The Women's Gathering That's Changing Lives with Annalice Argyle #womensupportingwomen Transcript

(Transcripts are generated by AI and may contain errors)

Introduction u2014 the WOW Gathering explained

TRACK charity and Ria's Be Kind No Excuses

Welcome to the Wellness on Tap podcast Welcome to the Wellness on Tap podcast with your host, Dr. Debs Eastwood. with your host, Dr. Debs Eastwood.

Red flags, abusive relationships and the gaps in education

Recovery, the 12 step program and women-only safe spaces

Losing custody and the system's failure

>> The leaflet that came to me was about >> The leaflet that came to me was about you and Ry and putting together you and Ry and putting together something called WOW. Are you recording something called WOW. Are you recording now?

now? now?

The first drink at 14 u2014 and why it felt like everything

>> So, we'll talk about that first if >> So, we'll talk about that first if that's all right. Would you like to talk that's all right. Would you like to talk about the Wow Gathering first or would about the Wow Gathering first or would you like to know how that came about?

you like to know how that came about?

Don't give up u2014 the Vogue photographer moment

Back to the gathering u2014 refuges, rehabs and half price tickets

Trapped emotions, somatic pain and cold water swimming

>> Which is the best way for you to tell >> Which is the best way for you to tell actually, now you've said that, I'll actually, now you've said that, I'll just I'll just go with what what you just I'll just go with what what you said. Let's do it the other way around said. Let's do it the other way around instead of like having it linear, you instead of like having it linear, you know? Let's know? Let's >> Yeah. Let's let's let's >> Yeah.

Food, big pharma and the post-war plate

Let's let's let's >> let's be let's Yeah. Um let's be a >> let's be let's Yeah. Um let's be a rebel. So um the WOW gathering women rebel.

Tribal living, community and the midlife catalyst

Closing reflections u2014 giving without expectation

So um the WOW gathering women only wellness gathering only wellness gathering um is a a gathering for predominantly um is a a gathering for predominantly it's a business model for business women it's a business

model for business women to showcase their ways to well-being.

to showcase their ways to well-being. It's in a field uh in near North Allaton It's in a field uh in near North Allaton and it's a it's a campsite. So you have and it's a it's a campsite. So you have all the sh you have the showers there all the sh you have the showers there and it's set up with you know um and it's set up with you know um electricity points. It has three pods electricity points. It has three pods there as well. We'd like to have more there as well. We'd like to have more but we have three at the moment. We have but we have three at the moment. We have um bell tents that are ours that we've um bell tents that are ours that we've been um we've been getting sponsorship been um we've been getting sponsorship for.

for. for. >> Brilliant. >> Brilliant. >> Brilliant. >> Um so that women can stay overnight and >> Um so that women can stay overnight and then at the same time it's it helps us then at the same time it's it helps us be sustainable. M be sustainable. M >> um we have a a sun a sunset ceremony on >> um we have a a sun a sunset ceremony on the Saturday night. So it's on a hill the Saturday night. So it's on a hill with a stone circle.

with a stone circle. So it's not I know every time I say it I So it's not I know every time I say it I can't believe how lucky we are. Like can't believe how lucky we are. Like every year I look forward to this.

every year I look forward to this. >> Yeah. I'm not surprised. It also keeps >> Yeah. I'm not surprised. It also keeps me going knowing that every year I'm me going knowing that every year I'm going to see all these women that I've going to see all these women that I've befriended and who are who are getting befriended and who are who are getting so much support from this gathering and so much support from this gathering and throughout the year.

throughout the year. >> Wonderful. So, I might jump about a bit >> Wonderful. So, I might jump about a bit because of my ADHD, but honestly, I'll because of my ADHD, but honestly, I'll become I come back to, you know, become I come back to, you know, some of my conversations with with other neurody my conversations with with other neurody divergent are like the other day I was divergent are like the other day I was having a conversation with with a lady having a conversation with with a lady and um we were just walking through the and um we were just walking through the park and we were both ADHD. So, it was park and we were both ADHD. So, it was like, right, okay. So, I'm going to jump like, right, okay. So, I'm going to jump to this one, jump to that. It's like, to this one, jump to that. It's like, okay, I'll remember that one. I know okay, I'll remember that one. I know you're going to come back. I know you're going to come back. I know there's a reason why you're going round there's a reason why you're going round about. So the circle with the stones on about. So the circle with the stones on has been there for a lot of years, but has been there for a lot of years, but they're not Neolithic stones, they're not Neolithic stones, >> but apparently they're on lay lines.

>> but apparently they're on lay lines. >> Beautiful. >> Beautiful. >> Beautiful. >> So when you go up onto that stone >> So when you go up onto that stone circle, circle, circle, the spiritual shifts, the spiritual shifts, I can't explain. And the views are I can't explain. And the views are amazing as well. So you have Rosebury amazing as well. So you have Rosebury topping to the right and it's just views topping to the right and it's just views for miles.

for miles. It's just you sometimes I go up there It's just you sometimes I go up there and I just sit especially when and I just sit especially when everybody's in the workshops I'll go and everybody's in the workshops I'll go and I'll have because it takes a lot of I'll have because it takes a lot of energy all year to be energy all year to be >> to to get to create this >> to to get to create this >> and and and for it to >> and and and for it to >> and organizations >> and organizations uh organization organizes in the actual uh organization organizes in the actual event. Um so so when the so when the event. Um so so when the so when the event comes and they're all in their event comes and they're all in their workshops cuz there's lots of workshops workshops cuz there's lots of workshops all day. It's all quiet cuz all in like all day. It's all quiet cuz all in like bell tents and tents or I don't know um bell tents and tents or I don't know um in the tepee cuz we have a tepee as in the tepee cuz we have a tepee as well. Um and I go to the top of the well. Um and I go to the top of the circle I go wow wow which is why it's circle I go wow wow which is why it's called we have wow moments which is why called we have wow moments which is why it's called wow as well and it's like it's called wow as well and it's like wow look at this like this is just wow look at this like this is just amazing.

amazing. amazing. >> I can't I can't beautiful. >> I can't I can't beautiful. >> Yeah. Um >> Yeah. Um and the women who go all say we have and the women who go all say we have lots of testimonies about it and and all lots of testimonies about it and and all the women who go say my life has been the women who go say my life has been transformed.

transformed. transformed. This has happened. This shift has This has happened. This shift has happened. I didn't think it was going happened. I didn't think it was going to. I was really worried about coming on to. I was really worried about coming on my own, you know, but then everybody was my own, you know, but then everybody was so lovely because the women who go there so lovely because the women who go there all it's like finding your tribe.

all it's like finding your tribe. >> Yeah. >> Yeah. >> Yeah. >> So I think there's a lot about >> So I think there's a lot about sisterhood out there, isn't there? and sisterhood out there, isn't there? and and and a lot of women are quite scared and and a lot of women are quite scared who I've spoken to about being in a who I've spoken to about being in a group with a lot of women. Some have group with a lot of women. Some have never been in a group with with just never been in a group with with just women and they're like, "Oh, I don't women and they're like, "Oh, I don't know about that." Or, "I don't know how know about that." Or, "I don't know how I feel about that." Because their their I feel about that." Because their their experiences experiences experiences have not been what you're about to have not been what you're about to experience in the moral gathering. And experience in the moral gathering. And we wouldn't have it any other way. And we wouldn't have it any other way. And and the ones who don't want to come and and the ones who don't want to come and don't want to do that don't come don't want to do that don't come anywhere. Precisely. They self- select.

anywhere. Precisely. They self- select. >> Yeah. So it it it's and and during the >> Yeah. So it it it's and and during the year we have a group uh women only year we have a group uh women only wellness gathering group. So part of the wellness gathering group. So part of the business women showcasing their ways to business women showcasing their ways to well-being we showcase them on the group well-being we showcase them on the group as well which is the which is the as well which is the which is the Facebook group. So they'll all year they Facebook group. So they'll all year they will be able to post what they're doing.

will be able to post what they're doing. So say they have um I don't know So say they have um I don't know condolini condolini condolini um so uh this this particular um so uh this this particular facilitator will every time she's got facilitator will every time she's got something going on like a gong ceremony something going on like a gong ceremony or she'll post it on there.

or she'll post it on there. >> Wonderful. Yeah. >> Wonderful. Yeah. >> So she's targeting her audience as well >> So she's targeting her audience as well and it's it's what the women want. Um, and it's it's what the women want. Um, so there's never, so you're not left so there's never, so you're not left after the Wild Gather. You're creating after the Wild Gather. You're creating relationships all the way every day relationships all the way every day talking. Sometimes I put silly things talking. Sometimes I put silly things on, you know, just having fun and talk on, you know, just having fun and talk about we talk about, you know, um, are about we talk about, you know, um, are we feminists? I suppose we are, but we we feminists? I suppose we are, but we it's not that. Some people have said, it's not that. Some people have said, you know, it's a women only wellness.

you know, it's a women only wellness. What about the men? And it's like, well, What about the men? And it's like, well, you do have your spaces and all we're you do have your spaces and all we're asking for. All not no, not all we're asking for. All not no, not all we're asking for. This is a thing we don't asking for. This is a thing we don't need permission. What we are doing is need permission. What we are doing is we're having a weekend away with with we're having a weekend away with with the women, you know, can it's amazing the women, you know, can it's amazing and and some you get some some men who and and some you get some some men who are like don't understand that, but then are like don't understand that, but then there's a lot who do and they're our there's a lot who do and they're our male allies who are amazing, you know, male allies who are amazing, you know, and I think the purpose of it is as well and I think the purpose of it is as well is is a lot of women have gone through is is a lot of women have gone through trauma of some everyone's got a story of trauma of some everyone's got a story of some sort, some sort, >> haven't we all? Yes.

