)
- Life Story and Legacy

Growing Awareness in our Community

The charity offers a range of activities including:

- Information Tables at local Events/ Libraries
- Talks/Presentations at local groups
- Dying Matters Week Events
- Community 'Drop-in' Conversations
- Information tables at Palliative Care Conferences
- Compassionate Community Development Work (Compassionate Companions and Doula Programme)



Rock Angels for Dying Matters Week

Community Development Work

We have been successful in obtaining small grants to support two projects in the community. The projects were designed to find out more about 'What Matters Most to People Living with Life-Limiting Conditions for their Wellbeing' and 'A Community Champion Role' to advocate for Palliative Care through networking and growing meaningful connections in the community.



Supported by the Local Northfolk Fund

SHERINGHAM COMMUNITY HUB

CAKE AND CONVERSATIONS

July 8th 10.30-12.30pm Drop in
How are You?



A space to come together. Meet with others in your community and our volunteer Doulas/Compassionate Friends. Held at The SCH, Later Life Care Sheringham, at the entrance to TESCOs car park.



SHERINGHAM LIBRARY-MONTHLY

Monthly Meeting at Sheringham Library, friendly group for chat/tea and support.

Optional art activities led by Colin.

Last Monday of each month 2-4pm,

June 30th and July 28th

Drop in or stay, no booking required.



DRUMMING CIRCLE HEMPTON NR FAKENHAM-MONTHLY

VILLAGE HALL 4.45-6.15PM SHAMANIC DRUMMING CIRCLE

No prior experience required. A relaxing gathering with meditation and drumming, using handmade framed drums. Research shows that regular drumming has a lasting positive effect on our mental health and supports us with health conditions.

Next dates June 29th and July 27th

Booking is essential. Please contact Claire Cartwright

for more details: 07584474450 or bearnumber9@gmail.com



COMPLEMENTARY THERAPIES-FREE

COME AND EXPERIENCE SOME TIME FOR YOU TO RELAX. OUR SKILLED VOLUNTEERS OFFER THERAPIES THAT COMPLEMENT TREATMENTS THAT YOU MAY BE RECEIVING FROM YOUR DOCTOR. APPOINTMENTS AVAILABLE TO PEOPLE LIVING WITH LIFE THREATENING OR LIFE-LIMITING CONDITIONS AND THE PEOPLE THAT ARE CARING/SUPPORTING THEM (FAMILY/FRIENDS).

- REFLEXOLOGY, REIKI, CRANIOSACRAL THERAPY, NATUROPATHY AND HERBALIST CONSULTATIONS

IF YOU ARE NOT SURE WHAT THESE THERAPIES ARE, PLEASE DO ASK AND WE CAN TELL YOU MORE ABOUT THEM.

AT OUR THERAPY ROOM, IN SHERINGHAM
(WE ALSO HAVE LIMITED AVAILABILITY TO SUPPORT PEOPLE AFTER LOSS/BEREAVEMENT)

Supporting Our Community

Are you a friend or family member of caring for someone with Dementia or suffer a frailty struggling with their health? Or perhaps you have a serious heart or lung condition or other condition which will shorten your life? The Healing Harbours offers free complementary therapies to individuals or their family/friends that are caring for them. Get in touch to find out more.



Free Reflexology/Reiki

For people living with life-limiting conditions (and their family/careers) in North Norfolk at Later Life Care, Cromer Road, Sheringham (Just off the entrance to Tesco's)

(Booking is essential)

Contact: thalings@laterlifecare.org.uk

Tel: 0758444646



LOTUS BLOSSOM HEALING

With Essence

SOLUTION FOCUSED HYPNOTHERAPY

Leanne, one to one appointments based in North Walsham for Solution Based Hypnotherapy.

Hypnotherapy can focus on areas such as Fatigue, Insomnia, Grief, Stress Management. Please contact the charity for more details.

Aromatherapy Massage

Natalie-Jayne, is a skilled Aromatherapist who is offering massage treatments, in Kettlestone, to support wellbeing. She is qualified specifically to support people with cancer, and is also a Hypnotherapist. Please contact the charity for more details.



Rejuvenate Me

Hypnotherapy, NLP and Life Coaching

Massage Therapy

www.rejuvenateme.co.uk

Email: nataliejayne@rejuvenateme.co.uk

07788328885

The New Therapy Room at Later Life Care, Sheringham

So pleased to announce our new therapy room! A Local family business **Later Life Care** has kindly supported the charity in offering free space, in which we can provide free therapies to support the wellbeing of people living with life-limiting conditions and their families- truly amazing! Not only have Later Life Care provided this wonderful opportunity, but Adam the 'Business Lead' has been working very hard with Katherine (a volunteer) to make the room beautiful and welcoming. It is hard to find the words to express our thanks. A special thanks, also to **St Faiths Crematorium** for funding the treatment table and your continued support of the charity, which has been a lifeline in making these things possible. Thank you!!



