

Gong Xi Fa Cai, final call for membership renewals, website changes, save the date for 2017 conference, online qi gong and acupuncture on the radio.

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ASSOCIATION OF COMMUNITY AND MULTIBED ACUPUNCTURE CLINICS



A belated Gong Xi Fa Cai to all our members, supporters and friends!

Wow wasn't 2016 a ride and a half? I think we might have all had enough of 'monkeying around' and can now give a collective sigh of relief that the Yin Fire Rooster has finally arrived! But what will this year bring?

According to the Western School of Feng Shui

"The rooster is picky and critical, so the Rooster year is a finicky one. In it, we become overly sensitive to anything that comes near to our own sphere of influence. We can transform this into a positive quality by steadfastly remaining focused locally, letting the global arena take care of itself. The "roosters" that live in those distant areas will hopefully be doing the same, so we must trust them to take care of their own "barnyards" while we husband ours. There is certainly more than enough work to do to feed our own communities. Start scratching the rich ground for resources and peck away at local

problems” (<http://westernschooloffengshui.com/2017-year-yin-fire-rooster/>)

It can certainly feel like there is so much in the world that needs our attention that we become overwhelmed by our inability to make a difference and end up doing nothing. But what we can do, like our friend the rooster, is focus on carrying out everyday small acts of kindness for the people around us – our friends, family, patients and wider community and trust that collectively we can make the world a better place.

2017 Membership Renewals

Thank you so much to everyone who has paid their fees for 2017 on time. We've had a great response to our renewals notifications, with 80% of memberships renewed either by standing order or bank transfer.

If you have yet to pay your fees we will shortly be contacting you for the last time.

In the past we've continued to chase payments throughout the year but as you can imagine we just don't have the resource to do so. Please do pay as promptly and help us build on the good work we've achieved so far.

If we don't hear anything by the end of March we will assume you no longer wish to be a member of ACMAC.

New ACMAC website coming soon!

We are proud to announce that in 2017 we will be relaunching our website with lots of new features and content. The site will have a 'members only area' that once logged into will give members access to lots of exclusive content.

Our vision for the new website is to provide a platform that will support ACMAC and its members in their efforts to thrive. We hope that it will help us take community acupuncture even further than we already have and open up opportunities for us to engage with a much wider audience.

We are keen for you to have an input into the development of the new website and welcome any suggestions you have in how we can use it to better support you and your clinics. If you have any suggestions please let us know by emailing info@acmac.net

We will keep you posted with any updates as and when we have them.



Taichi shibashi qigong course now available to download

If you have learned the taichi shibashi qigong form with Peter Deadman - or are interested in it – he has created a course which is now available online for a small fee.

download [HERE](#)

Although listed at £15, if you enter the coupon code Q1G0NG (letter Q, number 1, letter G, number 0, Letters N and G) the price should drop to £10 - the lowest price Udemy allows. (Click 'Have a coupon' below the 'Buy now' button).

You can actually view the introduction and the video of the complete form for free so that might be enough for your needs. The other 20-odd videos go into detail about a whole range of general and specific aspects of the practice.

This is such a great way to improve your qi work and so easy to access



Save the date

ACMAC Conference 2017 planning is now underway. Feedback from last year is helping us shape this year's event. The date for this year's conference will be Saturday 11th – Sunday 12th November 2017 and will be held at the Jury's Inn in Brighton.

Feedback from last year's event told us that:

- The two-day structure was a hit-
- We crammed a little bit too much in to the weekend last year – this year we'll have fewer speakers but go into greater detail with each one-
- Practical sessions are hugely enjoyable-
- The Saturday night get together was great fun!-

We've considered the benefit of moving venues this year as we know some of you have to travel great distances to make it to Brighton. However, as the event organisers all live locally, basing it in Brighton means we can keep considerably keep costs down.

So, get the date in your diary and

and practice.

spread the word – it's going to be a
good one!

The last word... Radio 2 fans may have caught Carolyn Hoskinson on the Chris Evans breakfast show a couple of weeks ago talking about acupuncture. Carolyn is a GP and acupuncturist who is hoping to set up a multibed clinic in Eastbourne. She only had a few minutes to talk but you can catch up on the [BBC iplayer](#) and listen from 2hrs.12mins onwards. Chris Evans is a big fan!



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