

The Directory

Please feel free to contact any individuals listed &/or forward the Directory to friends.

Sub-categories are arranged in alphabetical order, within each of the 8 main categories.

A key of symbols is provided on each page.

All contacts are Bristol based unless otherwise stated. Non-Bristolians welcome!

The Directory will be updated and emailed out each month, attached with *Psyche in the City*.

Free to use - £5 to become a listed member.

For more info or to join the Directory contact Freya: tarotwithfreya@yahoo.co.uk

Page 2:

Creative

1. Arts & Crafts
2. Circus Skills
3. Children's Activities
4. Dance & Movement
5. Film & Photography
6. Musicians
7. Stage Performance
8. Writers

Page 3:

Social

9. Book Clubs
10. Clothes Swaps
11. Cinema
12. Dating
13. Parenting
14. Philosophy & Debate

Eco Home and Garden

15. Allotments & Growing
16. Builders (eco)
17. Cleaners (eco)
18. Childcare
19. Decorators (eco)
20. Gardeners (eco)
21. Permaculture
22. Sitters (Baby, Pet or House)

Page 4:

Food & Diet

23. Cooking Skills
24. Raw Food
25. Nutrition
26. Vegan
27. Vegetarian

Page 4 (cont):

Mind and Body

28. Body Work
29. Coaching
30. Counselling
31. Healing
32. Therapy

Page 5:

Spirituality

33. Astrology & Numerology
34. Buddhism
35. Crystals
36. Indigo Adults
37. Paganism
38. Parents of Indigo Children
39. Shamanism
40. Tarot & Divination

Page 6:

Outdoor Activities

41. Camping
42. Climbing
43. Cycling
44. Foraging
45. Survival Skills
46. Walking

Technology

47. Bike Maintenance
48. Computers & Websites
49. Music Technology
50. Renewable Energy

Creative

Arts & Crafts

♥ Art exhibition visits

Claire Smith
clairephsmith@aol.com

♥ N £ Textiles and sewing

Rachel Hertogs
info@rachelhertogs.co.uk

N Knitting

Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

Circus Skills

£ Poi

Natalie Chow
natalie@riseup.net

Children's Activities

Dance & Movement

🌀 £ ♥ Belly dance and Tribal

Natalie Chow
natalie@riseup.net

Film & Photography

Musicians

♥ Percussionist

Joe Medlicott
joemedli@yahoo.co.uk

♥ Vocals and chanting

Freya
littlemooseygoose@yahoo.co.uk

♥ N G £ G ☺ V M/C events

Kev the Poet
thcsociety@gmail.com (THC not 'the')

Stage Performance

£ Dance (varied)

Natalie Chow
natalie@riseup.net

♥ N G £ G ☺ V Poet M/C events

Kev the Poet
thcsociety@gmail.com (THC not 'the')

Writers

N 'MBS' writer

Freya
littlemooseygoose@yahoo.co.uk

♥ N Spirituality, blogs

Kev the Poet
thcsociety@gmail.com (THC not the)

- ♥ Interested in connecting socially with liked minded people
- N Interested in networking opportunities
- G Group contact or individual running a group
- P Community project contact
- £ Professional service available
- ☺ Offering skills voluntarily and/or for swaps
- V Looking for volunteers
- 🌀 Teacher or speaker with specialist knowledge
- T Later stages of training offering low cost services
- L Learner looking for guinea pigs

Social

Book Clubs

G Contemporary fiction

Claire Smith
clairephsmith@aol.com

♥ **General book clubs**

Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

Clothes Swaps

♥ **Clothes swap parties**

Natalie Chow
natalie@riseup.net

Cinema

♥ **Cinema (Watershed + Odeon)**

Freya
littlemooseygoose@yahoo.co.uk

♥ **Cinema**

Claire Smith
clairephsmith@aol.com

Dating

☯ **G £ ‘Manifesting Mr Wonderful’**

Freya
tarotwithfreya@yahoo.co.uk

£ **‘Group Dates’ (men wanted!)**

Freya
mmwgroup@yahoo.co.uk

Parenting

Philosophy & Debate

- ♥ Interested in connecting socially with liked minded people
- N Interested in networking opportunities
- G Group contact or individual running a group

- P Community project contact
- £ Professional service available

Eco H & G

Allotments & Growing

P V Orchard

Joe Medlicott
joemedli@yahoo.co.uk

T ☯ £ **Allotments and organic growing**

Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

Builders (eco)

Cleaners (eco)

£ **Eco Cleaner**

Freya
littlemooseygoose@yahoo.co.uk

Childcare

Decorators (eco)

£ **Eco Decorator**

Ed Jukes
ejukes@yahoo.co.uk

Gardeners (eco)

£ **Eco Gardener**

Joe Medlicott
joemedli@yahoo.co.uk

Permaculture

T ☯ **Permaculture**

Joe Medlicott
joemedli@yahoo.co.uk

T ☯ N **Permaculture**

Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

Sitters (Baby, Pet or House)

