

FUNCTIONAL REFLEX THERAPY

The main aim for the project is to offer training to staff (and those pupils that are able) to share the skills to deliver the FRT Rainbow Relaxation Programme for emotional wellbeing. We have been visiting Zambia annually since 2017 and worked with wonderful staff, pupils, parents and some physios from the local hospital in Mazabuka. I like to use the title sharing reflexology around the world and communicating across cultures as using demonstrations, photos and the power of positive touch and the FRT tool kit helps us to share everything almost without the need for language.

The main intention of the routine is to help young people to be calm, to enjoy the positive touch and to be in a good frame of mind for learning.

When we had the opportunity to travel to St Mulumba school in Choma for the first time in 2017, yes it was very scary, we didn't know what to expect and whether our training would be valuable, the headteacher didn't know what to expect either so were all a little nervous. But at the end of our time there everyone could see the lovely responses from the children and the staff loved the training. We were able to provide resources for the routine to continue on the timetable and they provide us with updates when it is possible. The school now also have a beautiful rainbow relaxation room which we have helped to resource, a quiet space away from the classroom.

I would love reflexologists that use the FRT rainbow routine to take their skills to support challenging areas around the world. The FRT Rainbow Relaxation Programme is really being embraced in schools in the Southern Province in Zambia, sadly with the current situation with covid-19 and the unsettled circumstances this year we were due to be travelling in June but all schools remain closed. We have many of the training resources ready and we are beginning to plan the 2021 project.

If anyone has ideas about starting a project and taking their work into a new and/or challenging environment I'd be delighted to chat with you and share the experience. I think the one thing that I feel most proud about is that Janet my FRT reflexology colleague and myself who make up the FRT Global team has delivered skills that are now being used within many schools in Zambia and really supporting the emotional wellbeing of young people and the staff at school and ofcourse it goes without saying, we have had some great adventures!

Thank you

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www.functionalreflextherapy.co.uk

FRT Global Project Page on the website <https://www.functionalreflextherapy.co.uk/global-projects.html>

FRT provides a quarterly newsletter to keep you updated with bits and bobs FRT and reflexology related. It's easy to sign up to with your email address in the newsletter box on the home page of the website

