



## **YOGA THERAPY 50hour FOUNDATION COURSE**

*(approved by BWY) Led by*

**Nikki Jackson and Yoga Focus Therapy Team**

*with opportunity of leading to*

### **THE FULL 500 HOUR YOGA THERAPY COURSE**

*(accreditation by British Council of Yoga Therapy and approved by BWY)*

#### **Introduction**

Thank you for your interest in this BWY Yoga Therapy Modular Foundation Course. Since the pandemic of Covid 19, rehabilitation services are in high demand with NHS services under pressure as providers. Yoga Therapy offers a holistic, mind and body intervention that is becoming well recognised through Scientific Research, as a complimentary therapy alongside medicine.

The aim of this course is to help you build confidence in delivering a variety of safe, thoughtful and creative Yoga Therapy (YT) practises for a variety of chronic physical and mental health conditions. Emphasis will be placed on *being* with the practice and less on *doing* the practice, which is essential for effective results of YT practises in the long-term.

The course will predominantly be experiential, with plenty of opportunities to explore and discuss both beneficial and detrimental practices for particular health conditions. We will be exploring a variety of assessments to suit each individual and discouraging a 'one size fits all' approach. Practices, where appropriate will be linked to Nature in the original yogic way and you will be encouraged to return 'back to your roots' and rekindle your natural inner healing resources. Ayurvedic principles will underpin this course, teaching us to see our clients the way that Nature sees them.

There will be opportunities to practise creating Yoga Therapy programmes through case studies with plenty of feedback discussions to aid further learning. There will be plenty of opportunities to explore the effects of practices personally; a time to 'tune in' and become more aware of the tensions in your own mind, body and breath that tend to make you susceptible to ill health. This enables you to teach from the heart, the felt experience, and not just from the head, the theoretical perspective. Home practise will be provided to increase felt experience of Yoga Therapy practises and course participants will be encouraged to keep reflective diaries.

Please note that this is a foundation course introducing you to the vast subject of Yoga Therapy. Whilst it provides you with a wide range of practices to use therapeutically in classes and one to one sessions, it does not enable you to practise as a fully qualified yoga therapist. The foundation course has been set up to provide Stage One of the fully accredited Yoga Therapy British Council of Yoga Therapy course curriculum, a course in two stages leading to a qualification as a Yoga Therapist.

## The Trainers

### **Nikki Jackson** (Leader)



Yoga Therapy is my passion. I have personally benefited hugely from the healing, compassionate and uplifting practises but also, I have been able to help many people better manage their chronic health conditions and live a happier, healthier life. I am passionate about the natural world and how connecting back to Nature leads us to a deep state of wellbeing.

I am currently the British Wheel of Yoga representative for the British Council of Yoga Therapy. As the founder of Yoga Focus, I set up the foundation course in Yoga Therapy with BWY in 2015 and it has been a huge pleasure to accept the offer from BWY to build the fully accredited level 4 course also. It has been very rewarding to meet yoga teachers who are keen to help those suffering from chronic health conditions to live a more fulfilled life.

I have been teaching yoga and yoga therapy practices since 1991, both in the NHS and private sector. I have worked in the NHS as an Occupational Therapist (OT) whose task is to enhance people's independence skills in both physical and mental health. My work experience includes areas such as elderly care, neurology, adult social services and particularly in mental health services where I was lead OT in the pre discharge department of a forensic psychiatric hospital. For many years I have worked with people suffering from the stress and trauma of their health conditions and as an OT, I believe that yoga therapy practises promote the concept that we have inner resources or 'tools' to rehabilitate ourselves with the help of the therapist who, with skills and knowledge, is the guide on this journey.

I am a fully accredited Mindfulness Teacher (part of the UK networks of government standard approved teachers) and run regular Mindfulness for Stress and Mindfulness for Pain and Chronic Health 8 week courses at a large GP Health Centre. The practices are particularly beneficial in helping people live with chronic illness and pain.