>> haven't we all? Yes. and just for a weekend if that's all you and just for a weekend if that's all you need once a year just to process some of need once a year just to process some of your emotions, heal, connect, go to your emotions, heal, connect, go to workshops. I mean there's so many ways workshops. I mean there's so many ways and I think and I think so I'm a co-founder of this of the of so I'm a co-founder of this of the of the women only wells gathering and my the women only wells gathering and my partner is a retired police officer partner is a retired police officer called re Pearson. So she was involved called re Pearson. So she was involved in the domestic violence units in the in the domestic violence units in the police. she uh is an an advocate for police. she uh is an an advocate for women and we um we set this up just so women and we um we set this up just so that we that we we met through we met through I I'd kind we met through we met through I I'd kind of done a taster session and we met of done a taster session and we met through that through through a friend through that through through a friend who was a trustee of my charity. So I who was a trustee of my charity. So I have a charity called track which is the have a charity called track which is the recovery advocates and consultants UK.

recovery advocates and consultants UK. Now, I've been running that for 11 years Now, I've been running that for 11 years and it morphed into a women's service and it morphed into a women's service pretty quickly. Even though, take it pretty quickly. Even though, take it back further than that, when I was back further than that, when I was working in a men's prison on the therapy working in a men's prison on the therapy wing um as a 12step therapist, I was I I wing um as a 12step therapist, I was I I I was like, I need we need something for I was like, I need we need something for women. I just just kept coming into my women. I just just kept coming into my head all the time. Um it needs to be and head all the time. Um it needs to be and it's it's not hard for me to I know you it's it's not hard for me to I know you got to prove a need, but there is a got to prove a need, but there is a need. And I know from past personal need. And I know from past personal experiences that that's what's needed.

experiences that that's what's needed. >> And I don't feel like there's no off >> And I don't feel like there's no off enough of it. enough of it. And we have so many barriers to healing.

And we have so many barriers to healing. Okay. Okay. Okay. >> General life often is a barrier in >> General life often is a barrier in itself, isn't it?

itself, isn't it? >> So, so that so me so myself and re met. >> So, so that so me so myself and re met. So I'll go back to the so the women only So I'll go back to the so the women only wellness gathering is yes for business wellness gathering is yes for business women to showcase their way. They pay us women to showcase their way. They pay us to facilitate and then that money goes to facilitate and then that money goes to our charities. So RI has got a to our charities. So RI has got a community interest company called be community interest company called be kind to no excuses and that is that is kind to no excuses and that is that is targeted at teenage girls to look for targeted at teenage girls to look for the red flags in abusive relationships the red flags in abusive relationships >> because there's patterns. Yes.

>> because there's patterns. Yes. >> And I'm not saying that all I mean have >> And I'm not saying that all I mean have we all been in most a lot of women have we all been in most a lot of women have been in abusive relationship of some been in abusive relationship of some sort. They come it comes in different sort. They come it comes in different guyses. I'm not saying it's the other guyses. I'm not saying it's the other way around, but I'm talking because it way around, but I'm talking because it is, but I'm talking specifically about is, but I'm talking specifically about women.

women. women. >> Yeah. >> Yeah. >> Yeah. >> Um, >> Um, >> Um, and yeah, I I sorry, I was just thinking and yeah, I I sorry, I was just thinking about something RA said there cuz she's about something RA said there cuz she's very about about very about about men and women and and the violence and I men and women and and the violence and I won't go off track right now. I'll won't go off track right now. I'll probably go back to that.

probably go back to that. >> That's fine. >> That's fine. >> But there was a lot of um what was I >> But there was a lot of um what was I saying? you were saying about the young saying? you were saying about the young people's the red flags and less charity.

people's the red flags and less charity. >> So >> So >> So yeah, maybe like if I if I was like a yeah, maybe like if I if

I was like a 16year-old or 15year-old, 12year-old 16year-old or 15year-old, 12year-old even and I had an abusive relationship even and I had an abusive relationship or or was about to have one, would I or or was about to have one, would I have seen the red flags then? No, have seen the red flags then? No, because I didn't know about them.

because I didn't know about them. >> But if I did know about them, maybe it >> But if I did know about them, maybe it maybe maybe I would have listened. Maybe maybe maybe I would have listened. Maybe I wouldn't. But at least there's I wouldn't. But at least there's something there because for me there's something there because for me there's no point in in in society saying that no point in in in society saying that women should be educated or this is women should be educated or this is people but we're talking about women. Um people but we're talking about women. Um and you must get this A level and that A and you must get this A level and that A level and go and do your degree, go and level and go and do your degree, go and do your masters. What good is all that do your masters. What good is all that if you if it gets totaled and destroyed if you if it gets totaled and destroyed by your relationship that's toxic by your relationship that's toxic because that is that stays with you for because that is that stays with you for years. There's a lot of healing that years. There's a lot of healing that goes with that and you might never get goes with that and you might never get back on track.

back on track. So isn't it about I mean re is going to So isn't it about I mean re is going to ask that question at this parliamentary ask that question at this parliamentary session that she's going to and the session that she's going to and the question is like what are you going to question is like what are you going to do about that do about that you know because there's not enough you know because there's not enough education education education >> around domestic violence substance >> around domestic violence substance misuse domestic violence leading to misuse domestic violence leading to substance misuse so the pair of us substance misuse so the pair of us >> and vice versa I guess >> and vice versa I guess >> and vice versa and can you see how it's >> and vice versa and can you see how it's all interacting between what me and re all interacting between what me and re do and then the difficulty of getting do and then the difficulty of getting funding over the years funding over the years >> m >> m >> m >> creating our own wellness gathering >> creating our own wellness gathering which has taken a lot of years to even which has taken a lot of years to even think about what was going to what where think about what was going to what where we were going to go and how we were how we were going to go and how we were how it was going to happen and but I'm a big it was going to happen and but I'm a big believer in if people say if you got a believer in if people say if you got a business plan it's like not really not business plan it's like not really not really know I just know that this is really know I just know that this is needed and it like you said before it needed and it like you said before it just happens doesn't it?

just happens doesn't it? >> Yeah it does if it's meant to happen >> Yeah it does if it's meant to happen >> if it's needed it does cuz people go I >> if it's needed it does cuz people go I need that I need that and that's what's need that I need that and that's what's happening. Yeah. So at the gathering happening. Yeah. So at the gathering then it says for a couple of days in a then it says for a couple of days in a fabulous location outdoors so that fabulous location outdoors so that everybody can be grounding and everybody can be grounding and connecting with nature which is just connecting with nature which is just wonderful isn't it?

wonderful isn't it? >> What sort of workshops could somebody >> What sort of workshops could somebody expect that was going there? Okay so expect that was going there? Okay so there's workshops that I couldn't even there's workshops that I couldn't even tell you what they are that this is the tell you what they are that this is the thing there's so many but I will say thing there's so many but I will say there's like drumming circles.

there's like drumming circles. I I just love that there something so I I just love that there something so tribal and so tribal and so >> grounding and the music drumming circles >> grounding and the music drumming circles gongs.

gongs. gongs. >> Wonderful. >> Wonderful. >> Wonderful. >> Like at the ceremony we have a um over >> Like at the ceremony we have a um over the last couple of years there's always the last couple of years there's always been a gong at the top in the middle of been a gong at the top in the middle of the stones.

the stones. >> Wow. >> Wow. >> Wow. >> And the sun's the sun's setting and >> And the sun's the sun's setting and everyone's all of the women are together everyone's all of the women are together in a circle at the top of the

hill just in a circle at the top of the hill just being like unity.

being like unity. Um, Um, Um, so drumming, um, maybe raiki, maybe so drumming, um, maybe raiki, maybe stalls with selling jewelry like this, stalls with selling jewelry like this, this these stones and this these stones and >> Oh, lovely.

>> Oh, lovely. >> You know what I've got on? And >> You know what I've got on? And >> beads. Um, and >> beads. Um, and what else is there? what else is there?

Poetry as well. Journaling. Um, Poetry as well. Journaling. Um, this is really funny. I don't know what this is really funny. I don't know what to say this, but there's one There's a to say this, but there's one There's a craft craft tent and she makes we crush craft craft tent and she makes we crush your vaginas.

your vaginas. I know. And then then they put them all I know. And then then they put them all around the tent like that and it's just around the tent like that and it's just that sounds really weird. I know. But it that sounds really weird. I know. But it really good fun. Yeah.

really good fun. Yeah. >> Because I think it's about just >> Because I think it's about just getting not having the barriers. You getting not having the barriers. You know, you've heard of these things where know, you've heard of these things where women are kind of painting and or skinny women are kind of painting and or skinny dipping where there's like let's just go dipping where there's like let's just go that step further. Let's just like stop that step further. Let's just like stop all of this worry about what we're all of this worry about what we're doing. just try and like doing. just try and like >> go beyond fear and just become your >> go beyond fear and just become your authentic self authentic self >> without all of these society telling you >> without all of these society telling you what you can do, what you can't do, what what you can do, what you can't do, what you can say, which is definitely big for you can say, which is definitely big for women as well, isn't it? And how we need women as well, isn't it? And how we need to be a certain way. And if we're any to be a certain way. And if we're any different, then we're rebellious or different, then we're rebellious or we're we're burnt at the stake as a we're we're burnt at the stake as a witch.

witch. witch. >> Absolutely. That happened to me at the >> Absolutely. That happened to me at the Tower of London. Tower of London. >> You know what happened?

>> You know what happened? >> Going going around there with my kids, >> Going going around there with my kids, do you know what I mean? Then you go do you know what I mean? Then you go walk go through the different rooms that walk go through the different rooms that tell the story tell the story >> um in the sort of Middle Ages and they >> um in the sort of Middle Ages and they pull people out at random from the pull people out at random from the audience to take part and they pulled me audience to take part and they pulled me out to be burnt at the stake.

out to be burnt at the stake. >> I definitely was burnt at the stake >> I definitely was burnt at the stake >> which I thought was hilarious. >> which I thought was hilarious.

>> I've even got a tattoo here. Look. >> I've even got a tattoo here. Look. >> So that's and and she's not a witch, is >> So that's and and she's not a witch, is she? She's a woman.

she? She's a woman. >> A woman who has a a voice and was >> A woman who has a a voice and was probably a healer. probably a healer. >> Yeah. and she was so she was burnt at >> Yeah. and she was so she was burnt at the stick and then she's smoking a the stick and then she's smoking a cigarette. So basically saying like [__] cigarette. So basically saying like [__] you.

you. you. >> Yeah. >> Yeah. >> Yeah. Nice. Nice. Nice. So all sorts of things that it sounds So all sorts of things that it sounds like these workshops are quite diverse like these workshops are quite diverse which is exactly what you need, isn't which is exactly what you need, isn't it? Because there is no oneizefits-all, it? Because there is no oneizefits-all, is there?

is there? >> And that and that has come from so I'll >> And that and that has come from so I'll go back a bit. So

that's come from so go back a bit. So that's come from so I'm in recovery from drug drug addiction I'm in recovery from drug drug addiction and alcoholism and I'm 16 years in and alcoholism and I'm 16 years in recovery now. Congratulations recovery now. Congratulations >> recovery recovered. I don't care as you >> recovery recovered. I don't care as you know I I don't believe in people box know I I don't believe in people box putting you in boxes putting you in boxes or so my experience is that when I found or so my experience is that when I found recovery I know again I'm not going into recovery I know again I'm not going into the past too much but when I found the past too much but when I found recovery yes it was 12step meeting that recovery yes it was 12step meeting that I found I found >> and and and I'm really grateful for that >> and and and I'm really grateful for that like I really am because it's a great like I really am because it's a great grounding educational grounding educational lifesaver lifesaver lifesaver Yeah.

