



Shopping today, what bag to use?

There are two types of women; those who love shoes and those who must have that bag! And when you visit the farmers market, greengrocers or supermarket how do you carry your goods home? Do you take advantage of the 'free' plastic bag or do you recycle?

An estimated 20 billion plastic bags are used by British shoppers every year and this is not good news for the environment. In fact more local authorities are looking to ban them as is a major European country, this is because due to the range of plastics used in making the bags it is difficult to recycle them. However, there is good news afoot – both for the environment and for those of us that like bags! Morsbags.com recently distributed hand-made shopping bags from recycled or waste materials to the shoppers in George Street, Hove.

These are made to last the equivalent of ten shopping trips and are also funky, whilst enabling you to cut down on your carbon footprint. The Morsbags are easy to make and would make a great Christmas gift, so take a look at www.morsbags.com for more details.



Mums in business health seminar

Are you a busy Mum, who also runs a business? Would you like some top tips on how to keep healthy – both for yourself and the business? Then pop along to Back to Balance on 5 December for a free health seminar and workshop.

Run by Mums in Biz, the seminar aims to provide answers and inspiration. For more details look at www.mumsinbiz.co.uk or call 681484 to book a seat.

Wellbeing Fest day

A weekend of therapies and approaches to start the new year feeling like a new you is taking place 12 – 13 January at Lewes Town Hall.

As you make your new years resolutions, the event promises to introduce you to the benefits of aromatherapy, life coaching, mediation, natural organic products such as food and beauty aids. All of these can provide health benefits and there will be live music, demonstrations as well as an organic vegetarian café serving a delicious selection of foods.

And the organisers of the event – Star Communities – are offering ten lucky readers the chance to visit the festival for free. Please answer the following question – How many tonnes of plastic packaging are produced for recycling at Christmas?

Please send answers, name and address to us at rachel@wellbeingmagazine.com

Managing stress workshops

Space in the Laines is a new de-stressing workshop that will run twice daily (8-15 and 9am) to enable you to start the day feeling energised and ready to face anything without getting stressed out! Sessions will be fun and easy, whilst also teaching you some practical tips to manage stress in a healthy way.

Tip for employers: ensuring the wellbeing of your teams boosts productivity!

The cost is £5 to drop in to a class or £25 for unlimited membership.

Contact Officezen on 07881 915593 for more details.

And after a week of managing your stress, don't forget that on the first Saturday of the month to visit the Portslade Temple and sing/chant to your hearts content. Satsung is a fantastic way to maintain that feeling of wellbeing. Contact Zoe on 07723 089676.