I have presented Yoga Therapy and Mindfulness for Health to various audiences. This includes The British Lifestyle Medicine Society annual conference for GP's and other health professionals as well as for the 'Future Human' annual festival for The Ditchley Foundation Trust.

I continue to teach therapeutic yoga in the community as well as yoga therapy groups at a large GP practise working with a variety of chronic health conditions, as well as running Yoga Therapy CPD days and workshops. I teach regular one to one sessions in yoga therapy and more recently am pleased to be offering Tibetan Healing Dorje yoga practices to enhance a more positive attitude towards Recovery.

### **Becky Bieraugel** (Yoga Therapist Guest Teacher)



I have been studying yoga for over 20 years. Part of that learning for the last 10 years has been teaching Yoga to others. Having been a nurse in the NHS for many years, I always felt as if there was something more I could to offer the people I supported, this led to pursuing my initial BWY teacher training with a view to training as a Yoga Therapist. The other huge part of studying has been through personal experience. A regular

Yoga and meditation practice has supported me in dealing with health issues of Chronic Fatigue and Autoimmune disease.

Working and training with The Mindful Institute has helped to consolidate all of these learnings and I am dedicated to the wellbeing of the clients and students I support and also a firm believer in the benefits of Yoga being understood and made available for everybody, not just as a treatment for many health conditions but as a route to maintaining a happy, healthy and compassionate way of life.

In addition, I work as a Health Researcher with The Centre for Health Services and Clinical Research at the University of Hertfordshire. My areas of personal interest and expertise include Chronic Fatigue/ME, Kidney Disease, the physical and mental health of older people and End of Life Care.

**Michele Moran** (*On-line Anatomy, Physiology and Medicine Trainer*)

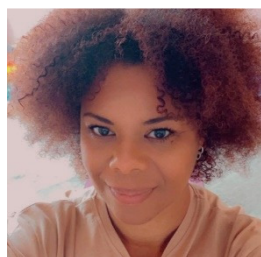


I am a BWY Yoga Teacher, qualified Nurse, Midwife, Health Visitor and Senior Executive Director working in various roles across the NHS. I am passionate about holistic care and have extensive clinical and managerial experience in the NHS. I have over 35 years of experience of working in the heart of the NHS and a detailed understanding of the NHS, of its workings and knowledge of its complexities. I am especially interested in ancient yoga practice, especially yoga therapy and would

like to use them further within the NHS to help improve future health, wellbeing and alleviate chronic conditions within modern society.

*During this course, you will also meet Sara-mae Martin who is the Assistant Trainer for the Stage Two course as follows:*

**Sara-mae Martin** (Yoga Therapy Trainer)



In 2002, I was leading a rapid lifestyle with a career in the legal sector, feeling burnout hit and Sara-mae fell into the arms of yoga. It was from here that I unfolded the personal benefits of yoga as a way to balance a working life, personal mental and physical health.

Yoga fast became my passion and ever since then, I fully absorbed myself into learning and understanding yoga as a way of life. I carried out my first Certified Yoga teacher training in 2010. It was then that I knew that I

wanted to take my teaching further and help others through specialised yoga therapy.

I attended the BWY Yoga Therapy Foundation Course delivered by Nikki Jackson in 2018. It was during this course that I truly discovered the depths of how the application of yoga therapy can bring healing, alleviate physical and mental health conditions with the view of promoting selfcare and encouraging overall well-being. I went on to train as an accredited yoga therapist and continued to carry out additional specialist trainings in yoga therapy for trauma in mental health.

I work with children from the age of 7 years old, teens and adults who have experienced a traumatic events including grief and loss. I currently work alongside a team of psychologists and with various trauma and wellbeing centres.

## Entry Requirements

- A yoga teaching qualification from training of a minimum of 200hours and 180 contact hours, that is either through or recognised by The British Wheel of Yoga
- Continuous professional development, once qualified as a yoga teacher, of at least 15 hours per year • Membership of BWY is desirable but not compulsory. Membership is currently £90 pa. Alternatively you can attend this course as a BWY 'guest'. Guest membership is £10. To join, visit [www.bwy.org.uk](http://www.bwy.org.uk)
- There is a BWY compulsory registration fee of £60 which will be added to the course fees
- Applicants need to be able to read and understand English to a proficient level, as some reading and writing is required on the course.