Yeah. Yeah. And And And and I was in there for quite a lot of and I was in there for quite a lot of years. years. years. Um I still have a tattoo on here. Your Um I still have a tattoo on here. Your will, not mine. Sort of kind of stepping will, not mine. Sort of kind of stepping out your own way.

out your own way. But there was no other option for me at But there was no other option for me at that time but to go into that 12step that time but to go into that 12step program.

program. program. And during the time that I was in that And during the time that I was in that program, I saw a lot of women come and program, I saw a lot of women come and go. There's a lot in there. there's a go. There's a lot in there. there's a lot more men I would say. Um, lot more men I would say. Um, but it's it's a malefounded program as but it's it's a malefounded program as well. And I think what I'm trying to say well. And I think what I'm trying to say is that although it's amazing and all is that although it's amazing and all there's a lot of thing I I'm look I I there's a lot of thing I I'm look I I believe in choice believe in choice >> because for some women they'll go into >> because for some women they'll go into those rooms and they'll say it's not for those rooms and they'll say it's not for me. I don't like it or they feel me. I don't like it or they feel intimidated by the the male presence.

intimidated by the the male presence. Right. And obviously men and women, you Right. And obviously men and women, you know, we we we I think the ultimate is know, we we we I think the ultimate is living together and and we'll all be living together and and we'll all be happy ever after, but I think there's a happy ever after, but I think there's a lot of healing on both sides.

lot of healing on both sides. >> And this is why I think that women only >> And this is why I think that women only safe spaces are really important. I'm safe spaces are really important. I'm not saying that mixed aren't important.

not saying that mixed aren't important. >> Yeah, I hear you. But I I believe that >> Yeah, I hear you. But I I believe that we should especially we should especially the trauma side because a lot so in my the trauma side because a lot so in my addiction there's been a lot of not addiction there's been a lot of not knowing myself knowing myself >> um you know and I hear a lot of women >> um you know and I hear a lot of women the same um the same um it being easily led by men it being easily led by men um being told that cuz I had a I had a um being told that cuz I had a I had a child being told that if I went to get child being told that if I went to get help from services that they would take help from services that they would take my child off me you know that that in my child off me you know that that in itself would stop me. Yeah, itself would stop me. Yeah, >> domestic abuse.

>> domestic abuse. As soon as you go into the services and As soon as you go into the services and it has to be that way within the it has to be that way within the services that they'll say apparently services that they'll say apparently then they'll say like you know okay so then they'll say like you know okay so what's your drug of ster you know they what's your drug of ster you know they have assessments have assessments but in that assessment is who's got the but in that assessment is who's got the children.

children. children. >> Mhm. >> Mhm. >> Mhm. >> And I understand safeguarding. >> And I understand safeguarding. >> Yes, >> Yes, >> Yes, >> of course. But what does that do to that >> of course. But what does that do to that lady in a lot of the cases? They ain't lady in a lot of the cases? They ain't coming back cuz they're so scared that coming back cuz they're so scared that you're going to take the child off them.

you're going to take the child off them. Yeah, Yeah, Yeah, sever the child off them. And it is that sever the child off them. And it is that serious. Um, so where is this long-term serious. Um, so where is this long-term keeping the child with the with the keeping the child with the with the parent and and keeping it all together?

parent and and keeping it all together? I understand that in some cases it's I understand that in some cases it's it's it's it's really important to to, you know, it's really important to to, you know, it's gone far and the children are, you know, gone far and the children are, you know, need to be removed or whatever. And I need to be removed or whatever. And I get that. Yeah, there are times it's the get that. Yeah, there are times it's the safest and the best thing to do.

safest and the best thing to do. Hopefully temporarily this the situation Hopefully temporarily this the situation will resolve. will resolve. >> But what I and I'm going to be bold >> But what I and I'm going to be bold about this cuz I was listening to a about this cuz I was listening to a podcast on the way here and it was about podcast on the way here and it was about being like 50.

being like 50. >> Now I'm not giving a a [__] about what I >> Now I'm not giving a a [__] about what I say. Mind you, I never have done because say. Mind you, I never have done because it's how I see it. It's my truth and it's how I see it. It's my truth and it's my experience and no one can take it's my experience and no one can take that away from me. No matter how people that away from me. No matter how people can wrap it up saying, well, this isn't can wrap it up saying, well, this isn't the case and oh, we've tried to do this the case and oh, we've tried to do this and do you know what? No, that's not my and do you know what? No, that's not my truth. And when I speak to a lot of truth. And when I speak to a lot of other women who've been in my situation, other women who've been in my situation, um, and another woman who's a professor um, and another woman who's a professor called Dr. Sue Robson, who has a place called Dr. Sue Robson, who has a place called Tina's Haven, uh, her daughter, called Tina's Haven, uh, her daughter, uh, it was around her daughter dying of uh, it was around her daughter dying of drug addiction and and and children drug addiction and and and children getting taken away. And there's so many getting taken away. And there's so many women involved in that that they're women involved in that that they're failing to realize like how how failing to realize like how how destructive that is. Um, and the only destructive that is. Um, and the only thing that when that happened to me, I thing that when that happened to me, I was in front of the social services, the was in front of the social services, the police, had I was had a violent police, had I was had a violent relationship at the time. Um, I didn't relationship at the time. Um, I didn't have a good relationship with my mom.

have a good relationship with my mom. >> All of these things I'm just saying a >> All of these things I'm just saying a fact for whatever reasons that that fact for whatever reasons that that that's what was happening at the time.

that's what was happening at the time. And I've did I felt while I was in those And I've did I felt while I was in those meetings, I had no voice. meetings, I had no voice.

>> Ah, okay. >> Ah, okay. >> That was very vulnerable. >> That was very vulnerable. No one cared about my opinion at all. No one cared about my opinion at all.

But as soon but the social services But as soon but the social services really do care about what people think really do care about what people think about them and what they're having to do about them and what they're having to do and they have to make sure that they're and they have to make sure that they're ticking their boxes. So if then if my ticking their boxes. So if then if my mother decides to step up and say I'll mother decides to step up and say I'll take the child and I' I can bring that take the child and I' I can bring that child up child up then that was okay with them then that was okay with them and I was left to and I really cannot and I was left to and I really cannot remember getting offered any support. It remember getting offered any support. It was a case of do you know what? I'm just was a case of do you know what? I'm just going to take more drugs now. Now I'm going to take more drugs now. Now I'm not a mother anymore. Now I don't have not a mother anymore. Now I don't have an identity.

an identity. So now what do you expect me to do? So now what do you expect me to do? >> Now I don't have anybody to try and stay >> Now I don't have anybody to try and stay clean for. You've just taken everything clean for. You've just taken everything away from me as if I don't matter. I'm away from me as if I don't matter. I'm I'm a

drug addict and I should be like I'm a drug addict and I should be like cast to the to the wayside. As long as cast to the to the wayside. As long as you've ticked your boxes, that's all you've ticked your boxes, that's all that matters, isn't it?

that matters, isn't it? I'd never thought about it like that I'd never thought about it like that before and now you're talking about it. before and now you're talking about it.

Yeah. And it's hard, isn't it, to get Yeah. And it's hard, isn't it, to get you, it's really hard because was I ever you, it's really hard because was I ever going to get well off drugs? Who knows?

going to get well off drugs? Who knows? But was I was there any proper But was I was there any proper interventions around that? Was there any interventions around that? Was there any support in me? I didn't see that.

support in me? I didn't see that. >> Um, >> Um, >> Um, so that's how I see it. So, am I right so that's how I see it. So, am I right in thinking that clearly you didn't see in thinking that clearly you didn't see them, but that places do exist them, but that places do exist where mom and child/children can go where mom and child/children can go together for together for >> mom to get some treatment, child to be >> mom to get some treatment, child to be >> have it needs met.

>> have it needs met. >> Yeah, there is. I didn't I had no idea >> Yeah, there is. I didn't I had no idea at the time. I didn't even know recovery at the time. I didn't even know recovery existed at the time.

existed at the time. >> I had no idea. See the funny what what's >> I had no idea. See the funny what what's really see addiction can happen to really see addiction can happen to anybody and yeah there's a lot of stigma anybody and yeah there's a lot of stigma especially as women again because we're especially as women again because we're the carers who would choose drugs over the carers who would choose drugs over their child only a wicked bad woman their child only a wicked bad woman would do that and it's so not so not would do that and it's so not so not true I've got a t-shirt that says um true I've got a t-shirt that says um nice people take drugs too nice people take drugs too you know because it it's societ it you know because it it's societ it happens and people tend not to to tend happens and people tend not to to tend to forget that alcohol is a drug.

to forget that alcohol is a drug. >> Yeah. >> Yeah. >> Yeah. >> Cigarettes is a drug. >> Cigarettes is a drug. >> Yeah. >> Yeah. >> Yeah. >> Uh food is a drug.

>> Uh food is a drug. >> You certainly with all the crap they put >> You certainly with all the crap they put in it nowadays. Do in it nowadays. Do >> you know what I mean? It's like so many >> you know what I mean? It's like so many things. Um pornography.

things. Um pornography. >> Yeah. >> Yeah. >> Yeah. >> Do you know um affairs, >> Do you know um affairs, um codependency, it's all there's always um codependency, it's all there's always something we're all disassociating from something we're all disassociating from because of life. How brutal life can be, because of life. How brutal life can be, how beautiful it can be, but how brutal how beautiful it can be, but how brutal it can be. And let's escape our it can be. And let's escape our feelings. Yeah.

feelings. Yeah. >> Um >> Um >> Um and so to judge somebody is probably the and so to judge somebody is probably the easiest thing to do, isn't it? But yeah, easiest thing to do, isn't it? But yeah, that's what kills people.

that's what kills people. >> Yeah. >> Yeah. >> Yeah. >> Um there's pain behind that. >> Um there's pain behind that. >> Yeah. >> Yeah. >> Yeah. >> Don't ask why the addiction like Garbo >> Don't ask why the addiction like Garbo Mart says, ask why the pain.

