



From car sales to counselling

A North East woman who spent more than two decades building a career in the motor trade has swapped car sales for counselling after her own experiences of anxiety, loss and caring for family members prompted her to completely rethink her future.

Kellie Moore, founder of Hunt Moore Counselling and Psychotherapy, works from a dedicated studio at The Beacon on Westgate Road, supporting adults with a particular focus on neurodiversity, including autism, ADHD and dyslexia. After suffering several losses and caring for family members, Kellie found herself experiencing anxiety and low mood, something she had never previously experienced.

"I found myself in a place where I'd never been before," she says. "I couldn't get the answers that I wanted or needed from doctors, so I set out on a journey to find a way to help myself."

Kellie began exploring different approaches to wellbeing, including exercise, sunlight, nutrition and the ways in which lifestyle can influence mental wellbeing. Then came another unexpected turning point when she was made redundant.

Her decision resulted in a six-year training journey including 450 hours of voluntary counselling. Kellie's practice has developed a particular focus on neurodiversity, an area that became increasingly important to her during her training.

Her small studio has been designed with sensory needs in mind, with different lighting options, cushions, blankets, sensory fidgets, puzzles and textured materials.



International musician brings unique sound journeys to the North East

Nick Able, originally from Gosforth and now living in rural County Durham, has spent more than two decades performing alongside legendary Indian sitar maestro Pandit Ravi Shankar and his daughter, internationally acclaimed musician Anoushka Shankar. Having played in venues including the Royal Albert Hall, Carnegie Hall in New York and the Sydney Opera House, Nick is now bringing his unique wellness-inspired performances to audiences across the North East.

His latest venture will see him performing immersive "sound journeys" at prestigious venues throughout the region, including Wentworth Grange, a luxury residential and nursing hotel for the elderly in Riding Mill, where guests, including members of the aristocracy and those with distinguished backgrounds will experience a relaxing blend of music, meditation and storytelling.

His music combines gentle ambient soundscapes with acoustic instruments to create immersive performances that encourage deep relaxation.

"At Wentworth Grange I want to offer guests something genuinely different, an experience created especially for this unique setting. I'll share stories from my career and perform music that allows people simply to relax and enjoy the moment. Whether someone wants to sit and watch or close their eyes and become immersed in the experience, there's no right or wrong way to enjoy it."

Former Scottish Footballer Champions Groundbreaking MND Research in Newcastle

Former Scottish professional footballer and now Cleaton based financial adviser Marc Millar has spoken movingly about his personal commitment to Motor Neuron Disease (MND) research after losing his mother to the devastating illness and becoming an ambassador for MND Scotland.

Although now based in North East England, Marc was invited to become an ambassador for MND Scotland because of both his personal connection and his profile from a successful football career in Scotland during the 1990s and early 2000s.

As part of his ambassadorial role, Marc recently visited Newcastle University, alongside Colin Houghton of the Darby Rimmer MND Foundation, to learn more about pioneering research that could transform how MND is diagnosed.

The visit was hosted by Professor Roger Whittaker and his research team,



including MND Scotland-funded researcher Ao Wang, whose work is focused on developing ways of diagnosing MND at a much earlier stage.

MND Scotland is funding the Newcastle research because of its potential to make a significant difference to people affected by the disease.

Support your people... before they reach **breaking point**

- Private wellbeing support for employees
- AI-guided reflection, journaling, insights and practical tools
- Organisational insight without exposing individual employee data



stillwater

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**Nobody should
have to face
life alone.**

Curtis Maughan

A quieter kind of wellness

stillwater...helping you find a better place.

It's probably a decent assumption to make, as you are reading this article in the Northern Insight business magazine, that you are involved in business.

It's also probably safe to say that at some point during your business life, you've been under pressure and felt very alone. If you can leave your worries behind when you close the door and head for home, you're very lucky, because most business people will invariably keep thinking about the day they've just had and what the following day, week, month or year will look like.

All of which can affect your home life, physical wellbeing and mental health.

And, if you are feeling like that, do you ever think that your employees may be having the same thoughts and feeling the same pressures.

If you recognise any of the above, you are like Curtis Maughan. It wasn't too long ago that he went through every emotion you can think of...he lost his job, lost his home, and a relationship came to an end. He hit rock bottom, but he knew he needed something different from the professional help that was available.

And this is when the story of his stillwater website began. (www.mystillwater.life)

"When I was at work, I was...like most people...good at covering-up what was going on," said Curtis. "My employer didn't realise what I was going through until it was too late. There was nobody to turn to...nobody to discuss my problems with.

"Which is why businesses should have something in place to help anyone who's struggling or, at the very least, point them in the direction where they can get help or find somewhere quiet to land, to reflect, and possibly discuss their problems. stillwater is a space for developing the inner skills that help people navigate everyday life... self-awareness, emotional regulation, reflection, presence and connection...and if everyone could build those skills into their lives it can help them before everything becomes overwhelming.

"stillwater takes you through a journey and is always there if you need help. It can be a workplace tool where employers can encourage staff to go if they're finding work is getting too intense. Take a ten minute break and use stillwater to share your thoughts. When someone finally gets around to knocking on the HR door, it may be too late. That ten minute break could be something which helps a vulnerable employee to turn their life around.

Nobody should have to face life alone. stillwater is not a replacement for therapy, clinical treatment or crisis services. It focuses on small practices that can fit into ordinary life, including working life. It also acts as a community hub and a place to reflect as well as being something that people can dip into while sitting alongside more formal forms of support.

The best idea is to check out the website...www.mystillwater.life. It's fascinating. There are guides to explain meditation, breathing and coping techniques, and some daily habits you might want to get into. You can start a journal where you put into words how you're feeling and can see how you felt last week or last month. There's also a section which will direct you to professional help if you really have reached the end of your tether.

In other words, instead of becoming overwhelmed, stillwater gives people a chance to ensure that reflection and emotional self-awareness become ordinary habits.

It helped Curtis and it can help you.

And if you are a business owner, it can help your employees stay in a better place. Why not try a 30-day no-obligation trial? It'll lead you by the hand and show exactly how mystillwater.life can be a huge benefit to everyone.

stillwater...a place for those difficult days.

www.mystillwater.life