## Core values for Training

Patanjali's Sutras are acknowledged widely as the ultimate source of reference on yoga. During this course you are urged to continuously reflect and abide by chapter 2 verses 29 – 45 which refers to 'Yama and Niyama' .

Please continuously reflect on:

- Consideration to all living beings embracing the value of non-harming (Ahimsa)
- Right communication (communicating clearly in a way that does not cause or promote harm)
- The ability to resist taking that which is not ours
- Moderation in our actions
- Absence of greed
- Keeping ourselves and our environment clean and orderly
- Being content in our lives
- Exercising discipline in our habits and lifestyles
- An ongoing study of oneself, and the necessity to review and evaluate our progress • Actions done as service, rather than for personal profit

## Assessment and Evaluation

Assessment is continuous with the following evaluation methods:

- **Quiz** – each week an on-line quiz to help you discover what you know and do not know regarding anatomy and physiology and related medical health conditions.
- **Case studies** – as part of non-compulsory home practise, you will be given the option to choose a case study in order to design a Yoga Therapy programme to meet the needs of the individual's physical, mental, emotional, spiritual and environmental needs. You will be able to email this to me prior to the next meeting for feedback and this gives me an opportunity to see how well you are absorbing the content of the course and how best to support you further. It will also give you an opportunity to further explore ideas, which you can bring to the group the following session as part of revision
- **Individual support at the mid stage of the course** – you will have an opportunity to meet with the tutor on an individual basis to discuss your progress through the course both in terms of personal development and in your teaching delivery
- **Home practise** – You will be given a variety of Yoga Therapy practises to explore at home. You will have an opportunity to lead some of these sequences and practises

(asanas, vinyasa flow sequences, pranayama, relaxations and meditations) and this will form part of the observational assessment of your understanding of how to deliver suitable practises in YT programmes

- **Reflective diaries** – You will be encouraged to keep a reflective diary of your home practise so that you can observe your responses to practises in the mind, body and breath. This will help you further identify areas that are blocking the ‘felt experience’ and your ability to ease. This will become a valuable foundation in your understanding of the benefit of YT practises.

*Please note that a minimum of 20 hours home study, which includes reading, practice and reflective diaries, is required for this course.*

- **Formal Exams** – there are no formal exams on the foundation course, however, those wishing to apply for the fully accredited yoga therapy course will be required, at the end of the Foundation course, to:
  - *Write an essay (2000 – 2500) on ‘The value of Yoga Therapy in the context of the world today and why you would like to train to become a Yoga Therapist’*

### **Course Evaluation**

You will be encouraged to fully evaluate the course to help provide improvements for future students

### **Attendance**

An 80% attendance rate is required for successful completion of the course. That means you are allowed to miss one of these days

### **Qualification**

You will receive a British Wheel of Yoga certificate for completion of the course. You will also gain CPD points. You will not be able to call yourself a Professional Yoga Therapist until you have successfully completed the second stage 550 hours training.

### **Progression**

This course serves as a foundation in developing core skills and approaches in the basic principles of Yoga Therapy. It has been set up to provide the first stage (level 3 National Qualifications Framework) of the fully accredited Yoga Therapy British Council of Yoga Therapy course curriculum (level 4).

If, after completion of the Foundation module, you decide you would like to train to become a fully qualified Yoga Therapist, you will be given an opportunity to apply for the 550 hours fully accredited (BCYT) Yoga Therapy trainings.

The application consists of a 2000-2500 word essay on *‘The value of Yoga Therapy in the context of the world today and why you would like to become a Yoga Therapist’*.

If you decide not to continue, you will still find that this course will not only benefit you and your students but also your family and friends who will indirectly learn from your new insights and ways of managing physical and mental health conditions.

