

theagenda



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Fife Chamber Annual Dinner
Friday, September 14, 7.00-11.30 p.m.
The Old Course Hotel,
St Andrews
Members: £75.00+VAT
Non-Members: £75.00+VAT

How to Take Control of Your IT Disaster Recovery Solution
Thursday, September 20, 7.45-9.15 a.m.
Roths Halls, Glenrothes
Speaker: Scott Melvin, Links Business Solutions
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stories

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Your good health!

The Dysart woman using the methods of the far East for better well-being

>> **Mariette Lobo**
Complementary therapist

A DYSART woman is offering people a new approach to healing, including a technique that helped China to Olympic glory.

From her own private studio at home, Mariette Lobo offers a wide range of treatments taking influence from her Indian roots and further east. Her long-term aim is to see complementary and traditional therapies integrated within mainstream healthcare, making them more accessible to all. The part-time lecturer at Adam Smith College explained why she started offering the service and how this method of care was normal in her upbringing. Mariette said: "I started this 15 years ago. I worked for the BBC at the time and I was going to my GP for stress. My GP told me to either take tablets or try massage. "I thought I could do it better myself and I have never looked back. "Also, it's part of my culture and upbringing.



"For my family that was the first port of call when they weren't well. "And although it's complementary to traditional medicines, it probably doesn't have the side effects of them." Registered with the only recognised body for her field, the CNHC, Mariette specialises in Reflexology, Tuina, Aromatherapy, Indian Head Massage, Warm Bamboo Massage and Reiki. Tuina ("twee-na") is one of the ancient healing arts of traditional Chinese medicine and treats conditions that in the West would require an osteopath, chiropractor, physiotherapist or sports therapist.

This procedure helped China to the medal table at both the Paralympics and Olympics in London this year. Mariette said of her healing methods: "It's different. It's good for stress relief, relaxation and it just gives you a general feeling of health and well-being. "I don't see it as an alternative to traditional medicine, I see it as complementary. I don't have a favourite treatment, but I think that one of the most sought after ones is Tuina. "It's very relaxed and it's different, not a sensory massage, but a medical massage - a very traditional Chinese massage."

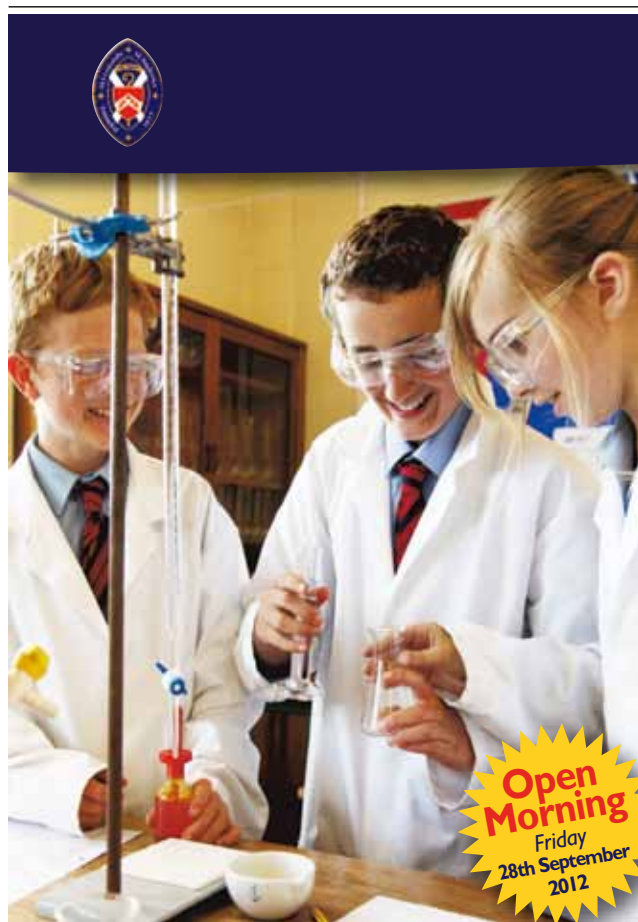
NEW APPROACH:
Mariette Lobo at home, where she offers a wide range of treatments, taking influence from her Indian roots and she also practices other techniques from further east.

(Picture by George McLuskie)

Decorating discounts

A DECORATING centre in Kirkcaldy has launched an employee discount card scheme. The Crown Decorating Centre, located on Mitchelson Industrial Estate, is offering exclusive employee discount cards to owners of businesses across the region. Card holders can then pass these on to their staff to enjoy up to 30 per cent discount on the products in store.

The scheme has no cap on the number of staff that can use it and is valid all year round. Business owners will also be sent regular information about offers that are on in the store throughout the year. To receive a supply of free employee discount cards call into the Kirkcaldy store, or call (01592) 653854. Alternatively visit www.crowndecoratingcentre.co.uk.