- ☺ Offering skills voluntarily and/or for swaps
- V Looking for volunteers
- ☯ Teacher/speaker with specialist knowledge

T In training offering low cost services
L Learner looking for guinea pigs

Food & Diet

Cooking Skills

N **Cooking skills**
 Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

Raw Food

Nutrition

Vegan

Vegetarian

N **Vegetarian and dairy free**
 Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

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 ॐ Teacher/speaker with specialist knowledge
T In training offering low cost services
L Learner looking for guinea pigs

Mind & Body

Body Work

☺ **Foot Care**
 Mary Rose
maryflavia123@yahoo.co.uk

☺ **Massage guinea pig**
 Freya
littlemooseygoose@yahoo.co.uk

☺ **Shiatsu**
 Claire Smith
clairephsmith@aol.com

☺ **Bodywork guinea pig**
 Natalie Chow
natalie@riseup.net

P £ V (low cost) Community clinic, massage
 Rachel Hertogs
info@rachelhertogs.co.uk

♥ N ☺ **Acupressure, Tai Chi**
 Kev the Poet
thcsociety@gmail.com (THC not 'the')

N Yoga
 Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

Coaching

£ **Transformational Coaching**
 Freya
tarotwithfreya@yahoo.co.uk

Counselling

Healing

♥ ☺ **N Theta Healing**
 Emma Hedges
emmaforsberg@yahoo.co.uk

P £ V (low cost) Community clinic, Reiki
 Rachel Hertogs
info@rachelhertogs.co.uk

♥ **N L Reiki, Crystals**
 Kev the Poet
thcsociety@gmail.com (THC not 'the')

Therapy

Spirituality

Astrology & Numerology

☯ ♥ N Astrology & Numerology

Freya

littlemooseygoose@yahoo.co.uk

♥ N Astrology

Claire Smith

clairephsmith@aol.com

Buddhism

♥ N Buddhism

Kev the Poet

thsociety@gmail.com (THC not 'the')

Crystals

♥ N Crystal healing

Freya

littlemooseygoose@yahoo.co.uk

♥ Crystals

Emma Hedges

emmaforsberg@yahoo.co.uk

♥ N L Crystal healing

Kev the Poet

thsociety@gmail.com (THC not 'the')

Indigo Adults

♥ N Indigo Adult

Freya

littlemooseygoose@yahoo.co.uk

♥ Crystal Adult

Emma Hedges

emmaforsberg@yahoo.co.uk

♥ N Indigo Adult

Kev the Poet

thsociety@gmail.com (THC not 'the')

Paganism

☯ ♥ N Druidism

Kev the Poet

thsociety@gmail.com (THC not 'the')

Parents of Indigos

Shamanism

☯ G £ Shamanic Journeys

Freya

tarotwithfreya@yahoo.co.uk

♥ Shamanism & Journeys

Emma Hedges

emmaforsberg@yahoo.co.uk

♥ N Shamanism

Kev the Poet

thsociety@gmail.com (THC not 'the')

Tarot & Divination

☯ £ ☺ Shamanic Tarot Readings

Freya

tarotwithfreya@yahoo.co.uk

♥ N Tarot & divination

Kev the Poet

thsociety@gmail.com (THC not 'the')

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- V Looking for volunteers
- ☯ Teacher/speaker with specialist knowledge
- T In training offering low cost services
- L Learner looking for guinea

Outdoor Activities

Camping

♥ Camping

Freya
littlemooseygoose@yahoo.co.uk

♥ Camping

Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

Climbing

Cycling

♥ Cycle/Train Trips

Freya
littlemooseygoose@yahoo.co.uk

♥ N Cycling

Kev the Poet
thsociety@gmail.com (THC not 'the')

N Cycling, travel

Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

Foraging

♥ Foraging

Joe Medlicott
joemedli@yahoo.co.uk

♥ N Foraging

Freya
littlemooseygoose@yahoo.co.uk

♥ N Foraging

Natalie Chow
natalie@riseup.net

♥ N Foraging

Ed Jukes
ejukes@yahoo.co.uk

Survival Skills

♥ Survival skills

Joe Medlicott
joemedli@yahoo.co.uk

♥ Survival skills

Freya
littlemooseygoose@yahoo.co.uk

♥ N Survival skills

Natalie Chow
natalie@riseup.net

♥ N Survival skills

Ed Jukes
ejukes@yahoo.co.uk

♥ N Survival skills

Kev the Poet
thsociety@gmail.com (THC not 'the')

Walking

♥ Walking & Country Side

Freya
littlemooseygoose@yahoo.co.uk

♥ Walking

Claire Smith
clairephsmith@aol.com

Technology

Bike Maintenance

☺ L Bike maintenance

Becca Stevenson (Cirencester)
becs4permies@yahoo.co.uk

Computers & Websites

Music Technology

Renewable Energy

♥ N Renewable Energy

Natalie Chow
natalie@riseup.net

♥ N Renewable Energy

Ed Jukes
ejukes@yahoo.co.uk

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£ Professional service available

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