



June 2025 Newsletter



✨ ☀️ June Newsletter ✨

Hi ,

Summer officially arrived last weekend, on the 21st of June. With it, comes the energy of warmth, growth, and expansion.

In Traditional Chinese Medicine, summer is associated with the **Heart**, the **Fire element**, and the emotion of **joy**—but it can also be a time when we burn the candle at both ends.

Whether you're thriving in the sunshine or feeling the pressure of a busy schedule, acupuncture can help keep your body and mind cool, calm, and balanced.



I was recorded by Channel 5!

Here's a quick look at what I've been supporting patients with this month:

Mental & Emotional Wellbeing

- Mental health and emotional support
- General wellbeing
- Increasing strength after loss

Pain & Musculoskeletal Conditions

- Sciatica, lower back pain & neck pain
- Shoulder pain & leg pain
- Headaches, migraines & facial pain
- Plantar fasciitis
- Chronic fatigue & Long Covid recovery

Digestive & Sleep Concerns

- Digestive complaints
- Insomnia & anxiety

Reproductive & Hormonal Health

- Fertility support (natural, IVF & IUI)
- Menopausal symptoms & hot flushes
- Pregnancy-related symptoms

It's been a varied and rewarding few weeks! Thank you for choosing me and allowing me to be part of your journey.

Follow me on Instagram to see what happens in clinic



ICYMI - When will I be on TV?

Don't forget, we're still waiting for the transmission date of the Channel 5 documentary that I feature in! The producers are hoping to air the episode late 2025.



📍 Maggie's Centre Newcastle Hot Flush Workshop



I'm delighted to be hosting workshops every Thursday at [Maggie's Newcastle](#) on the grounds of the Freeman Hospital.

I'm now halfway through the **8-week auricular acupuncture group course**, treating 3 groups of 6 patients each week. These sessions are designed to support people experiencing hot flushes and night sweats related to endocrine and cancer treatments.

If you're attending, don't forget to bring your **forms** with you to the next session!

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.

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. 

Durham University Discount

Just a reminder: if you're a **Durham University student or staff member**, you're eligible for **10% off all treatments**. This includes support for physical pain, stress, fertility, mental health, and more.

Feel free to share this with colleagues or students who may benefit.



Book your appointment

As summer gets into full swing, now's a great time to support your body's natural rhythm and keep your energy in flow.

 Book online at: www.clairewatkinsacupuncture.com/booking

[Book your appointment](#)



Summer Health Tip: Cooling Mint & Cucumber Tea

Need help cooling down? Try this simple and refreshing tea, inspired by Chinese Medicine principles:

Cooling Mint & Cucumber Tea

- Handful of fresh mint leaves
- 3–4 slices of cucumber
- Slice of lime (optional)
- Steep in hot water for 5–10 minutes and drink warm or chilled

This combination helps clear summer heat, calm the Heart, and soothe the Liver.

Follow me on socials



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

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Claire Watkins Acupuncture

WBCo Clinic, Waldon House Unit 23L,
Mandale Park, Belmont Industrial
Estate, Belmont, Durham, DH11TH,
United Kingdom

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