Mart says, ask why the pain. >> Yeah. >> Yeah. >> Yeah. >> Which was where I was sort of heading. >> Which was where I was sort of heading. And you only use the word brutal because And you only use the word brutal because you used it.

you used it. >> I just think it's a good word. I think >> I just think it's a good word. I think is a good word. So, is a good word. So, did the brutality of life or the drugs did the brutality of life or the drugs come first for you or were they fairly come first for you or were they fairly simultaneous or I think yeah, I mean simultaneous or I think yeah, I mean some people say it's not a drug problem, some people say it's not a drug problem, it's a coping with life problem. Um, I it's a coping with life problem. Um, I think I think I'm a very empathetic think I think I'm a very empathetic person. I think I've got, believe it or person. I think I've got, believe it or not, high emotional intelligence, which not, high emotional intelligence, which makes me I don't like saying the word makes me I don't like saying the word sensitive, but yes, sensitive to sensitive, but yes, sensitive to lots of things around me. It's kind of lots of things around me. It's kind of like it's brilliant in a lot of senses, like it's brilliant in a lot of senses, but some sometimes it can be a little but some sometimes it can be a little bit of a disability. Um, and then bit of a disability. Um, and then obviously as an adult, I've been obviously as an adult, I've been diagnosed with ADHD.

diagnosed with ADHD. And now that makes sense And now that makes sense being diagnosed with that even though being diagnosed with that even though people who know me go really like we people who know me go really like we knew that knew that >> do you know it's like >> do you know it's like >> surprised.

>> surprised. >> surprised. >> Yeah. It's not surprised. It's like but >> Yeah. It's not surprised. It's like but things are making sense now. things are making sense now. >> Yeah.

>> Yeah. >> Yeah. >> At school and me always wanting to be >> At school and me always wanting to be like an entrepreneur and selling things like an entrepreneur and selling things and and and talking all the time in and and and talking all the time in class and and and school not fitting in class and and and school not fitting in for me. Like I was good at violin. I was for me. Like I was good at violin. I was good at I was really good at music. I good at I was really good at music. I was good at um sports. um f art and then was good at um sports. um f art and then I moved schools to an academic school I moved schools to an academic school and then I fell out of the way. I fell and then I fell out of the way. I fell away from school and I was I never away from school and I was I never really went I didn't get any really went I didn't get any qualifications and I was drinking a lot.

qualifications and I was drinking a lot. My first encounter with alcohol was when My first encounter with alcohol was when I was 14 and I'd stole a babysitter's I was 14 and I'd stole a babysitter's sto I was babysitting sto I was babysitting um or 14 I was babysitting and um me and um or 14 I was babysitting and um me and my best friend thought it was a really my best friend thought it was a really really good idea to raid the drinks really good idea to raid the drinks cabinet cabinet cabinet thought brilliant idea. So we did and thought brilliant idea. So we did and then we were like on the um we were on then we were like on the um we were on the bridge of the village just the bridge of the village just absolutely mold and you know what I absolutely mold and you know what I thought God that feeling is amazing.

thought God that feeling is amazing. This is something that I I just felt This is something that I I just felt whole. I felt like it was something I've whole. I felt like it was something I've been looking for all my life.

been looking for all my life. >> That does sound pretty dangerous, >> That does sound pretty dangerous, >> doesn't it? >> doesn't it? >> Yeah. Whereas it years later when I >> Yeah. Whereas it years later when I spoke to people and they're not I spoke to people and they're not I haven't got a problem with it say well haven't got a problem with it say well it never made me feel like like that it never made me feel like like that >> you know it wasn't like everything to me >> you know it wasn't like everything to me and I think it's because I didn't and I think it's because I didn't whether whether it was perceived that I whether whether it was perceived that I didn't have love or I didn't didn't have love or I didn't because I believe my mother wasn't because I believe my mother wasn't capable of that at the time for whatever capable of that at the time for whatever reason in her background. um that that reason in her background. um that that that gave me that love that I needed.

that gave me that love that I needed. And you're right, it's dangerous. Yeah. And you're right, it's dangerous. Yeah. >> Yeah. Yeah. You were looking for a way >> Yeah. Yeah. You were looking for a way to meet the needs that you had.

to meet the needs that you had. >> Yeah. >> Yeah. >> Yeah. >> And that did it really well. >> And that did it really

well. >> And that did it. >> And that did it.

>> And then it was just a career from >> And then it was just a career from there. there. there. >> But bear in mind at school as well when >> But bear in mind at school as well when the teacher asks you what you want to be the teacher asks you what you want to be when you grow up, I didn't say drug when you grow up, I didn't say drug addict.

addict. addict. >> No. No. That would have been a surprise >> No. No. That would have been a surprise thing. Yeah. Did you did you know what thing. Yeah. Did you did you know what you wanted to do you wanted to do >> being you musical?

>> being you musical? >> Um, funnily enough, yeah, I wanted to be >> Um, funnily enough, yeah, I wanted to be a model, but I wanted to be 6' tall a model, but I wanted to be 6' tall and I wanted to be on Vogue in the and I wanted to be on Vogue in the catwalks.

catwalks. catwalks. So, I had my mom had a shop, a fashion So, I had my mom had a shop, a fashion shop. So, I used to she used to get shop. So, I used to she used to get Vogue on prescription. Ah, Vogue on prescription. Ah, >> or Vogue. I'm going vogue. That's my >> or Vogue. I'm going vogue. That's my northern accent. Um, and I would rip all northern accent. Um, and I would rip all the pages out and put them all over my the pages out and put them all over my wall. Yeah.

wall. Yeah. >> Um, I would have liked to have been a >> Um, I would have liked to have been a fashion designer, but I got taken out of fashion designer, but I got taken out of that school.

that school. >> Otherwise, that's where I probably would >> Otherwise, that's where I probably would have have have >> Yeah. >> Yeah. >> Yeah. >> I would have gone that way. Like my >> I would have gone that way. Like my niece is doing that right now.

niece is doing that right now. Um, but everything for a reason. And so Um, but everything for a reason. And so I I I I um I um so that's what I wanted to be. And I so that's what I wanted to be. And I thought one day they're going to I'll be thought one day they're going to I'll be able to stretch my body that'll have able to stretch my body that'll have something that they'll put in a something that they'll put in a stretcher and then I'll be six foot and stretcher and then I'll be six foot and then I can go on the catwalks in London.

then I can go on the catwalks in London. Um, that never happened. Um, I'm sure Um, that never happened. Um, I'm sure they could do something like that.

they could do something like that. >> A great imagination is down. It made me >> A great imagination is down. It made me miserable that I thought, God, if they miserable that I thought, God, if they don't, what am I going to do with my don't, what am I going to do with my life?

life? life? >> Do you know what I mean? >> Do you know what I mean? >> That's like fixed that that's what you >> That's like fixed that that's what you wanted to do.

wanted to do. >> Fixed. >> Fixed. >> Fixed. >> Wow. >> Wow. >> Wow. >> Um, so I've done bits of modeling, but >> Um, so I've done bits of modeling, but it wasn't like catwalk London Vogue it wasn't like catwalk London Vogue modeling. Um but then recently I I've modeling. Um but then recently I I've just been in the small bit small um f just been in the small bit small um f entrepreneur I also 100 um small entrepreneur I also 100 um small business Britain business Britain cohort.

cohort. cohort. >> Okay. So, the other week I went down to >> Okay. So, the other week I went down to London and I went to a small business London and I went to a small business Britain. Um, it was at Arsenal football Britain. Um, it was at Arsenal football club, uh, women's football, you know, club, uh, women's football, you know, because it's it's like empowering women because it's it's like empowering women and we can be who we want to be. And, and we can be who we want to be. And, >> um, and then I got my photograph taken >> um, and then I got my

photograph taken by a Vogue photographer.

by a Vogue photographer. >> Yes. Yes. >> Yes. Yes. >> I was like, never give up. >> I was like, never give up. >> No. >> No. >> No. >> Who would have thought? All those I talk >> Who would have thought? All those I talk years later.

years later. >> Yeah. >> Yeah. >> Yeah. >> I was like, this has happened. So, I'm >> I was like, this has happened. So, I'm waiting for this photograph to come. I'm waiting for this photograph to come. I'm going to plaster it everywhere.

going to plaster it everywhere. >> Go, girl. >> Go, girl. >> I will. So, it'll be if you ask me for a >> I will. So, it'll be if you ask me for a photograph, go. There's my photograph.

photograph, go. There's my photograph. Hopefully, it'll be nice. Hopefully, it'll be nice. >> Love it. If it comes before the podcast >> Love it. If it comes before the podcast airs, send it me and I'll put it in the airs, send it me and I'll put it in the links.

links. links. >> I just think it's a good a good thing of >> I just think it's a good a good thing of the message is don't give up because you the message is don't give up because you just do not know what's going to happen.

just do not know what's going to happen. >> Yeah. >> Yeah. >> Yeah. >> Like the relationship with my son, it's >> Like the relationship with my son, it's great.

great. great. >> It's great. you know, nothing has been >> It's great. you know, nothing has been hidden from him either hidden from him either >> and we're all right. It could have >> and we're all right. It could have turned out so differently.

turned out so differently. >> Yeah. Couldn't it? >> Yeah. Couldn't it? >> There's a huge spectrum there of what >> There's a huge spectrum there of what could have happened, isn't it?

could have happened, isn't it? >> Of course. >> Of course. >> So >> So >> So part going back going to the women going part going back going to the women going back to the women only wellness back to the women only wellness gathering.

gathering. gathering. It's just absolutely amazing place to be It's just absolutely amazing place to be and and and we we've kept the ticket prices we we've kept the ticket prices reasonable so we can include all women reasonable so we can include all women because some of these retreats that you because some of these retreats that you see are quite expensive aren't they?

see are quite expensive aren't they? >> Yeah. >> Yeah. >> Yeah. >> I can't afford them. Do you know it's a >> I can't afford them. Do you know it's a lot of money and how many people can lot of money and how many people can leave it depends what age group you are leave it depends what age group you are I suppose but leaving your business and I suppose but leaving your business and leaving your children or make it can be leaving your children or make it can be quite expensive to go to these retreats quite expensive to go to these retreats and it's another expense which is a lot and it's another expense which is a lot so do it in the community if you want to so do it in the community if you want to and stay at the weekend if you want to and stay at the weekend if you want to um you don't have to um but I think it's um you don't have to um but I think it's just just just it's just so beautiful that see all all it's just so beautiful that see all all everyone thriving and that's what it's everyone thriving and that's what it's about unity and everyone can have a about unity and everyone can have a piece of the cake.

piece of the cake. >> It's a community. >> It's a community. >> Do you get ladies there as well that >> Do you get ladies there as well that come from the abusive background?

come from the abusive background? >> Exactly what I was going to say. Thank >> Exactly what I was going to say. Thank you for that. That that's what was on my you for that. That that's what was on my mind. I was like, I

need to say this.

mind. I was like, I need to say this. Yes. Um I mean, obviously, you don't Yes. Um I mean, obviously, you don't know who's been through what, do you? know who's been through what, do you?

