

Ella's Monthly Cycle

The Ella May Centre is changing...

It would seem that my (Melanie's) vision is bigger than my facilities. The Ella May Centre has made the tough decision to sell-up and move to a purpose built facility (yet to be built) so that all the services we wish we could provide can be provided in the one location. It is hoped that The Ella May Centre can grow up and truly become a place where mothers, parents, children and grandparents can come together in community and benefit from the services The Ella May Centre provides. These services would including Naturopaths, Counselling, Yoga and Stretch Classes, Osteopathy, Massage, Acupuncture, Calm birth and Hypnobirth Classes, Conference Facilities, Antenatal classes, mothers groups, home schooling groups, midwife and doula education and much more. It is hoped that The Ella May Centre will find its new home in the lower blue mountains of Sydney and run by a not-for-profit principle. For now, services will still be provided at the Werrington office, there will be a new address during construction which will be advised. If you are interested in contributing professionally or personally with your time, advice or expertise The Ella May Centre would love to hear from you. Please contact Melanie for more details.

The Ella May Centre has welcomed a new practitioner!

Introducing Gigi Neophytou:



Gigi is an experienced mother, educator, life skills coach, counsellor and yoga teacher. She provides counselling to clients of the Ella May Centre and can assist with issues of birth trauma, relationships, anxiety, parenting and much more.

Spotting... some health information ...

Thrush is in the air!... I don't know what it is, but I have an increasing number of women coming into my clinic with symptoms of both breast and vaginal thrush (caused by the bug Candida). So for all you suffers, here is a few pieces of advice that can help clear up a thrush outbreak.

1. avoid sweet foods and alcohol
2. wear natural fibres and loose fitting clothing
3. eat plenty of garlic
4. use a condom until the symptoms are cleared
5. get a good pro-biotic supplement



Events for your diary

Noga Night is back!

Hitch up your skirts, tie up your coat tails and make plans to be at the next Noga Night. It will be on **Friday the 7th of May at 7pm** on the topic of **Inflammation** and will focus on causes and naturopathic treatment of inflammation throughout the body, including bones and joints. The cost is **\$15** and the event will be held at the new 'Yoga and Beyond' Studio, **4/1269 The Horsley Drive Wetherill Park 2164 (Cnr McILWRAITH and Horsley Dr.)**. Call or e-mail the Ella May Centre to book your place.

Noga Growth Group

Please feel free to join us on Monday nights at 7.15pm at 'Yoga and Beyond' (address above) to chat about life philosophies and daily struggles in our weekly growth group meeting. It's a good opportunity to meet people and share advice. Contact Melanie from the Ella May Centre if you would like more information.

Noga Bible Study

Noga Bible study is run by Daniel and Melanie Jackson and takes place at 7.30pm at 22 Zadro Ave Bossley Park. This group caters for those who want to learn about the Bible and is suitable for new Christians and other faiths. If you would like to attend this group contact The Ella May Centre and see our website for more details, everyone is welcome.

Pregnancy & Parenting Network

If you are looking for a network of mothers, fathers and midwives to discuss issues and questions around pregnancy and parenting, come along to the Pregnancy and Parenting Network run once a month at **27 Hart st Dundas Valley**. The next get together is on **Thursday the 22nd of April from 10-12am**. This session will be on

Birth Stories

Call Jane Palmer (02 9873 1750) to let her know your coming See www.pregnancy.com.au for more info.