## **Cost**

The full cost for the foundation course is £695. A non-refundable deposit of £100 is required to confirm your place and all remaining fees must be paid no less than 4 weeks before the start of the course. Once the course has begun the fees are non refundable but any course day you miss, you can join that day on another course. You will also be sent all information, handouts for that day via email.

You can attend this course if you are not a BWY member by paying a 'guest membership' of £10 for the duration of the course.

Payments in full via BACs (please email [Nikki@yogafocus.co.uk](mailto:Nikki@yogafocus.co.uk) for details). Alternatively, you can pay in instalments via direct debit provided the full sum has been paid prior to the commencement of the course.

There is also a BWY modular course registration fee of £60, which needs to be paid separately to Yoga Focus, no later than 4 weeks prior to the commencement of the course, either via BAC or cheque. You will then be registered with BWY for this modular course.

We regret that any days missed will not be refunded but students can obtain all handouts and liase with tutor via email as regards any queries relating to course content for that missed day. With prior notice, the day will be recorded so students who are not able to be present, can view teachings and practises.

## **Venue**

*If we are unable to meet in person safely due to Covid 19.  
THIS COURSE WILL BE ON LINE via ZOOM*

Otherwise, providing we are able to adhere to all Government Regulations (see final page of student pack) we will meet face to face due to the value of contact learning. The course will be held in Chadlington village hall with it's beautiful far reaching scenes of the countryside from the windows. Chadlington is a small village that has a local tea shop and a health food shop for snacks. The address is:

*Chadlington Village Hall, Nr Chipping Norton, Oxfordshire, OX7 3NX*

A link to the venue can be found here:

<https://www.google.co.uk/maps/place/Chadlington+Memorial+Hall/@51.8955,-1.5306027,15z/data=!4m5!3m4!1s0x4876d33d546469e7:0xb20ddc6e96896abe!8m2!3d51.8955!4d-1.521848?hl=en-GB>

## **Course dates and times**

The course days will be held from 9.15am – 4.15pm on 6 Saturdays spread over 5 months as follows:

**2021:** 20<sup>th</sup> March, 10<sup>th</sup> April, 1<sup>st</sup> May, 22<sup>nd</sup> May, 12<sup>th</sup> June, 3<sup>rd</sup> July

There will also be Wednesday evening, 6pm – 7.20pm on line tuition for Anatomy, Physiology and Medicine pertaining to the health conditions explored on the course days. They are as follows:

**2021:** 17<sup>th</sup> March, 7<sup>th</sup> April, 28<sup>th</sup> April, 19<sup>th</sup> May, 9<sup>th</sup> June, 30<sup>th</sup> June

## **Structure of Course**

The course will be spread over 6 months. Teacher trainers will deliver 50 hours of direct contact which includes 80 mins of online anatomy and physiology teachings relating to the chronic health condition prior to each day's module. A quiz will be provided prior to each course day to help orientate around the particular health condition to be explored. An additional minimum of 20 hours self-study is also required during the course, which includes completing the anatomy and physiology colouring sheets relevant to each meeting topic, from the referenced book. There will be ongoing opportunities to share learnings which will be encouraged via social media group chats and group emails.

Each day will include:

- Introduction & feedback from home practise
- Tuning In – experiential practises that deepen sense of own current health and well being
- Case Studies – designing YT programme for specific health condition in small groups
- Presentation – each group presents case study and relevant practises to other groups
- Feedback and Discussions
- Lunch
- Models of Practise – exploring appropriate assessments for themed health condition for the Day, for example the Koshas.
- Professional Studies – exploring varied subjects each week for example: legal aspects of yoga therapy teaching, risk assessments, the therapeutic relationship, CPD, codes of conduct and ethical practise
- Asana and Vinyasa Flows appropriateness and contra-indications
- Breathing Practises and Pranayama – relevant to the themed health condition, contra indications and benefits of pain and stress relief but also opportunity for 'felt experience'
- Mantras and Chanting
- Mudras
- Deep Relaxations and Meditation – relevant to the themed health condition, contra indications and benefits for pain and stress relief but also opportunity for 'felt experience'