- Thank you to Blyth and Wright for the decorating supplies.
- Later Life Care for the beautiful furnishings and accessories
- Katherine for your dedication, time and effort in bringing your 'pin board' vision to reality
- The Aylsham Show for your kind donation to the charity
- Fox's Funeral Directors Cromer, for your support

We are also here to listen, support and help you navigate your way through challenging times. If you are living with a Palliative Health Condition or you are a family member /friend caring for someone with a Palliative condition and would like to have a chat. Please get in touch or attend our drop ins on March 6th and March 8th.

- please note we are not a counselling service but we can signpost to appropriate support

DROP-IN FOR A CHAT

Any questions?/Want to Chat?

The Therapy Room, Later Life Care, Cromer Rd,
SHERINGHAM

If you would like private time to talk and ask questions,
we may be able to point you in the right direction. Please get in
touch if you would like to book time with one of our volunteers

Compassionate Friends

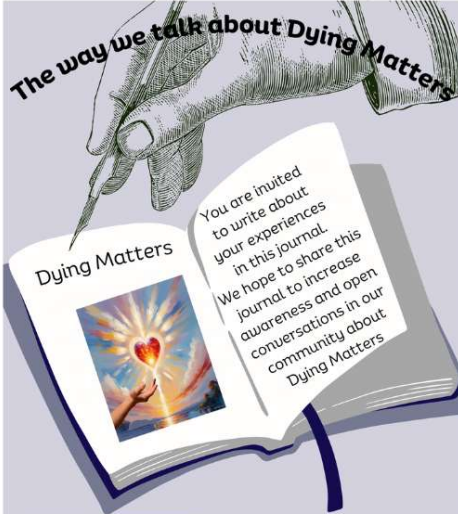
"After someone dies I just don't know what to say/ I don't want say the WRONG thing..."
We've all felt this at one time or another, so if you want to feel more confident about what to say and what can really help when someone is grieving, this is the workshop for you!
It will be informative, a safe and non-judgemental setting so that together we can explore what helps in these situations.
The workshops are free, but please register (using the details in the poster) so we know how many people are coming. Carol and I look forward to seeing you there.




The way we talk about Dying Matters

You are invited to write about your experiences in this journal. We hope to increase awareness and open conversations in our community about Dying Matters

Dying Matters



Any Questions?

Please contact The Healing Harbour Charity
Alison Brennan (Founder and Chair Trustee)
Email: thehealingharbour22@gmail.com or
Telephone: 07585586469





GARDENING CLUB

BRINGING PEOPLE TOGETHER

*Come and meet with others , learn gardening skills together.
Or just drop by for a chat and a cup of tea, all welcome. No booking necessary.*

**PLOT 37, WEYBOURNE ROAD ALLOTMENTS,
SHERINGHAM. ALL WELCOME.**

*The Healing Harbour
A Compassionate Community Charity , North Norfolk. We are committed to enhancing the well-being of people living with deteriorating health in North Norfolk and their families, friends and caregivers.*

**Contact: thehealingharbour22@gmail.com
TEL: 07585586469 (MONDAYS AND FRIDAYS ONLY)**




Bringing People Together

ENHANCE YOUR WELLBEING WITH REFLEXOLOGY

ASSOCIATION OF REFLEXOLOGISTS

WORLD REFLEXOLOGY WEEK

coastal reflexology
the natural way to better health
07980 560310
Paula Murray, Reflexologist

Erica Redmond
Reflexology
Tel: 01303 578844
M: 07980 578752
E: erica.redmond@reflexology.co.uk
www.aria.org.uk
Reflexology - Indian Head Massage - Reiki

Tuesday 24th September
At Age Concern North Norfolk,
experienced Reflexologists Paula
and Erica are sharing their skills
to celebrate Reflexology
Awareness Week 2024

FREE TO ATTEND

Yoga Class

Yasodhara Yoga

2-3 pm, Wednesday 2nd October 2024
Room 5, Sheringham Community Centre,
Holway Road, Sheringham. NR26 8NP

Jane Catherine Aldiss, a Senior Yoga Teacher, passionate about supporting people in our community, is offering a free yoga class on behalf of The Healing Harbour Charity.
'Bringing People Together'

The classes are gentle, non-competitive, and compassionate, welcoming individuals of all experience levels and abilities. You will engage in gentle classical yoga asanas (postures) along with other traditional yogic practices like mantra, visualization, relaxation, and meditation. Some benefits you may notice include improved alignment and mobility in your body, as well as a sense of peace and calmness in your mind.

You should bring a mat, a cushion or something to sit on, and a blanket for relaxation. Don't forget wear comfortable clothing. No need to book.

Contact us for more information:
thehealingharbour22@gmail.com

The Healing Harbour is a small, community-focused charity located in Sheringham, dedicated to enhancing the well-being of individuals (and their caregivers) facing serious health challenges that may shorten their lives.

