



Flag Newsletter

February 2011



Sunday, 30 January 2011

Hi, and welcome to the first Quarterly e-newsletter from eudo...

We hope you're new year has gotten off to a good start and looking forward to the year ahead!!

New Years Resolutions?

Is one of your new years resolutions to start taking better care of yourself? What about looking after yourself? We have a host of women's self defence, or Fight Like A Girl (FLAG) classes available in 2011 to help women feel safer when out and about, this spring, so why not make personal safety a new years resolution?



Success Stories from 2010

eudo had a great year in 2010 increasing the amount of classes held to ensure as many women as possible who wanted to learn self protection could. But aside from this, a class run at Wiltshire college by Nick, was recognised by the Suzy Lamplugh Trust with the Safer Schools Award.

The Trust's National Personal Safety Awards celebrate the work being done across the UK to keep people safe from violence and aggression its efforts to make young adults aware of the risks and dangers people can face when alone or with strangers.



Contact

If you would like more information on the Fight Like A Girl classes or to speak to Nick directly, please contact:

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Nick Lowe, the founder of eudo a martial arts and self defence business has been working with all three Wiltshire College campuses, Trowbridge, Chippenham and Lackham to help promote personal safety to its students. Wiltshire College has now been recognised by the Suzy Lamplugh Trust for its efforts to help raise the awareness of its students to the dangers faced when out and about.

"The Suzy Lamplugh Trust is a fantastic organization that helps to promote the personal safety of young people who are often unaware of dangerous scenarios they could easily find themselves in. I have been working with Wiltshire College for 6 years to help raise this awareness in its students and ensure they are confident within situations they find themselves. The kind of stuff we teach the students is scenario based with a mix of mind and muscle, endorsing protection, through awareness, as a pre-cursor to adopting any physical strategy", commented Nick Lowe.