



## Early July 2025 Newsletter



## From the Clinic to the Start Line: Thank You for Your Support

Hi ,

It's July already, and with summer in full swing, things are getting busy in clinic—and outside of it too...



### I'm running my very first 10K race this Sunday!

This weekend, I'll be taking on the **Great North 10K in Newcastle**, my **very first 10K race**, and a huge milestone ahead of the **Great North Run half marathon in September!**

I only started running **8 weeks ago**, so this is a massive personal challenge. I'm definitely not the fastest runner, but I'm giving it everything I've got and feeling proud just to be on the start line.

I'm running in support of **Maggie's Newcastle**, a charity that offered me incredible support during my own cancer journey in **2018 and 2019**. It feels really meaningful to now be able to give something back.



### ❤️ Follow my run live

Download the **Great Run** mobile app and enter my bib number: **8584** to follow me in real time!

### 📣 Support my Maggie's fundraiser

If you're able to donate, you can do so online here:

🔗 <https://ajbellgreatnorthrun2025.enthuse.com/pf/claire-watkins-605e5>

Or you're very welcome to **donate cash in person at clinic**, just ask to fill in the **paper fundraising form** when you're in.

Every donation, no matter the size, truly means so much, thank you ❤️

Donate to Claire's Great North Fundraiser for Maggie's

**It's an exciting route through Newcastle's landmarks**, including the Tyne Bridge, City Hall, Newcastle and Northumbria Universities, and the city

centre!

See image below for the route map.



**Clinic is fully booked next week,  
plan ahead if you can**

We're heading into a busy time of year, and **next week is already fully booked**.

If you know you prefer a particular **day or time**, especially for regular sessions or treatments, it might be a good idea to **book a few weeks ahead** to secure your space.



Book online anytime at: [www.clairewatkinsacupuncture.com/booking](http://www.clairewatkinsacupuncture.com/booking)

Please allow plenty of time to travel to your appointment, there's a lot of road works in and around Durham at the moment.



## **Seasonal Support: Heart & Fire Element in Summer**

In Traditional Chinese Medicine, summer is associated with the **Heart and the Fire element**; a season of joy, connection, and outward energy. But it

can also bring symptoms like **insomnia, anxiety, restlessness**, or feeling emotionally 'frazzled.'

If you're feeling off balance in the heat, emotionally or physically, acupuncture can help calm the Heart, clear heat, and restore a sense of ease.

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## Thank you for your trust

It's been a real privilege to support so many of you recently, including patients navigating Long-Covid recovery, fertility treatment, hot flushes from cancer treatment, chronic pain, emotional wellbeing, and fatigue.

Your strength and stories continue to inspire me. Thank you for letting me be part of your journey.

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## ✨ Leaving a Google Review makes a huge difference

One of my patients left a review recently, and wow, I was moved and thrilled all at the same time! This patient is doing great and the review speaks for itself!

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

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



## Book your appointment & my planned annual leave this summer

You can book your appointments either online or with me in person.

The online booking system is available 24/7. If you like a particular day or time you can book ahead to make sure you secure your slot.

I do have **two weeks annual leave booked** in between 25th of August and 8th of September (taking the day after the GNR off work too, no one needs to see me hobbling around clinic!) I'll be back on Tuesday 9th of September.

 Book online at: [www.clairewatkinsacupuncture.com/booking](http://www.clairewatkinsacupuncture.com/booking)

[Book your appointment](#)

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## Follow me on socials



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**Thank you!**

Wishing you a grounded, joyful start to July.

With warmth and gratitude,

**Claire x**

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Claire Watkins Acupuncture



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**Claire Watkins Acupuncture**

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