

## Students get some hands-on experience

DUCHY College Stoke Climsland threw open its doors to Year 10 and 11 students from across the county to give them a taste of college life last week.

The open day is one of a series of events held throughout the year to show what the college has to offer potential students.

During their visit students were given the opportunity to learn more about the course areas available at Duchy, including agriculture, animal management, countryside, early years and playwork, equine, food studies, game-keeping, horticulture, construction plant, outdoor pursuits, public services and sport.

Childcare course manager Laetitia Mayne said: "The students had a great time. It gives them an insight into what life is like here and they went away with great experiences which will hopefully inspire them about where they want their career to lead them."

Head of Duchy College Andrew Counsell said: "We had fantastic uptake from pupils, giving them the opportunity to get an experience of college life through hands-on activity. The feedback has been very positive from both staff and students and we hope it has shown them what is available to them."

The college is offering more taster days for Year 10 and Year 11 students in April during the school holidays in agriculture, animal management, business, countryside, equine, game-keeping, golf, horticulture, construction plant, public services and sport.

The college is also hosting an open day and summer food festival on June 22 and 23.

For more information call 01579 372233.

# It's mind over matter for now ex-smoker Charlotte

**As people stub out their cigarettes for the final time to mark national No Smoking Day today, Charlotte Nicholson took the unusual step of giving her willpower a helping hand**

cravings, and when I really set my mind to something, I am often successful. My problem isn't stopping smoking, but stopping smoking for good. Something always brings me back to smoking, whether it be a month or 18 months later. The physical effects of nicotine wear off after 72 hours; anything beyond that is psychological.

Nicotine replacement therapy can help with the withdrawal symptoms but what about the psychological element? That emotional pull that often sees former smokers like me returning to the habit.

When the offer of a hypnotherapy session came up I decided to take that opportunity to break whatever emotional link I have to smoking once and for all.

St Austell-based hypnotherapist Trevor Wales contacted the Cornish Guardian to see if a member of staff



● **CIGGIE BREAK:** Charlotte Nicholson, left, enjoying a cigarette on a night out.

would be willing to undergo a stop-smoking hypnotherapy session, and, after a small internal battle, I volunteered.

There still is, and probably always will be, a great deal of mystery surrounding the workings of the mind. Psychologists and philosophers have speculated for years how it all works, and we are still nowhere closer to understanding it fully.

Many would argue that hypnosis has been practised for centuries in one form or another, but the term hypnosis only really became widespread in the 1880s. Scottish surgeon James Braid is regarded by many as the first true hypnotist, with a long line of others who have since developed the practice to what it is today. Milton Erickson (1901-1980) was one of the key players in helping to create the style of therapy we see today.

Many of us will have seen stage hypnotists, such as Paul McKenna, using hypnosis as a

form of entertainment – but it can be used for much more than a stage gag. Hypnosis used as a therapy has helped many to make positive changes in their lives, from overcoming phobias and treating anxiety, to losing weight and stopping smoking. It works by encouraging the patient to reach such a level of relaxation that the subconscious can be addressed directly, and bring about a desired change.

Trevor said: "Hypnotherapy isn't a magic wand, a patient has to really want to change something, and be willing to work with me – but, with full commitment, hypnotherapy really can increase your chances of quitting."

Trevor, who is on both the General Register for Hypnotherapists and Central Register Stop Smoking Therapists, offers a supportive and individual plan, addressing your requirements. He uses the Terence Watts 'Easy Quit Smoking' method

which is the only 'Quit Smoking' programme to receive the Hypnotherapy Society's award for clinical excellence. In addition to a one-to-one session with Trevor, patients are also given a copy of their personalised hypnotherapy script recorded onto CD, to be used at home.

So, how did I find it all? I found the lead-up to the hypnosis particularly helpful, with Trevor taking a lot of time to address my individual needs. His aim was to retrain my thinking – to make me believe that I wasn't losing anything by quitting smoking, thus breaking whatever link.

Being hypnotised is a very unique experience and will differ for everyone. For me, it didn't really feel like I was hypnotised, I was very aware of what was happening around me and roughly how much time had passed, whereas some people can be "out" for an hour and it feels like it was five minutes. With that in mind, I am not entirely sure what level of hypnosis I reached.

As for my success: apart from one slip-up in the middle of an extremely stressful weekend and after several cocktails, I have been smoke-free for 26 days, with no real struggle. After that one cigarette though, I felt really disappointed, and it seems to have affirmed my dedication to quitting for good.

If you are ready to quit smoking but are struggling to do so "cold turkey", hypnotherapy could work for you, as it has for many others.

Find out more about Trevor and the treatments he provides on his website <http://trevorwaleshypnotherapy.weebly.com/index.html>, or find him on Facebook. Alternatively, call him on 01726 211041.

NEW year has come and gone, resolutions have been cast aside and forgotten and many have moved onto the next challenge of giving up something for lent.

The reality is though, if you really want to change something, it doesn't matter what time of year it is.

As an on-off smoker for the past ten years, I had decided that I was approaching a time when I should think about kicking the habit for good.

I have never had too much trouble stopping; luckily I don't suffer from physical



● **WORKING WITH YOU:** Trevor Wales, hypnotherapist.



## FREE PAINT BRUSH & FREE POT OF PAINT

Brewers, the UK's largest independent supplier of decorating materials, is offering Cornish Guardian readers the chance to claim a free Albany 1.5 inch paint brush plus a 250ml sample pot of paint, together worth over £9.

Choose your sample pot in any one of over 600 colours available in the Albany range, which is exclusive to Brewers. You can also claim free discount vouchers worth a further £30 in branch!

Founded over 100 years ago, Brewers prides itself on its unrivalled expertise and vast range of services, including in-branch advice and free delivery. The family business offers the widest range of paints, wallpapers and sundries. Each branch offers you the choice of a staggering 37,000 paint colours and thousands of wallpaper and decorating items.

This is your **Brewers** coupon

How to claim: Simply cut out this coupon and take it to Brewers, 8 St Austell Bay Business Park, Par Moor Road, St Austell, PL25 3RF to collect your free sample pot of paint, free Albany 1.5 inch paint brush and your free discount vouchers.

For further information on Brewers, visit [www.brewers.co.uk](http://www.brewers.co.uk) or call 01323 411080.

Closing date: Tuesday, April 30, 2013

### Cornish Guardian

Terms and conditions: Standard Local World promotions rules apply, visit [www.thiscornwall.co.uk/houserules](http://www.thiscornwall.co.uk/houserules) for details. Sample pots, brushes and vouchers only available while stocks lasts. This coupon entitles the bearer to one free 250ml sample pot, one Albany 1.5 inch paint brush (JA0505T) and one booklet of vouchers. This coupon cannot be exchanged for cash and no change or refunds will be given. Only one coupon can be used per customer. This coupon can only be used once. This coupon may not be used in conjunction with any other promotion. Copied, defaced or damaged coupons will not be accepted. The value of this coupon includes VAT. This coupon cannot be redeemed against indirect paint sales, used in conjunction with account facilities or with any other offer or staff discount. Offer valid until April 30, 2013 at Brewers St. Austell. **Brewers staff:** Retain coupon and process as a company money off voucher as per K8 User Guide, section 1.06. Product code ZXALBSAMP (Sample pot) and ZX5JA0505T (Albany 1.5 inch paint brush).