>> Of course, you don't. >> Of course, you don't. >> No. unless somebody chooses to speak. >> No. unless somebody chooses to speak. But there's um we actively send letters But there's um we actively send letters to refugees and rehabs, women only to refugees and rehabs, women only rehabs and offer them half price tickets rehabs and offer them half price tickets cuz a lot have funding. So we're like, cuz a lot have funding. So we're like, well, if we just meet them halfway, then well, if we just meet them halfway, then there's funding from the rehab to send there's funding from the rehab to send the women over and we'll go half price the women over and we'll go half price tickets so that they can experience tickets so that they can experience this. Last year, I was speaking to a a a this. Last year, I was speaking to a a a girl, a young woman. um we're doing a girl, a young woman. um we're doing a crafting session because I like to get crafting session because I like to get involved and I was it's how you speak to involved and I was it's how you speak to people the barriers come down people the barriers come down >> and she was in a um like a grooming >> and she was in a um like a grooming gang. She'd been like I won't mention gang. She'd been like I won't mention names or anything but was part of a names or anything but was part of a grooming gang anyway and she's out of grooming gang anyway and she's out of that now. Um but that was one of her that now. Um but that was one of her only safe spaces that she could go that only safe spaces that she could go that year knowing that she didn't have to year knowing that she didn't have to look over her shoulder.

look over her shoulder. >> Oh bless her. And it was so healing for >> Oh bless her. And it was so healing for her that she went, I'm going to bring her that she went, I'm going to bring some people that some of the women that some people that some of the women that I know next year. Was that okay, of I know next year. Was that okay, of course, it's okay, you know. Um, and course, it's okay, you know. Um, and this is the difference that that place this is the difference that that place is making. And it's a third space. It's is making. And it's a third space. It's not your It's not home life where you're not your It's not home life where you're so busy looking after everybody else.

so busy looking after everybody else. Uh, your work life where you're so busy Uh, your work life where you're so busy looking doing things for other people.

looking doing things for other people. >> Yeah. >> Yeah. >> Yeah. >> It's it's about you and giving yourself >> It's it's about you and giving yourself permission to just have some time out.

permission to just have some time out. That's wonderful. That's wonderful. And I really like the fact that, you And I really like the fact that, you know, obviously the attendees know, obviously the attendees will each individually know their own will each individually know their own backgrounds, but none of the others no backgrounds, but none of the others no do. And it's then the individual's do. And it's then the individual's choice choice choice as to what they disclose or not, as to what they disclose or not, >> of course, >> of course, >> how they interact.

>> how they interact. >> And that's the way I see it. the way the >> And that's the way I see it. the way the diversity of what you offers really diversity of what you offers really plays plays plays beautifully with their needs, doesn't beautifully with their needs, doesn't it?

it? it? >> And we're looking we're looking for more >> And we're looking we're looking for more bell tents. We're looking for more bell tents. We're looking for more sponsors.

sponsors. sponsors. Um the TP is funded every year uh by Um the TP is funded every year uh by local local PS cuz it's quite expensive local local PS cuz it's quite expensive for TP. Um and which helps us keep for TP. Um and which helps us keep prices down as well.

prices down as well. >> Yeah. >> Yeah. >> Yeah. >> And it's a lovely atmosphere with that >> And it's a lovely atmosphere with that that TP is just the central point. It's that TP is just the central point. It's just with a microphone and there women just with a microphone and there women just we have fire and fire going on as just we have fire and fire going on as well like um it's not just a fireworking well like um it's not just a fireworking and glass walking.

Um it's like a kind and glass walking. Um it's like a kind of ceremony. It it's not it's not weird of ceremony. It it's not it's not weird like or woowoo. It's just a lovely like or woowoo. It's just a lovely space.

space. space. >> Yeah. >> Yeah. >> Yeah. >> It's just you know if you want to heal >> It's just you know if you want to heal and you want to try and find ways to be and you want to try and find ways to be happy.

happy. happy. >> Yeah. Cuz healing is a is a funny thing, >> Yeah. Cuz healing is a is a funny thing, isn't it? isn't it? Even within ourselves, Even within ourselves, we need different we need different approaches to heal different things.

approaches to heal different things. >> Yeah. >> Yeah. >> Yeah. >> Some of them might be I'm going to call >> Some of them might be I'm going to call a counseling session, but some kind of a counseling session, but some kind of talking, whether that be to, you know, a talking, whether that be to, you know, a stranger or structured or just to stranger or structured or just to friends. Some of it might be having to friends. Some of it might be having to really challenge yourself like you really challenge yourself like you mentioned firew walking and glass mentioned firew walking and glass walking. That's really challenging walking. That's really challenging yourself.

yourself. yourself. >> Fear, isn't it? you know, >> Fear, isn't it? you know, others is just letting go in nature and others is just letting go in nature and standing in a stone circle and standing in a stone circle and >> Oh, yeah.

>> Oh, yeah. >> There's so many. >> There's so many. >> I just lie and look at the stars if you >> I just lie and look at the stars if you want to. You don't have to do a want to. You don't have to do a workshop.

workshop. workshop. >> Yeah. And music, like you say, you >> Yeah. And music, like you say, you mentioned a couple of music things. mentioned a couple of music things.

That's so important, isn't it? That's so important, isn't it? >> I love music in all different types of >> I love music in all different types of ways. I was even listening to some trans ways. I was even listening to some trans music and there's some like breathe in, music and there's some like breathe in, breathe out, trans and I was like, "Wow, breathe out, trans and I was like, "Wow, this is really good." But I also love this is really good." But I also love going to the gong ceremonies and yeah, I going to the gong ceremonies and yeah, I went to one with a shamanic harp um and went to one with a shamanic harp um and a digo a digo um and I god knows what else there were um and I god knows what else there were was going on, but it's just it's and was going on, but it's just it's and things every time I do something like things every time I do something like that and what other women say as well is that and what other women say as well is there's a shift or there's something there's a shift or there's something healed or healed or >> yeah like I was so my my I've got a >> yeah like I was so my my I've got a Irish wolf hound and um is my world and Irish wolf hound and um is my world and I have animals in my life because that I have animals in my life because that helps with my mental helps with my mental most of the time.

most of the time. >> And a dash is a dashound. >> And a dash is a dashound. >> She sleeps with me. She's like next to >> She sleeps with me. She's like next to me all the time. Um I've saluki cross me all the time. Um I've saluki cross with high energy rescue but keeps me with high energy rescue but keeps me right like he's he looks into my soul.

right like he's he looks into my soul. He's like, "Are you sure you're doing He's like, "Are you sure you're doing the right thing?" the right thing?" >> Wow.

>> Wow. >> Wow. >> Do you know what I mean? He's like, >> Do you know what I mean? He's like, >> and then I've got the wolf hound who's >> and then I've got the wolf hound who's just big, dorsy, bloody, big-hearted, just big, dorsy, bloody, big-hearted, beautiful bear. Yeah. Um, but he's over beautiful bear. Yeah. Um, but he's over 10 now, so he's on heart medication and 10 now, so he's on heart medication and he's he's he's >> So, but he's my world. Yeah.

>> So, but he's my world. Yeah. >> And he's my ground. He grounds me even >> And he's my ground. He grounds me even though I know that they don't live though I know that they don't live forever. Um, and he's been through so

forever. Um, and he's been through so much with me. Um, much with me. Um, but I went to the gong ceremony but I went to the gong ceremony and it's a lot to cope with and people and it's a lot to cope with and people who are animal lovers who've had elderly who are animal lovers who've had elderly pets will recognize this to know that pets will recognize this to know that every day is a blessing with him. Every every day is a blessing with him. Every day I have with him is a blessing. But day I have with him is a blessing. But that's hard to live with as well.

that's hard to live with as well. >> Yeah. >> Yeah. >> Yeah. >> Isn't it? >> Isn't it? >> Yes, it is. And and that's what I'm >> Yes, it is. And and that's what I'm living with in a day. Ever since he got living with in a day. Ever since he got diagnosed with um cardiomyopathy, which diagnosed with um cardiomyopathy, which is the heart condition. And is the heart condition. And you don't realize until you can actually you don't realize until you can actually relax. And so I was at this gong relax. And so I was at this gong ceremony. It was at Beish Museum. It was ceremony. It was at Beish Museum. It was beautiful. It was a bit like a Bridgeten beautiful. It was a bit like a Bridgeten thing. Um and I was like cuz I I was thing. Um and I was like cuz I I was listening to music. I was like, "Oh, listening to music. I was like, "Oh, can't relax, but I'm I'm not feeling any can't relax, but I'm I'm not feeling any shifts." Like, some people have visions, shifts." Like, some people have visions, some people have lots of different some people have lots of different >> mental shifts, and I I just wasn't. And >> mental shifts, and I I just wasn't. And but I know that about myself. It it it but I know that about myself. It it happens during the week, during the happens during the week, during the months, and then like nothing happened.

months, and then like nothing happened. Then all of a sudden, I got this Then all of a sudden, I got this overwhelming feeling, and I was just overwhelming feeling, and I was just like crying so deeply.

like crying so deeply. Um, and I think it must have lasted Um, and I think it must have lasted about a minute and then then I then it about a minute and then then I then it then it left. And that was about him then it left. And that was about him that had I'm not letting myself even that had I'm not letting myself even grieve that he's got grieve that he's got >> an illness. Yeah.

