

NEW LEAF THERAPIES

NEWSLETTER

JULY
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Welcome

Welcome to the 10th edition of my monthly newsletter. At the end of June we reached the Summer Solstice.

The summer solstice brings the longest day of the year – a natural reminder to slow down, enjoy the extra light, and check in with how the season is unfolding. It's a simple moment to notice what's growing well in your life, tidy up what needs attention, and set a gentle intention for the weeks ahead. Think of it as a small reset: more daylight, more clarity, more space to breathe.

I've been enjoying the cool early mornings and using this as my reflection time. I'm finding that the intense heat of the day makes it harder to find clarity. I hope you're finding some cooler times too.

Wellbeing Spotlight

Ella Moretti - Chambers is in the spotlight this month. Ella is an Active Life Professional, who helps clients move with confidence through corrective exercise, breath-led training, and nervous-system-aware coaching. She specialises in rebuilding strength after injury, improving posture and core function, and creating personalised programmes that support long-term, sustainable wellbeing.

Toolkit

Orienting

This is a grounding technique you can practice anywhere! Simply, look around the environment you are in, letting your eyes land on anything comforting.

Soothing colours, textures that signal safety, natural objects that make you feel calm, or even familiar faces of people you trust.

We are hardwired to look for danger and this can become our default perspective. Purposefully, looking for safe, soothing things switches off the internal alarm and brings a sense of calm.

Upcoming Events

- **Women's Circle** - Dates 6/9, 4/10, 1/11, 6/12
From 7.30pm - 9pm £20
- **Sanctuary Barn** 90 minutes of relaxation, reflection and reconnection. See instagram for latest dates and news.

@dmkspartnersinpeace

New & Coming Soon

NLT Membership Circle

Contact Info

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Pause for thought...

The Power of Community

This month I wanted to share my thoughts about what community means to me, the importance of being part of one, and how the connections we make can enrich our lives. A community isn't just about living in the same place as others, it also means having shared interests and attitudes. Groups, circles, collectives, families, bands or societies, are all terms to describe the vast range of communities out there. But what holds a group of like minded people together so strongly?

We become part of community from a young age when we start school. Our friends soon become a big reason we like going, and this continues as we progress onto Primary and then Secondary school. If I ask my own children what they enjoy most about school and college, I expect the answer will be, 'seeing my mates'. The bonds we make with people in our communities is the glue. The safety, support and a sense of belonging become the important factors that are so beneficial to our lives.

Being part of a community enhances well-being, provides support, fosters personal growth, and strengthens social connections. Interestingly, in 2023 a study written by Clifford Stevenson and his colleagues found that 'people who belong to more diverse groups, such as churches, political groups, community sports teams, and charities, felt less lonely and had greater well-being four years later. This study suggests that joining more varied groups can help people feel better above and beyond how many groups they belong to. The diversity of groups can satisfy different psychological needs that contribute to well-being, such as increasing the sense of belonging and reducing loneliness.' (Frontiers).

I can wholeheartedly agree, and I am so grateful for the groups I am part of. Each one enriches my life and this is down to the people I meet, the knowledge and skills I learn, the experiences I have, and the feeling of belonging.

Reflection Point

Are you part of a community, and if so how is it serving you? Perhaps you've been thinking of joining a new group; a choir, art group or a gym, but haven't got round to it yet. Maybe you are already in a few different communities but feel over stretched? Which ones are bringing you the most benefits and which ones are draining you?

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Pause for thought...

I would like to tell you about a new online community that I am starting. It has been in the planning stages for some time now, and it's almost ready to launch.

New Leaf Wellness Circle

'New Leaf Wellness Circle' is a calm, heart-led community designed to help you slow down, reconnect, and feel supported. Each month, we gather online for a gentle wellbeing session blending meditation, intuitive guidance, journalling, and simple practices that bring clarity, ease, and emotional balance.

Members receive a monthly theme, a soothing meditation, reflective prompts, and access to a private space for connection — plus occasional guest practitioners who bring fresh insight and grounding.

It's a peaceful sanctuary to recharge, reset, and feel held. A steady light in your month, open to anyone seeking calm, connection, and a deeper sense of inner wellbeing.

Membership will open at the beginning of September, so if you'd like to go on the waiting list, let me know via email, Whatsapp or DM on Instagram.

The membership is £33 per month, and as a thank-you for being part of my community, I'm offering a special Founding Member rate of £23 per month for anyone who joins directly from this newsletter.

