

# Business



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## Prestigious award for hypnotherapist

**Alison Hayes**  
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A Newmarket-based hypnotherapist and mindset coach has been celebrating after winning a prestigious industry award only a few months after launching her business.

Melanie Davies, who started her mental health and wellbeing consultancy at weekends in January, has won an award for best solution focused hypnotherapy and mind management start up 2023, in Cambridgeshire', in this year's Global Health and Pharma (GHP) mental health awards.

The 54-year-old mother of two, has been a teacher for more than 30 years. She was on the staff at the town's St Felix middle school and who now teaches full-time at Newmarket Academy. She runs her wellbeing sessions online and face-to-face at weekends and her spare time.

Her aim is to help people both across the local area and nationally, manage their stress, anxiety and promote positive healthy lifestyle habits

such as changing their approaches to healthy eating, sleeping and a reduction in potentially negative lifestyle habits like smartphone and mobile device addiction.

"This is wonderful news to receive such an award, and especially pertinent during Mental Health Awareness Month," said, Melanie, who works on both a one to one basis with clients, and with businesses, to offer her services.

"This is a great honour and an exciting way to launch this new project to help more people improve their mental health.

"I'm very grateful for this recognition and would like to thank the judges and all my fantastic clients who have supported me in reaching this achievement".

To determine the results, Global Health and Pharma's judging panel and research team took into consideration the commitment, expertise, and innovation shown by nominees.

To find out more go to Melanie's website at [www.melanie-daviesmindsolutions.com/](http://www.melanie-daviesmindsolutions.com/)



Award winning hypnotherapist and mindset coach Melanie Davies

## Retail village set to open this month

An opening date has been announced for a new retail village between Newmarket and Ely.

Ben's Yard, on the Stuntney estate, off the A142 to the south-west of Ely, will welcome its first visitors on Friday June 30.

It will feature local and independent shops, a restaurant and cafe serving seasonal and locally-produced food, head-to-toe spa services and an artisan food hall.

There is also an adventure playground themed around a replica Ely Cathedral, plus green space across several acres with five kilometres of marked trails through woodland, fenland and wildflower meadows.

The founders are Alastair and Victoria Morbey, who have four young children and said they have designed the site with families and the environment in mind.