>> an illness. Yeah. >> And that he is going to he is Yeah. I >> And that he is going to he is Yeah. I can't even say the word, but can't even say the word, but >> I needed to heal.

>> I needed to heal. >> Yeah. >> Yeah. >> Yeah. >> And those spaces give you per give you >> And those spaces give you per give you permission to do. I'm not as I don't permission to do. I'm not as I don't like saying giving you permission, but like saying giving you permission, but give you the space to do that give you the space to do that >> because otherwise it's trapped emotions >> because otherwise it's trapped emotions inside and this is going to come out inside and this is going to come out physically, isn't it? 100%.

physically, isn't it? 100%. >> Right. And and of course it does. Like >> Right. And and of course it does. Like I've just been about my back this I've just been about my back this morning and yeah, it's sematic there.

morning and yeah, it's sematic there. Yeah. A little bit of arthritis. Yeah. Yeah. A little bit of arthritis. Yeah. I'm getting older, but there's nothing.

I'm getting older, but there's nothing. It's more to do with She said it's my It's more to do with She said it's my tension and my stress. Yes. tension and my stress. Yes.

Yep. I 100% think that emotions have a Yep. I 100% think that emotions have a significant role to play cuz they buy significant role to play cuz they buy into our stress often. Not always, but into our stress often. Not always, but often. And stress makes our body sick.

often. And stress makes our body sick. Yeah. A little bit of stress is good. We Yeah. A little bit of stress is good. We need a bit of stress. Um it motivates need a bit of stress. Um it motivates us. It gets us going. It gets things us. It gets us going. It gets things physically in our bodies moving around.

physically in our bodies moving around. All the chemicals and all the hormones All the chemicals and all the hormones and everything gets them all moving and and everything gets them all moving and we need it.

we need it. >> But we need to be in charge of the >> But we need to be in charge of the stress and not it in charge of us cuz stress and not it in charge of us cuz that's where the problems lie, isn't it?

that's where the problems lie, isn't it? >> Totally. And and the pain as well. I >> Totally. And and the pain as well. I don't want to take medication. I don't don't want to take medication. I don't want to take lots of painkillers.

want to take lots of painkillers. I want to be able to holistically deal I want to be able to holistically deal with this. I'm not saying that it's with this. I'm not saying that it's possible for everybody.

possible for everybody. >> No, of course you're not. >> No, of course you're not. >> You know, and it isn't. And some people >> You know, and it isn't. And some people excruciating pain and they need to take excruciating pain and they need to take something. But I feel like I have a something. But I feel like I have a choice. And with my addiction as well, choice. And with my addiction as well, I've got to put a factor that.

I've got to put a factor that. >> Yes. >> Yes. >> Yes. >> Um cuz I'm probably really going to like >> Um cuz I'm probably really going to like that pain relief. Um and maybe maybe I that pain relief. Um and maybe maybe I could control it now, but I'm not going could control it now, but I'm not going to take that risk.

to take that risk. >> No, I don't blame you. you know, save it >> No, I don't blame you. you know, save it for an instance where maybe you have to. for an instance where maybe you have to.

>> Yes. Yeah. 100%. >> Yes. Yeah. 100%. >> Um, so cold water swimming helps, but I >> Um, so cold water swimming helps, but I can't go to the beach every day, but can't go to the beach every day, but that really, really helps with the paras that really, really helps with the paras I kind of never say parasthetic system I kind of never say parasthetic system and the vagus nerve.

and the vagus nerve. >> Yeah. >> Yeah. >> Yeah. >> Um, and it just calms my system >> Um, and it just calms my system completely and the inflammation goes and completely and the inflammation goes and I'm just a I'm just a >> you could say anything to me and I'm not >> you could say anything to me and I'm not bothered. Oh, yeah. Whatever. you know bothered. Oh, yeah. Whatever. you know that um but I just that um but I just yeah if if I can just ease into the pain yeah if if I can just ease into the pain now now now >> and go it's okay it's not that bad >> and go it's okay it's not that bad >> because my brain is telling me that it >> because my brain is telling me that it is and it's trying to protect me and is and it's trying to protect me and when it's trying to protect me it's it's when it's trying to protect me it's it's giving me more pain giving me more pain >> right somebody said to me >> right somebody said to me and it kind of works I did try it when and it kind of works I did try it when you get some pain talk to it.

you get some pain talk to it. >> Yeah. Ask it. So, why are you there? >> Yeah. Ask it. So, why are you there? What purpose are you serving? What are What purpose are you serving? What are you trying to tell me?

you trying to tell me? >> Yeah. >> Yeah. >> Yeah. >> And as a medic, people might look at me >> And as a medic, people might look at me and think, are you off your nut, Dr.

and think, are you off your nut, Dr. Eastwood? Eastwood? Eastwood? >> I'm like, well, no, because >> I'm like, well, no, because the body is a whole entity and we do not the body is a whole entity and we do not understand it all scientifically and understand it all scientifically and clinically.

clinically. clinically. And yes, I do not doubt for a second And yes, I do not doubt for a second that there are types of pain that we that there are types of pain that we need to intervene with.

need to intervene with. But But But how, you know, what what harm is it how, you know, what what harm is it going to do if you say to yourself, going to do if you say to yourself, "Come on then, pain. What are you all "Come on then, pain. What are you all about? What do you need? What can I do?" about? What do you need? What can I do?" And sometimes that can just relieve the And sometimes that can just relieve the stress and the tension and ease the pain stress and the tension and ease the pain a little.

a little. >> What's wrong with that? >> What's wrong with that? >> Nothing. Exactly. Well, our bodies >> Nothing. Exactly. Well, our bodies produce chemicals, natural chemicals produce chemicals, natural chemicals anyway for healing. And if I can go into anyway for healing. And if I can go into the water and not take any drugs, but the water and not take any drugs, but come out and feel really good and the come out and feel really good and the pains pains pains >> the the is it the inflammation >> the the is it the inflammation >> has eased then I didn't take any >> has eased then I didn't take any medication there. I took natural medication there. I took natural medication.

medication. medication. >> Yes. >> Yes. >> Yes. >> I think there's a place for everything >> I think there's a place for everything and every isn't there?

and every isn't there? >> Yeah. >> Yeah. >> Yeah. >> But don't like diss it cuz there is >> But don't like diss it cuz there is there is a lot. I know med science. Is there is a lot. I know med science. Is it science? and they'll say, "Well, it science? and they'll say, "Well, we've come on a long way. We don't we've come on a long way. We don't really All right. So, here's an example really All right. So, here's an example of that." With my dogs, I went to see um of that." With my dogs, I went to see um he's called Dr. Love and he's I know and he's called Dr. Love and he's I know and he's um he's a he's um he's a cardiomyopathy, well, heart specialist cardiomyopathy, well, heart specialist for dogs. Yeah. And when I was talking for dogs. Yeah. And when I was talking to other vets, there there was I feed my to other vets, there there was I feed my dogs raw.

dogs raw. So, I'll got a big big freezer full of So, I'll got a big big freezer full of like chicken. They eat they eat amazing like chicken. They eat they eat amazing chicken, salmon, duck, rabbit. Do you chicken, salmon, duck, rabbit. Do you know it's all frozen and I'll get kibble know it's all frozen and I'll get kibble and I'll just mix a bit in, not loads and I'll just mix a bit in, not loads cuz there's a lot of protein and they cuz there's a lot of protein and they can put weight on but just a bit. And oh can put weight on but just a bit. And oh no, you know, we've come a long way.

no, you know, we've come a long way. Your kibble has all of that in it. You Your kibble has all of that in it. You don't need to be doing that. It's really don't need to be doing that. It's really dangerous. I speak to Dr. Love and he's dangerous. I speak to Dr. Love and he's like, "Well, I just see nothing wrong like, "Well, I just see nothing wrong with that. Like, if they're thriving on with that. Like, if they're thriving on that, what's the problem?" And then I that, what's the problem?" And then I said, "And I get my kibble from little." said, "And I get my kibble from little." and he's he's like absolutely fine.

and he's he's like absolutely fine. There's nothing wrong with that either. There's nothing wrong with that either. >> Yeah. >> Yeah. >> Yeah. >> And he would be the one who to tell me >> And he would be the one who to tell me different. Um and they're thriving.

different. Um and they're thriving. >> So there you go. So that that's what I'm >> So there you go. So that that's what I'm saying again. It's like get back to saying again. It's like get back to basics sometimes, isn't it? Yeah. Nature basics sometimes, isn't it? Yeah. Nature provides. Absolutely. And if we provide provides. Absolutely. And if we provide our bodies with the nutrition that it our bodies with the nutrition that it needs, it's far better than popping a needs, it's far better than popping a pill. Yeah. It's far better than popping pill. Yeah. It's far better than popping a pill. And the body were actually a pill. And the body were actually giving it the tools that it needs to giving it the tools that it needs to heal itself.

heal itself. It's not It's not hard, is it? It's not It's not hard, is it? >> No. >> No. >> No. >> Do you think it's a lot about I mean, >> Do you think it's a lot about I mean, I'm just going to put this out there cuz I'm just going to put this out there cuz you might.

you might. >> Go for it. >> Go for it. >> It's a lot about money making 100%. >> It's a lot about money making 100%. You were going to say that money making You were going to say that money making >> 100%. It's the money making from the >> 100%. It's the money making from the food industry, from big farmer.

food industry, from big farmer. how that all links in to the government how that all links in to the government of the country and the big businesses of the country and the big businesses that are involved in both of those that are involved in both of those industries. And it goes all the way industries. And it goes all the way back, in my belief, to

the education back, in my belief, to the education system system system and medicine. I'm not leaving any of and medicine. I'm not leaving any of them out. They're all guilty. They're them out. They're all guilty. They're all guilty. They are, all guilty. They are, >> you know, where we're told, >> you know, where we're told, you know, this is what you need to do you know, this is what you need to do and this is how you need to do it. I and this is how you need to do it. I mean, when was it? back in mean, when was it? back in >> in the postwar period period. I mean >> in the postwar period period. I mean that was a very long time ago now that was a very long time ago now obviously for but that was when they obviously for but that was when they turned the food requirements on the turned the food requirements on the head.

