



May 2025 Newsletter



✨ Hello from Claire Watkins Acupuncture! ✨

May has arrived with some exciting energy — and I have big news to share...





I was recorded by Channel 5!

That's right! Channel 5 came to film me as part of a brand-new documentary that will be airing later this year.

I can't share full details just yet (hence the huge emoji covering the patient), but it was such an amazing opportunity to showcase what acupuncture and Traditional Chinese Medicine can do to support patients!


I'm so proud to represent my profession and grateful for every one of you who continues to support my practice.


I will let you know as soon as I find out the transmission date!





Can You Help Me?


If you've had a positive experience at Claire Watkins Acupuncture, whether it was pain relief, emotional support, fertility support, or just a moment of calm in a busy life, I'd love it if you could share your thoughts.


**Emma Straker**
6 April 2025
★★★★★
Claire is the most knowledgeable and passionate person about her job! Professional at all times and ready to listen to you and answer any questions queries or concerns you may have.
[Read more](#)


**Grant C**
25 February 2025
★★★★★
Claire is kind, understanding and receptive to people's needs. As far as acupuncturists go, she's on top of her game and was brilliant at leading me through the process of having...
[Read more](#)


**Benjamin Chandler**
17 February 2025
★★★★★
Very friendly and professional. Educated me on my issues and relieved my pain.


**Rebecca yung**
17 February 2025
★★★★★
Claire is amazing! She is so understanding and knowledgeable in her profession. Her treatments have been very effective, and I feel so relaxed afterwards. I highly recommend to...
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**Michelle**
15 January 2025
★★★★★
From the moment I arrived, Claire made me feel welcome and at ease.
We discussed my fear of needles and being the...
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**Cairine Chandler**
13 November 2024
★★★★★
I take self care pretty seriously and make sure to have regular relaxing massages, deep tissue therapy and physio etc being fairly active. However I'd never had acupuncture until I...
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**Josephine Tiplady**
10 November 2024
★★★★★
Claire is amazing! I had been researching acupuncture through the NHS which took me to the British Acupuncture Council which allowed me to find Claire who is accredited. I was initial...
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**Jools Sharps**
5 November 2024
★★★★★
Claire is amazing! So friendly, professional and immediately puts you at ease. My sleep has improved since receiving acupuncture after only 2 sessions. Claire really knows her stuff and...
[Read more](#)

**Stephanie Newall**
4 November 2024
★★★★★
Claire is so professional and knowledgeable that I feel very confident in her care. I have had improvement in every area she has addressed and I can't speak highly enough of her service.

✨ Leaving a Google Review makes a huge difference

It helps others find me and feel confident booking in, especially when they're nervous or trying something new.

[Click here to leave a quick review](#)

(Even just a few lines would mean the world.)



As a token of my appreciation, you'll receive **10% off your next treatment!**
Just let me know once you've posted it. ★

Also receive 10% Off for Referrals

Know someone who could benefit from acupuncture? When you refer a friend, they'll receive **10% off their first treatment** and as a thank you, you'll also get **10% off your next session** once they attend! It's a win-win for everyone. ♥

What's Been Happening in Clinic?



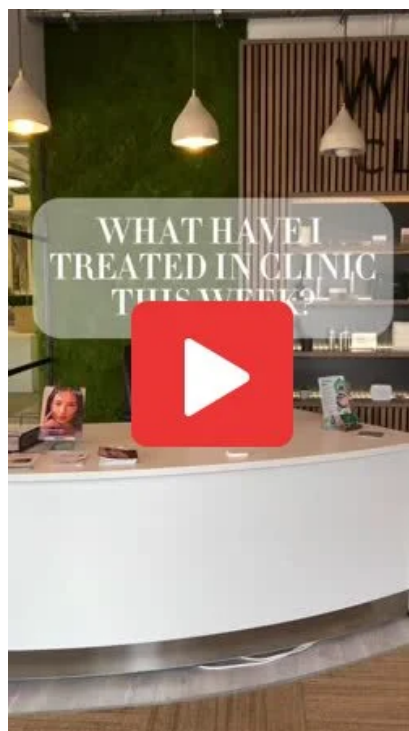
🌿 New patients are arriving for all kinds of support, from menopausal symptoms and shoulder pain to anxiety, Long Covid, and IVF prep.

👂 Auricular acupuncture (ear points) and ear seeds are proving so popular, great for ongoing mental health, sleep, or stress support between treatments.

🎓 Students and staff at Durham University continue to receive **10% off treatments**, a new addition to 2025, a reminder to share this with anyone studying or working at the uni.

📱 **Did you see my latest Instagram reel?**

Find out what happens in clinic...



Follow me on socials



TCM Seasonal Recipe: Warm Green Soup with Ginger & Spring Greens (+ Bone Broth)



In Traditional Chinese Medicine, spring is the season of the Liver, a time for gentle cleansing and renewal. This vibrant green soup supports your digestion, warms your middle, and helps move stagnant Qi, also with the optional added nourishment of bone broth (Freja from Holland and Barrett do a lovely vegan/veggie "bone" broth alternative). Freja make 500ml cartons of bone broth in chicken and beef, which are ready made and easy to use

Ingredients:

- 1 tbsp olive oil or sesame oil
- 1 small onion, chopped
- 1-inch piece of fresh ginger, grated
- 2 cloves garlic, minced
- 1 courgette, chopped
- 1 head of spring greens or kale, shredded
- A handful of parsley or coriander (optional)
- 500ml bone broth or vegetable/chicken stock

- Sea salt and pepper to taste
- Optional: squeeze of lemon for brightness

Instructions:

1. Gently sauté the onion, garlic, and ginger in oil until softened.
2. Add the courgette, spring greens, and broth/stock. Simmer for 10–15 minutes until the greens are tender.
3. Add fresh herbs if using. Blend for a smoother texture.
4. Season to taste and enjoy warm.

♥ This soup supports Liver Qi, gently clears stagnation, and adds warmth to support your digestion, especially good if you've been feeling sluggish, irritable, or bloated.



Want to Book In?

Appointments are available from Tuesday 20th of May for existing patients and from Wednesday 23rd of May for new patients.

Whether you're returning or it's your first visit, I'd love to welcome you into the treatment room.

Like a particular day or time? You can book up to 8 weeks in advance on the booking link below.

🔗 **Book here:** www.clairewatkinsacupuncture.com/booking

Book your appointment

Thank you as always for your support.

Every kind message, referral, and review helps my small business grow and allows more people to access the support they need.

With gratitude,

Claire x

Claire Watkins Acupuncture

📍 West Barn Co Clinic, Durham

Do you like the newsletter? Share it!



Claire Watkins Acupuncture

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Mandale Park, Belmont Industrial
Estate, Belmont, Durham, DH11TH,
United Kingdom



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