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Lucy Jupp



Hello,

and welcome to the June edition of the newsletter. As the Hebron project draws nearer, I have been doing some more fundraising which you can read about below. I have also included a lesson learnt from a very funny patient of mine, and some general news.

Headington Festival Fundraiser



To raise some money for the charity acupuncture project that I will be doing this November, I grabbed a couple of my friends and set up a stall at the Headington Festival this month. As you can see from the pictures, it was a pretty wet and miserable day, but we wrapped ourselves in blankets and managed to raise some money!



If you would like to know more about this upcoming project, please go to the 'About Lucy - Charity Work' section of my website for more information. You can learn a bit more about the project, as well as donate money if you so wish! It's such a fantastic project to be involved in and I just can't wait to go out there and help as many people as possible.

Forget to Forgive?

I am very lucky to do what I do; for me it is the best job in the world. Not only do I get to make people feel better, but I also learn a lot from each and every one of you. I wanted to share something that not only touched me, but also made me laugh!



I was talking to one of my patients who has had an interesting and very difficult past, about how you forgive people for the 'wrongs' they do to you and for the hurt they cause you. He told me that he didn't hold grudges with people because he could never remember who he was meant to be holding a grudge against! He has had more reasons than most of us to hold on to resentment, anger and bitterness, but instead he's chosen amnesia, a good sense of humour and bright outlook on life.

Gift Vouchers!

I now have personalised gift vouchers available. You can buy them for any amount you wish and they can be used for:

- Acupressure Massage
- Acupuncture
- Hot Cups Massage

Please get in touch if you would like to know more.



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