head. head. >> All right. And made it that you know >> All right. And made it that you know your grains, your carbohydrates, your grains, your carbohydrates, your starches had to be the biggest your starches had to be the biggest thing on your plate.

thing on your plate. >> Okay? >> Okay? >> Okay? >> Because that was what was more easily >> Because that was what was more easily accessible accessible accessible and cheaper to produce. And that was all and cheaper to produce. And that was all governed by companies. Here we go.

governed by companies. Here we go. Companies like Kelloggs and other big Companies like Kelloggs and other big names. Sorry, Kelloggs, but I can't names. Sorry, Kelloggs, but I can't think of any more at the moment. But think of any more at the moment. But lots of other big food companies out lots of other big food companies out there who could make an absolute fortune there who could make an absolute fortune >> from selling people a product that no >> from selling people a product that no doubt they have curated and researched doubt they have curated and researched and think is wonderful, but in terms of and think is wonderful, but in terms of what the human body needs for nutrition, what the human body needs for nutrition, it's [__] Yeah.

it's [__] Yeah. and and the whole food industry is and and the whole food industry is another thing, isn't it? And the psych another thing, isn't it? And the psych psych psychology behind that. So, what I psych psychology behind that. So, what I found is so when I'm I've had to work found is so when I'm I've had to work full time the last couple of years full time the last couple of years through a breakup, but um but my through a breakup, but um but my thinking is thinking is my thinking is they exploit workers. So, my thinking is they exploit workers. So, you're working, you're paying more tax, you're working, you're paying more tax, you're paying more, you you know, you're you're paying more, you you know, you're working all of the time, you're working all of the time, you're stressed, you've got no time, you're stressed, you've got no time, you're going to the supermarkets, they're going to the supermarkets, they're designed to make you buy all the designed to make you buy all the rubbish. And the more it says this is rubbish. And the more it says this is full of protein, the more it isn't. Do full of protein, the more it isn't. Do you know there's like all of these you know there's like all of these things that you haven't got the time or things that you haven't got the time or the brain energy to even think about the brain energy to even think about eating healthily half the time?

eating healthily half the time? >> And they're just making money off you. >> And they're just making money off you. Yeah. And all this stuff about low fat Yeah. And all this stuff about low fat is good for you. Well, excuse me. Let's is good for you. Well, excuse me. Let's go back to, you know, thousands of years go back to, you know, thousands of years ago before there were shops, you know, ago before there were shops, you know, or populations that are still scattered or populations that are still scattered around the world that have very little around the world that have very little contact with the outside world and still contact with the outside world and still live within their own environment.

live within their own environment. >> Yeah. >> Yeah. >> Yeah. >> They eat from the land. >> They eat from the land. >> Mhm. >> Mhm. >> Mhm. >> You know, they eat from what there is >> You know, they eat from what there is around them in their own environment around them in their own environment and and and >> and take what they need.

>> and take what they need. >> And take what they need and nurture the >> And take what they need and nurture the rest. Mhm. rest. Mhm. >> Generally speaking, we don't see any of >> Generally speaking, we don't see any of them being fat.

them being fat. >> No, >> No, >> No, >> we don't see any of them being tanked up >> we don't see any of them being tanked up on medications on medications >> because they're providing their body >> because they're providing their body natural natural natural >> natural medication, too.

>> natural medication, too. >> Nourishment and seasonal nourishment as >> Nourishment and seasonal nourishment as well. We don't have any seasons in our well. We don't have any seasons in our food anymore food anymore >> cuz our bodies need different things >> cuz our bodies need different things during the winter than what they need during the winter than what they need during the summer. And yet we are during the summer. And yet we are provided with everything all year round provided with everything all year round pretty much.

pretty much. >> Bodies don't work like that. But where's >> Bodies don't work like that. But where's the education around that anyway? Where the education around that anyway? Where is the people don't know? And then you is the people don't know? And then you know I do think things are expensive as know I do think things are expensive as well. It's easier to go in and I mean I well. It's easier to go in and I mean I don't not saying everything's I mean don't not saying everything's I mean everything's gone up but I don't know.

everything's gone up but I don't know. I've seen these protein meals and it's I've seen these protein meals and it's and it's just easy to get one of them and it's just easy to get one of them for like £2.75. shot it in the for like £2.75. shot it in the microwave. That looks quite healthy cuz microwave. That looks quite healthy cuz it's got a bit of chicken and a bit of it's got a bit of chicken and a bit of rice in it. I I don't don't know cuz I rice in it. I I don't don't know cuz I can't be bothered to look at the actual can't be bothered to look at the actual back of it and I wouldn't know what half back of it and I wouldn't know what half of it is anyway. um than if you're of it is anyway. um than if you're working and you've got no time. This is working and you've got no time. This is to source pure stuff and think about to source pure stuff and think about what I'm going to eat tonight and think what I'm going to eat tonight and think about this and and this is where this is about this and and this is where this is where they get you and it's where they get you and it's >> yeah and but then we're suffering >> yeah and but then we're suffering physically as a result of what we're physically as a result of what we're putting in our bodies and then that's putting in our bodies and then that's more strain on the NHS and that's most more strain on the NHS and that's most strain on everything. So what is going strain on everything. So what is going on?

on? on? >> I think we need a reset. I think if it >> I think we need a reset. I think if it was taught if if if we were taught in was taught if if if we were taught in schools the priority of being a human schools the priority of being a human and functioning in the world above and functioning in the world above academic qualifications.

academic qualifications. If we were taught how our body actually If we were taught how our body actually uses food and therefore what we need to uses food and therefore what we need to put in it, how to find those things, how put in it, how to find those things, how to cook with those things, to cook with those things, >> we wouldn't be in a place now in my >> we wouldn't be in a place now in my opinion where we need so much medication opinion where we need so much medication and intervention and we wouldn't be and intervention and we wouldn't be pummeling a shedload of money into big pummeling a shedload of money into big farmer and to these big food farmer and to these big food corporations corporations corporations that are just filling us full of E that are just filling us full of E numbers and preservatives And you know, numbers and preservatives And you know, you look on the back of a packet and you look on the back of a packet and there's like the top two ingredients are there's like the top two ingredients are generally water and some kind of either generally water and some kind of either sugar or synthetic oil.

sugar or synthetic oil. >> Yeah. >> Yeah. >> Yeah. >> And you're like, well, what what does my >> And you're like, well, what what does my body water? Yeah. Okay. But the rest, body water? Yeah. Okay. But the rest, what does my body need with that?

what does my body need with that? >> Like, so what? So, going back to the >> Like, so what? So, going back to the women only wellness community. women only wellness community.

I mean, we I'm talking about a snapshot I mean, we I'm talking about a snapshot of this because it's only for a weekend, of this because it's only for a weekend, >> but we all all of us are saying, right, >> but we all all of us are

saying, right, that we could live like that. We would I that we could live like that. We would I mean, I know we have community, but I'm mean, I know we have community, but I'm on about like we could all whenever you on about like we could all whenever you want to speak to somebody and there's want to speak to somebody and there's all of these women around. I mean, I all of these women around. I mean, I don't I'm not I don't know even know don't I'm not I don't know even know where men are fitting right now. I'm where men are fitting right now. I'm really sorry, but like really sorry, but like >> um it's so we're we're we're supporting >> um it's so we're we're we're supporting each other. I could do you know like I each other. I could do you know like I was even putting up this I don't know if was even putting up this I don't know if you heard of a red tent. It's when years you heard of a red tent. It's when years ago uh women used to be um uh sent to ago uh women used to be um uh sent to the red tent the red tent >> when they were menrating.

>> when they were menrating. >> Yeah. And they would be crafting and >> Yeah. And they would be crafting and things. So a couple of years ago we had things. So a couple of years ago we had a red tent. We just happened to get one a red tent. We just happened to get one of the farmer cuz he's really into of the farmer cuz he's really into mental the mental health and the men's mental the mental health and the men's side and really supportive and he left side and really supportive and he left it up so we used it. Um, it up so we used it. Um, and and and the tent was tied in knots, a knot that the tent was tied in knots, a knot that I I had no idea what that knot was. And I I had no idea what that knot was. And I always say the universe will put I always say the universe will put whatever the universe is to you. Like it whatever the universe is to you. Like it could be anything, nature, whatever your could be anything, nature, whatever your higher power is, you know. Um, so higher power is, you know. Um, so puts in my puts people in my way, puts puts in my puts people in my way, puts things in my way. And it's not things in my way. And it's not coincidence.

coincidence. coincidence. >> It 100% isn't coincidence. So I don't >> It 100% isn't coincidence. So I don't go, "Oh, I've just met this person." I'm go, "Oh, I've just met this person." I'm like, wonder why I'm meeting this person like, wonder why I'm meeting this person today. Yeah, there's something bigger in today. Yeah, there's something bigger in this. And so this woman walks past and this. And so this woman walks past and says, "You wouldn't know how to do this says, "You wouldn't know how to do this knot, would you? Of course I did. I did knot, would you? Of course I did. I did like I was in the girl guides and I like I was in the girl guides and I taught this and I did that and I did taught this and I did that and I did that and of course I know how to undo that and of course I know how to undo that knot." I was, "Of course you did." that knot." I was, "Of course you did." >> Yeah.

>> Yeah. >> Yeah. >> Of course you know. >> Of course you know. >> Yeah. >> Yeah. >> Yeah. >> And this kept these are our wow moments >> And this kept these are our wow moments that keep happening all the time and the that keep happening all the time and the stories underneath.

stories underneath. Um, but the community side of it, like Um, but the community side of it, like there's always someone I can ask or there's always someone I can ask or speak to that will speak to that will help in whatever way that they can or help in whatever way that they can or you know, just the healing, just the the you know, just the healing, just the the being there for each other, the unity.

being there for each other, the unity. >> Yeah. And that's the way it used to be, >> Yeah. And that's the way it used to be, isn't it? isn't it? >> Yeah. That's the way it used to be, >> Yeah. That's the way it used to be, isn't it? When we lived in tribes and, isn't it? When we lived in tribes and, you know, smaller populations.

you know, smaller populations. >> I mean, lot of hopes. I think it was. M >> I mean, lot of hopes. I think it was. M there wasn't all of this just for me and there wasn't all of this just for me and this greed and this this class system this greed and this this class system and and and not to the I don't I don't even know not to the I don't I don't even know what else to say.

what else to say. >> I mean that's what we're always told >> I mean that's what we're always told isn't it that you know the the tribes isn't it that you know the the tribes were self-sufficient and were self-sufficient and >> people played to their strengths >> people played to their strengths whatever that might have been.

whatever that might have been. >> Yeah. >> Yeah. >> Yeah. >> You know it might well have been >> You know it

might well have been traditionally that the men were the traditionally that the men were the hunter gatherers and the women you know hunter gatherers and the women you know did the child care and which is where did the child care and which is where our traditional values come from. But our traditional values come from. But that's playing to a person's strengths.

that's playing to a person's strengths. It's not about the gender as such. It's not about the gender as such. >> Yeah. >> Yeah. >> Yeah. >> It just happens that men tend to be >> It just happens that men tend to be >> stronger than women generally speaking.

