



The People's Health Alliance

for The People, by The People

Bunbury & the South West

Newsletter March 2024

It's our Birthday, Happy Birthday to us!!!!

Well here we are one year on and there has been a lot going on; markets every fortnight, practitioner talks, the Push Up challenge and Boranup. We have a new flag and banner, website, Facebook and Telegram pages and we are setting up a data base on Discord.

PHA is FOR THE PEOPLE BY THE PEOPLE.

We are a small core group, and we are looking for committed volunteers and practitioners to help man the tent at the markets, whether it be for an hour, two hours, one Saturday a month, or to help set up or help pack away. We need people to spread the word, write the newsletter, help with web design, update the database, take on a fundraising role/idea and make it happen, or anything else YOU think you can help us with. Our aim is to educate and hopefully have our own premises in the near future, but we cannot make that happen unless we have volunteers. If you would like to join us at The People's Health Alliance, Bunbury and the South West either as a practitioner or volunteer, please check out the [website](#) or email us at phabunbury@protonmail.com, we would love to have you join us.



PHA Bunbury Quiz Night



The PHA Quiz night was a huge success with over 120 people attending. Thank you to all those people who donated and did the running around to make it the great night it was. Thank you to the Peel group who came and supported us. If you are in this area and would like to help them, email them at phapeel@protonmail.com

Here are a couple of comments from those who attended:-

"What a fantastic night. The venue was excellent! Staff were so accommodating!

The evening ran smoothly. Lots of humour, questions were varied and the electronic answering system was easy to use, giving instant results which was very entertaining with much laughter and ribbing amongst the different competitors! Every table appeared to be enjoying themselves.

Thank you to the behind-the-scenes workers, who must have spent many hours organising everything. The donations and prizes were fantastic. Overall, a great outcome for the PHA Bunbury.”

Diane

“Congratulations PHA Bunbury on a successful quiz night fundraiser. Very well organised and thoroughly enjoyed by us all. It was great to meet new people and mingle with likeminded souls. It was good to test our mainstream knowledge bank. The moon question was our favourite!! When is the next one?! PHA Peel look forward to seeing everyone at our meet and greet 10am Sunday 24th March at Mandurah Foreshore, between Todd’s Café and the playground.”

PHA Peel :)

Bunbury Markets



Hi to all of our followers,

We started back at The Bunbury Markets on 2nd of January and here it is the end of February. Our marquee has an additional banner on the back wall, thanks to Astral Signs and to Dr. Nic Keown for organizing it. The support for our Practitioners is ongoing and we have several doing mini treatments for a small fee on the days they are rostered on, Kinesiology, Reiki, Spinal Flow, massage and just recently, oracle card reading. All of these mini treatments are proving to be very popular.

We also promote products made by our Herbal Hippie, Nat and That Cream by Mary. Our conversations

with the public and other stall holders are often humorous, sometimes serious and a diverse range of topics.

Barry has been missed in the morning set up (he has a new job spreading lies) 😂😂. A great big thank you for your previous commitment. See you all at our next Market Day the 16th of March.

Linda

Meetings



PHA meetings are held the 2nd Saturday of the month. Our next meeting will be the 9th March at the South West Women’s Health Information Centre at 10 am SHARP. If you have any questions, or would like any information about PHA, come along.

Please use the entry via Plaze Street. **Gold coin donation to cover the cost of the room hire.**

EVERYONE WELCOME!!!

Practitioner Presentations



Our Practitioner Presentation for the month of February was *“Serenity in Sound & Light - A Workshop for Wellbeing”* presented by Dr Nicholas Keown.

Dr Nic is an Integrative Psychologist who specialises in Neurophysiology Interventions for mental wellbeing.

These interventions use of a blend of light and sound to enhance emotional resilience and cognitive function.

Participants had the opportunity last Sunday to experience a 15-minute demonstration of Brain-Tap technology as well as some other non-pharmaceutical based techniques used to assist with good brain health and to promote good sleep habits.

Dr Nic has presented this workshop both internationally and nationally and we thank him for donating his time to us.

If you missed this Practitioner Presentation you can find out all about what Dr Nic does and book in for one of his Brain-Tap sessions by visiting www.doc-nic.com

Our next Practitioner Presentation will be held on Sunday 24th March. Please mark this date in your calendar as we have a very interesting presenter.

We may be a little cryptic with the information on this one, but I can guarantee you won't want to miss it.

More information to come soon!!!!

Nicky 😊

Venue

We are looking for a stand alone building which we could use as a base. Perhaps a room somewhere to start off with, which could be used on a regular basis. If anyone knows of anywhere or could help with this, please let us know.

Practitioners and Volunteers

If you are a practitioner or would like to volunteer, please [email us](#). Practitioners that would like to be advertised on the PHA website (www.pha-bunbury.org), please email a photo and bio, (check out those that have already done so under Practitioners). We can send you the link to Discord also as we are starting up a database of practitioners who align with the PHA's ethos. In return it would be expected that you volunteer or help out in some way.

Donations

At present we are only taking cash donations, so if you you would like to donate, please contact us on phabunbury@protonmail.com or come and see us at the Bunbury Markets every 2nd week.

Who is PHA???

“Good health care is a right not a privilege – We will inspire, teach, motivate and empower people to take control of their own health” PHA.

PHA stands for Peoples Health Alliance. After launching in the UK in 2022, PHA has already attracted the attention of more than 28 countries across six continents, including Australia, NZ, Canada and USA! *“People want and need good healthcare on a global level”.*

PHA is a people-led initiative, a growing group who are passionate about bringing power back to the people. The organization is community and society focused and a major part of our role is to support the community development of PHA health hubs. PHA strives to facilitate the creation of a network of independent, integrative health hubs that can support their local communities as well as being part of a wider network that supports people globally. Volunteers and Practitioners of PHA aim to awaken a passion in people to take control of their health and their families.

A BIG THANK YOU TO OUR SPONSORS FOR THE QUIZ NIGHT

Gaye McBride HYPNOSYNERGY

Karen Mazzella KINESIOLOGY

Sarah Collin AYURVEDA & YOGA THERAPY

Nicholas Keown INTEGRATED BRAIN WELLNESS

Michelle Findlay NATURALLY REMEDIAL MASSAGE

Melina Brent-White SOUND BATH THERAPY

Debbie Thorpe LOTUS LIGHT ENERGY ENHANCEMENT THERAPY

Dani Hewton NEXTGEN-WELLNESS

Kathleen Kelsey PSYCHIC READING

Emma Todd GROUNDED SOUL

Andrea Goldsack SPINAL FLOW

Jacqueline Elizabeth DEVELOP U

Krystyn UNBOUND BREATH AND YOGA

SOUTH WEST HERBS

HAPPY HERB COMPANY

GO VITA BUNBURY FORUM

HEALTHY NOTIONS EATON FAIR

KAREN & FRANCESCO MAZZELLA

BILLY WAUHOP – ANYTIME FITNESS BUNBURY

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The Power that made the body, heals the body...



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