



## Freeing Abuse and Bullying Our programme



### About the Project:

FAB is a not-for-profit Community Trust offering restorative therapy classes in the community sector for adults and children who have been subjected to any form of bullying, abuse or trauma.

We aim to bring personal freedom, empowerment and choice and to help those affected bullying to achieve better lives.

The project is a Registered Social Enterprise UK and an Associate Member of the Anti-Bullying Alliance

The FAB project provides free of charge, monthly, group therapy classes at venues throughout the UK and the scheme was launched in Ripponden, West Yorkshire and Swadlincote Derbyshire during the National Anti-bullying week November 2018.

The classes utilise **The 5 Awakenings Sequence®** - a unique therapeutic recovery system based on energy medicine principles that is achieving outstanding results for both adults and children. Created originally for use with children; the process is simplistic yet empowering and offers an opportunity to release the fearful and restrictive effects of bullying, trauma or abuse. [www.the5awakenings.co.uk](http://www.the5awakenings.co.uk)

The project has an excellent overall support and advisory team in place consisting of professionals in both the therapeutic and community field

### About the classes:

The therapy class coordinators are all trained in the 5 Awakenings Sequence process and give their time on a voluntary basis. All have enhanced DBS checks and re fully insured.

The classes are based on compassionate care and provide a safe, friendly and informal approach. Our results are outstanding and provide both immediate and long term recovery.

The therapy classes will consist of a one and a half to two hour session with segregated times for children and adults using local village or community venues.

### Our Plans:

We aim to open 10 to 12 locations in the UK and Ireland by autumn 2019. All locations and coordinator contacts are listed on page 2.

### Director

The project is pioneered and directed by Rena Guttridge SRN.



Rena is a professional and inspirational therapist and teacher with experience spanning over 35 years in the genre of childhood trauma. A former nurse with a dedication to the therapeutic aspects of energy medicine; her expertise is in the treatment of trauma, bullying and abuse of any kind. Rena's years of experience show that trauma and abuse does not have to be a limiting, lifetime experience and she founded and incorporates The 5 Awakenings Sequence® to exemplify this.

Her extensive work and teachings offer a catalyst for change and bring an enduring, healing process of freedom and release.

To contact Rena for any further details or to arrange an informal meeting Email: [fabgroup4@gmail.com](mailto:fabgroup4@gmail.com) or Telephone 01422 825772

*“Bullying and abuse **does not** have to be a limiting lifetime experience  
When these issues are freed from the past, then the present and the future can be open to  
a place of joy”*

## FAB Project Locations and Coordinators:

COUNTY	TOWN	COORDINATOR	START-UP
1. Cheshire	Gatley	Liam Hand <a href="mailto:liam.hand28@gmail.com">liam.hand28@gmail.com</a>	2019
2. Cumbria	Carlisle	Pauline Richards <a href="mailto:wishingwelltherapies@gmail.com">wishingwelltherapies@gmail.com</a>	2019
3. Derbyshire	Swadlincote	Anne Huckerby/Jean Cauldwell <a href="mailto:annehuckerby5@gmail.com">annehuckerby5@gmail.com</a>	November 2018
4. Hampshire	Romsey	Karen Baker <a href="mailto:karen.reikipractitioner@gmail.com">karen.reikipractitioner@gmail.com</a>	2019
5. Hertfordshire	Cheshunt	Diana Defries <a href="mailto:ddefries@gmail.com">ddefries@gmail.com</a>	2019
6. Lancashire	Wigan?	Jennifer Robinson /Lisa Briercliffe <a href="mailto:jenniferanneelizabeth@gmail.com">jenniferanneelizabeth@gmail.com</a> <a href="mailto:sunman442002@yahoo.co.uk">sunman442002@yahoo.co.uk</a>	2019
7. Lancashire	Morecambe	Janice Galloway <a href="mailto:jansnowdon@icloud.com">jansnowdon@icloud.com</a>	2019
8. Norfolk	Oxborough, Kings Lynn	Sheila Moore <a href="mailto:crystalcaretherapies@btinternet.com">crystalcaretherapies@btinternet.com</a>	TBC
9. Republic of Ireland County Wexford	Eniscorthy	Denise Fenlon/ Alexandra English <a href="mailto:fenlond@yahoo.ie">fenlond@yahoo.ie</a>	2019
10. Scotland	Peebles/Edinburgh	Lorraine Murray <a href="mailto:info@teachchildrenmeditation.com">info@teachchildrenmeditation.com</a>	2019
11. North Yorkshire	Staintondale	Di Wilson <a href="mailto:di@thehealingtouch.uk.com">di@thehealingtouch.uk.com</a>	TBC
12. North Yorkshire	York	Beki Burns <a href="mailto:pureharmony@ymail.com">pureharmony@ymail.com</a>	2019
13. West Yorkshire	Leeds	Cathy Presto/Diana Tyson <a href="mailto:clpresto@hotmail.co.uk">clpresto@hotmail.co.uk</a> <a href="mailto:tysond@sky.com">tysond@sky.com</a>	2019
14. West Yorkshire	Ripponden	Rena Guttridge/ Carole Watts <a href="mailto:fabgroup4@gmail.com">fabgroup4@gmail.com</a> <a href="mailto:cazwatt@icloud.com">cazwatt@icloud.com</a>	November 2018
15. West Yorkshire	Wakefield	Eve Campbell <a href="mailto:eve.nutrition@yahoo.co.uk">eve.nutrition@yahoo.co.uk</a>	2019