>> stronger than women generally speaking. >> Yeah. >> Yeah. >> Yeah. >> You know, and women are tend to be >> You know, and women are tend to be better nurturers. But again, not all.

better nurturers. But again, not all. >> No. Exactly. >> No. Exactly. >> You know, >> You know, and there's no gender in a healer. and there's no gender in a healer.

>> No, there isn't. >> No, there isn't. So, you know, it gen that's my belief So, you know, it gen that's my belief that, you know, we were all there as a that, you know, we were all there as a community so that we could all play to community so that we could all play to our strengths for the strength of the our strengths for the strength of the tribe, for the strength of everybody, so tribe, for the strength of everybody, so that we all survived and we all did that we all survived and we all did well.

And now we're just put in little silos And now we're just put in little silos and kept apart, aren't we? Which is why and kept apart, aren't we? Which is why your event, your event, we are kept apart, divided, and conquer.

we are kept apart, divided, and conquer. Yeah. That's why your event is so Yeah. That's why your event is so empowering because people from different empowering because people from different walks of life come together that have walks of life come together that have had different experiences had different experiences >> and can each contribute different things >> and can each contribute different things >> can provide their strengths.

>> can provide their strengths. >> Great way of putting it. >> Great way of putting it. >> Thank you. >> Thank you. >> I like that one. I'll use that one.

>> I like that one. I'll use that one. >> Feel free. >> Feel free. >> But but it is, isn't it? M >> But but it is, isn't it? M >> provide their strength and you know >> provide their strength and you know they're celebrated they're celebrated and and and we we're it's not like oh and and and we we're it's not like oh god it's we're trying not to have this god it's we're trying not to have this competition. It's like brilliant. I'm competition. It's like brilliant. I'm getting celebrated so we're going to getting celebrated so we're going to celebrate you as well celebrate you as well >> and we're all going to celebrate each >> and we're all going to celebrate each other other other >> and we're all going to rise together and >> and we're all going to rise together and cuz there's enough food to go around.

cuz there's enough food to go around. That's the idea. That's the idea. >> Yes. >> Yes. >> Yes. >> Yeah. We're trying. If it isn't then we >> Yeah. We're trying. If it isn't then we all go hungry.

all go hungry. >> Exactly. >> Exactly. >> Exactly. Somebody said, I can't remember who said Somebody said, I can't remember who said it, it, it, go where you celebrated, not tolerated.

go where you celebrated, not tolerated. >> Yeah, I hear that a lot, that you have a >> Yeah, I hear that a lot, that you have a seat at my table. seat at my table. >> It's, >> It's, >> It's, you know, if you know, we're not going you know, if you know, we're not going to get on with absolutely everybody.

to get on with absolutely everybody. >> No. >> No. >> No. >> So, and there's nothing wrong with that. >> So, and there's nothing wrong with that. >> No.

>> No. >> No. >> You know, so just mutually go elsewhere. >> You know, so just mutually go elsewhere. >> Yeah. >> Yeah. >> Yeah. which is why if there's a community you which is why if there's a community you can you feel

free to go where you want can you feel free to go where you want and and you don't know what people are and and you don't know what people are what what's going on for that person what what's going on for that person that you're actually not getting on with that you're actually not getting on with that day anyway do you so just that day anyway do you so just >> it it just evolves and it just >> it it just evolves and it just everybody's there for each other and everybody's there for each other and >> because there's just too much >> because there's just too much competition and too much climbing to the competition and too much climbing to the top of career ladders and trying to be top of career ladders and trying to be like men to do that and then the men you like men to do that and then the men you know the podcast I was listening to was know the podcast I was listening to was still about women CEOs you know there's still about women CEOs you know there's still only % at but they they would be still only % at but they they would be women CEOs at like 56 and then after women CEOs at like 56 and then after that we're just invisible and kind of that we're just invisible and kind of and even getting to that is hard enough and even getting to that is hard enough and it's male-dominated and it's still and it's male-dominated and it's still unfortunately there's still a lot of unfortunately there's still a lot of that that that >> a lot um and so it's tough for us so >> a lot um and so it's tough for us so what so as women we need to stick what so as women we need to stick together together together why why you know why aren't we sitting why why you know why aren't we sitting that's what we need to do that's what we need to do >> because we need to survive ourselves we >> because we need to survive ourselves we need to thrive. And it's not so long ago need to thrive. And it's not so long ago that we got the we did we didn't get the that we got the we did we didn't get the vote. We got the vote.

vote. We got the vote. >> Um what else could we not do years ago >> Um what else could we not do years ago that we can do now? Um but not that long that we can do now? Um but not that long ago. All ago. All >> sorts. Couldn't go to school. Couldn't >> sorts. Couldn't go to school. Couldn't get any kind of further education.

get any kind of further education. >> God. >> God. >> God. >> And you forget that, don't you? Cuz you >> And you forget that, don't you? Cuz you think you've got and then sometimes I think you've got and then sometimes I think we we can do too much and then think we we can do too much and then really do I just want to be a wife at really do I just want to be a wife at home with the kids? I don't know. Um but home with the kids? I don't know. Um but no, I I definitely like the choice um no, I I definitely like the choice um balance. I think but not being told that balance. I think but not being told that I can't do this or I can't do that or I can't do this or I can't do that or I'm not worthy anymore because I'm not I'm not worthy anymore because I'm not the media in the media's eyes. This is the media in the media's eyes. This is this podcast that I'm not 20 years old this podcast that I'm not 20 years old and I'm not playing up to the patriarchy and I'm not playing up to the patriarchy by looking like a page three girl or you by looking like a page three girl or you know I think we bring wisdom and our age know I think we bring wisdom and our age as well. I'm going on to age now but as as well. I'm going on to age now but as the women as a community so that what the women as a community so that what I'm saying is nobody should be feeling I'm saying is nobody should be feeling visible either.

visible either. >> Do you know we should all be supporting >> Do you know we should all be supporting each other wherever stage of life we're each other wherever stage of life we're at.

at. at. >> Yes. and not feel. So, we shouldn't be >> Yes. and not feel. So, we shouldn't be invisible. And it's it's not a midlife invisible. And it's it's not a midlife crisis. It's a midlife catalyst.

crisis. It's a midlife catalyst. >> Yeah. An awakening. >> Yeah. An awakening. I've never been happier than I am at my I've never been happier than I am at my age, you know.

age, you know. >> Wonderful. >> Wonderful. >> Wonderful. >> And this is this is the catalyst. >> And this is this is the catalyst. >> Yeah. >> Yeah. >> Yeah.

>> This is the awakening. >> This is the awakening. It's you fulfilling It's you fulfilling the things that you've always wanted to the things that you've always wanted to do. And the fact that both you and Riad do. And the fact that both you and Riad put this together, put this together, >> that you've got a community online as >> that you've got a community online as well, that you both have charities.

well, that you both have charities. Yeah, Yeah, Yeah, >> that are supported. The fact you're >> that are supported.

The fact you're getting sponsorship getting sponsorship >> for all of those things just speaks >> for all of those things just speaks reams about the good that you're doing.

reams about the good that you're doing. >> Keep it up. I love skint. >> Keep it up. I love skint. No, this is another thing. Yeah, I have No, this is another thing. Yeah, I have what I need. Whereas years ago, I would what I need. Whereas years ago, I would chase all of this. So, it is a real big chase all of this. So, it is a real big thing here. I have community. Um, I live thing here. I have community. Um, I live on my own, but I have a community of on my own, but I have a community of women around me. I um I've been I was at women around me. I um I've been I was at London the other week. I'm here today.

London the other week. I'm here today. I'm doing something else. I'm doing something else. >> I'm not I've got food in my belly. I've >> I'm not I've got food in my belly. I've got I've got everything that I need got I've got everything that I need >> and more.

>> and more. >> Yeah. >> Yeah. >> Yeah. >> Because I've doing what I'm passionate >> Because I've doing what I'm passionate about and not chasing the next high, the about and not chasing the next high, the next next next >> fix, the next in in whatever way that >> fix, the next in in whatever way that form that comes into. But I do have to form that comes into. But I do have to on a daily basis remember that and on a daily basis remember that and ground myself and I have to work on ground myself and I have to work on myself with meditation and podcasts and myself with meditation and podcasts and and helping others and I I I do do that.

and helping others and I I I do do that. So it's it's it's really put your soul So it's it's it's really put your soul in it as well. It's like be a role in it as well. It's like be a role model, be an example.

model, be an example. >> Yeah. Yeah. I think ultimately >> Yeah. Yeah. I think ultimately as humans as humans we get most out of life when we are we get most out of life when we are giving. Definitely.

giving. Definitely. Definitely Definitely Definitely >> without expectation of anything in >> without expectation of anything in return. return. return.

>> Yeah, without expectation is the is is >> Yeah, without expectation is the is is key. key. key. >> Wonderful. >> Wonderful. >> Wonderful. >> Thank you so much.

>> Thank you so much. >> Well, hopefully I shall get to your >> Well, hopefully I shall get to your event. I know I can't I can't come this event. I know I can't I can't come this year and I wish I could. Um but yeah, year and I wish I could. Um but yeah, I'll be there next year.

I'll be there next year. >> Just share the please try and come one >> Just share the please try and come one year. year. year. >> Oh, I will. I'll be there. You ain't >> Oh, I will. I'll be there. You ain't seen the last of me, darling.

seen the last of me, darling. >> Brilliant.