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Elizabeth hopes to clean up with award

A SOCIAL science student at Adam Smith College has been given just the right start to the launch of her new cleaning business thanks to a special scholarship from the Adam Smith Foundation. Elizabeth Gavin (55), from Kirkcaldy was awarded the Cahal Dowds Scholarship for Enterprise and received a generous £1500 from Cahal's business colleague, Mike McGregor, who attended and presented the award on his behalf. The scholarship was created to assist students looking to set up their own business and is named after Cahal Dowds, a successful business mentor based in London. Elizabeth was delighted to receive the award and is looking forward to using her scholarship to invest in her new cleaning

business 'Reliable Clean Plus'. She said: "I originally trained as a social worker but was keen to change career after bringing up my family. I really enjoyed the HND Social Sciences course and hope longer term to study a degree. In the meantime, I am really excited about my business as it is helping to support my studies and enabling me to put my knowledge gained at college to good use." Also attending the presentation was Colin Simpson, also from Kirkcaldy, who was the first recipient of the scholarship when it was launched last year. Colin left Adam Smith to progress on to study a degree course at university and begin a new health and well-being business, 'Positive Control'.



AWARD: From left, Colin Simpson, Aileen Lamden (executive director, Adam Smith College), Mike McGregor, and Elizabeth Gavin.

Build your own ...

KIRKCALDY based designer Mark Smallman will be running a workshop in Rothes Halls, Glenrothes on Friday, October 5 on how to create your own WordPress website. Attendees will also gather valuable knowledge on how to keep their sites up-dated and fresh. Mark said: "I will be training everyone on creating a site from scratch, and by the end of the day everyone will have installed and customised their WordPress website, and been shown how to add content to the site; including text, images and videos. "We can also integrate social media into the sites as well as contact forms. This will not only provide those attending and their businesses, charities and social enterprises with an online presence, but everyone will also gain the knowledge to be able to keep their sites updated and fresh." The majority of web designers will not only charge for creating a site, but would also charge their clients for training them on how to update the site, often running into hundreds of pounds, if not thousands. WordPress has been around since 2003, and is used by over 60 million sites worldwide. The platform is supported by thousands of developers, programmers and designers, providing support and updates, making it the ideal platform for today's small business or charity. For anyone wanting to attend the workshop, the first priority is to book a place, as space is very limited to



SITES SET: Designer Mark Smallman says all those attending his workshop will leave with a fully functioning website of their own.

ensure everyone's questions can get answered on the day. To book simply go to www.macgraphic.co.uk. Teas, coffees and lunch vouchers will be provided on the day, at no extra cost. Anyone attending will need to take with them a wi-fi enabled laptop, with the content (text and images) all ready to go on to their sites. "This will not be a talk were I tell you how to create a site, and you head off in the hope of remembering everything. Everyone will be building their site live on the day." The cost of the one-day workshop is £72.50, and includes a co.uk domain name if required, and the first month's

hosting with www.your-host.co.uk on their startup package at £2.49 per month. It is essential everyone provides Mark the details of the domain name they want to register before October 1, as it can take a couple of days for domain names to get set up.

>> COMPETITION
One lucky charity, social enterprise or new business can win a free place on the workshop in conjunction with www.macgraphic.co.uk and the Fife Free Press. To enter simply send an e-mail to workshop@macgraphic.co.uk detailing how this workshop would benefit you, and remember to include details about what services you offer. Competition entries will close Friday, September 28 at noon, and entrants will be contacted via e-mail soon after.

Law firm to move for expansion

PERSONAL injury law specialist Digby Brown is preparing to move from its Glenrothes premises to Kirkcaldy. The Glenrothes branch of the national firm was set up in 2002 by partner Innes Laing, but over the years it has expanded and the current premises are now too small to accommodate the seven staff. Mr Laing explained: "The premises aren't big enough for us now, and we had to make the decision whether to look for larger offices in Glenrothes or move to Kirkcaldy. "Because quite a bit of the work we do is court work, we decided it would make sense for us to move to Kirkcaldy to be nearer the Sheriff Court, and that is what we are doing." Digby Brown will move to its new premises at 23 Whytescauseway on October 2, and Mr Laing says it is a move they are all looking forward to. "The new office is in a good position close to the court and it will give us a higher profile," he explained. To find out more about the company visit its website: www.digbybrown.co.uk.

Tuina dream: IF you want someone with a gnarled back to work on as a case study, then I'm your man. Two years ago I had a slipped disc - not just any old slipped disc, but one that did a 360-degree spin which left me screaming in such pain my neighbours kindly popped up to check I wasn't being murdered. Sciatica turned me into Quasimodo and I looked and shuffled like a tramp for the best part of three months until I found my anatomist guru, Doc Robson, and he literally rebuilt me. That was two years ago and, to date, his work has been so good the disc is holding nicely, but the muscles in my back were so twisted out of shape they're frankly rubbish. The fact I hunch over a PC for ridiculously long spells means there are times it feels as though they've been replaced by two bricks. So I tried Tuina massage - pronounced tween-nah - which is part massage, part physio. Imagine a vigorous massage - your limbs are gently stretched and moved, the muscles worked on and every joint tested. It's not painful at all, and I write as someone whose pain threshold goes doolally if I get a splinter. Tuina tackles muscular or skeletal problems - perfect for me - and works off your meridians. We all have them - we just don't know they are there. The first session with Mariette lasted an hour and was completely relaxing. The environment is geared to precisely that mood. I just lay there. Mariette did all the work from head to toe and back again. The muscles in my back felt better than they had done in two years. As part of the holistic approach Mariette suggested taking water with a hint of lemon which I love, and drinking green tea. It's part of the all-embracing holistic approach to mind, body and soul. I'll freely confess to a rubbish diet and zero exercise, but even I can see - and feel - the benefits of Tuina and complementary health treatments. Just got to learn to love that green tea! **ALLAN CROW**

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