Become a part of our free community event to celebrate

WORLD COMPASSIONATE COMMUNITY DAY

31ST OCT 2024, AYLSHAM TOWN HALL

09.30-10.00 WELCOME
SHARING A VISION-WHY ARE WE HERE TODAY?
Alison Brennan, Chair Trustee and Founder
The Healing Harbour is a small, community-focused charity located in Sheringham, dedicated to enhancing the well-being of individuals (and their caregivers) facing serious health challenges that may shorten their lives.

10.15-11.30 FUTURE CARE PLANNING?
SUITABLE FOR ADULTS
Lezley Blackburn, Soul Midwife
Advance Care Planning is a way of communicating and documenting a person's wishes and choices ahead of time, in preparation for that future time when they are unwell and approaching end of life. Trying to decide what documents will best serve you at this time can be an overwhelming process, but understanding the different options and having conversations can greatly improve this time which will come to us all. In this one hour workshop Lezley will unpack and explain the range of legal and non-legal possibilities. There will be an opportunity for questions and answers, and a handout signposting to where these documents can be found.

Any Questions? thehealingharbour22@gmail.com

Become a part of our free community event to celebrate

WORLD COMPASSIONATE COMMUNITY DAY

31ST OCT 2024, AYLSHAM TOWN HALL

09.30-10.00 WELCOME
SHARING A VISION-WHY ARE WE HERE TODAY?
Alison Brennan, Chair Trustee and Founder,
The Healing Harbour Charity

10.15-11.30 FUTURE CARE PLANNING?
SUITABLE FOR ADULTS
Lezley Blackburn, Soul Midwife

12.00-13.30 NATURE CRAFTS, MUSIC AND DRUMMING
SUITABLE FOR ALL AGES
CLAIRE CARTWRIGHT, SHAMANIC PRACTITIONER, FOREST SCHOOL LEADER and FORAGER
NON-VIOLENT COMMUNICATION JENNY HAYCOCKS

14.00-15.00 SOMATIC MOVEMENT EMBODIMENT OF COMPASSION
SUITABLE FOR ALL AGES
JENNY HAYCOCKS, SOMATIC PRACTITIONER

15.30-16.30 LISTENING CIRCLE
CONTEMPLATING LIFE AND MORTALITY; LEARNING FROM EACH OTHER

Any Questions? thehealingharbour22@gmail.com



CHARITY COMMISSION
FOR ENGLAND AND WALES

Receipts and Payments Accounts

Charity name THE HEALING HARBOUR

Charity number (if any) 1201305

For the period from (start date) 060424

to (end date) 050425

Section A Receipts and payments

	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £	Total funds to the nearest £	Last year to the nearest £
A1 Receipts					
DONATIONS	11645	0	-	11645	
FUNDRAISING EVENTS	1024	0	-	1024	
VILLAGE HALL DEPOSIT REFUND	100	0	-	100	
Sub total	12769	0	-	12769	
A2 Asset and investment sales, etc	0	0	-	0	
Total receipts	12769	0	-	12769	
A3 Payments					
GRANT SPECIFIC PROJECT WORK	0	3404	-	3404	
PROVISION OF THERAPY	3362	427	-	3789	
PROVISION OF TRAINING	2409	0	-	2409	
ADMINISTRATIVE COSTS	873	0	-	873	
Sub total	6644	3831	-	10474	
A4 Asset and investment purchases, etc	0	0	-	0	
Total payments	6644	3831	-	10474	
Net of receipts/(payments)	6125	(3831)	-	2295	
A5 Transfers between funds	0	0	-	0	
A6 Cash funds last year end	779	7549	-	8328	
Cash funds this year end	6904	3718	-	10623	

Section B		Statement of assets and liabilities at the end of the period		
B1 Cash funds	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
	Co-op Bank Account	6904	3718	-
	<i>Total cash funds (agree balances with receipts and payments account(s))</i>	6904	3718	-
B2 Other monetary assets	Details	Unrestricted funds to the nearest £	Restricted funds to the nearest £	Endowment funds to the nearest £
	NONE			
B3 Investment assets	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	NONE			
B4 Assets retained for the charity's own use	Details	Fund to which asset belongs	Cost (optional)	Current value (optional)
	NONE			
B5 Liabilities	Details	Fund to which liability relates	Amount due (optional)	When due (optional)
	NONE			
Signed by one or two trustees on behalf of all the trustees		Signature	Print name	Date of approval
		Paul Brennan	PAUL BRENNAN	30/6/25

CC16a

March 2012: new format January 2017

Declarations

The trustees declare that they have approved the trustees' report above.

Signed on behalf of the charity's trustees

Signature(s)	AJ Brennan	
Full name(s)	Alison Brennan	
Position (eg Secretary, Chair, etc)	Chair Trustee	
Date	22/01/2026	