*Depending on availability, it is hoped that at least one guest speaker will speak to the group as regards their felt experience of the benefits of Yoga Therapy in relation to the chronic health condition they suffer from. This is yet to be confirmed.*

## **Course Aims and Learning Outcomes**

The course has the following aims and desired learning outcomes:

- For each student to learn to use safe and effective YT practices for specific health conditions
- For each student to enhance their existing teaching skills by deepening their ability to assess, implement and continuously re-evaluate therapeutic yoga practices for specific needs.
- For each student to become more adept and creative in choosing different models of practice that are more suitable for the needs of their clients and their health condition •

For each student to become more 'tuned in' to their own health, so as to be able to teach from the heart, a felt experience as opposed from only a theoretical basis.

- For each student to develop supportive, compassionate communication skills related to their client's needs whilst maintaining professional boundaries
- For each student to develop a higher standard of professionalism regarding their administrative processes, legal requirements, health and safety and CPD choices related to Yoga Therapy

### **Certification**

A BWY certificate of completion of the Yoga Therapy Modular Course will be given at the end of the course .

### **Student Input**

- Students will be expected to collaboratively explore and discuss Yoga Therapy programmes for variety of case studies in small groups and be able to feedback to larger group
- Students are required to do home practise, study through suggested reading and keep a reflective diary to review their experience

### **Complaints Procedure**

- In the event of a complaint being raised about the content or a tutor on a BWY Modular course, in the first instance, it is desirable that the complainant should raise the matter with the tutor running the course and the matter be resolved at this level
- If this is not possible, or this has been tried to no avail, the matter should be brought to the attention of the Modules' officer, in writing. This Module's officer will mediate in consultation with the Education Committee Chair. The complainant will be informed of the decision taken and any measures decided upon as soon as possible
- Written records of all data and correspondence involved in the complaint to be retained by the Modules' Officer

## **Book List**

### **Required Book**

*Human Anatomy Coloring Book*, Margaret Matt (1982) Dover Publications

### **Recommended Books**

The following list of books are suggested to help orientate you around the subject:

#### ***Yoga Therapy***

- *Structural Yoga Therapy* (paperback), Mukunda Stiles (2018) Goodwill Publications
- *Yoga Therapy and Integrative Medicine*, Larry Payne, Terra Gold and Eden Goldman (2015), Basic Health Publications
- *Ayurvedic Yoga Therapy*, Mukunda Stiles (2016) Lotus Press



## **General**

- *Asana Pranayama Mudra Bandha*, Swami Satyananda Saraswati (2008) Yoga Publications Trust
- *Mindfulness for Health*, Vidyamala Burch and Danny Penman (2014) Clays Ltd Publishers

## **Philosophy**

- *The Yoga Sutras of Patanjali*, Sri Swami Satchidananda (1990), Integral Yoga Publications

## **Anatomy**

- *Yoga Anatomy*, Leslie Kaminoff(2007) The Breathe Trust
- *Anatomy of Yoga*, Dr Abby Ellsworth (2010), Hinkler Books Ltd

## **For Specific Conditions**

- *Yoga and Cardiovascular Management*, Swami Satyananda Saraswati (2005) Yoga Publications Trust
- *Yoga Management of Cancer*, Dr Swami Nirmalananda (2009), Yoga Publications Trust
- *Yoga Nidra*, Swami Satyananda Saraswati (2015) Yoga Publications Trust
- *Yoga Therapy, For Parkinson's Disease and Multiple Sclerosis*, Jean Danford (2016) Singing Dragon publishers
- *Living Well with Pain and Illness*, Vidyamala Burch (2011) Piaktus Publications
- *The Mindful path to self-compassion*, Christopher Germer (2009), Guildford Press
- *The Mindful Way through Depression*, Mark Williams, John Teasdale, Sindel Segal and Jon Kabat-Zinn (2007) Guildford Press

## **Summary**

I hope the above course content is of interest to you and that you feel you would like to join. As Yoga Teachers I feel we have the skill set to help so many people suffering with chronic health conditions and the physical and emotional trauma associated with them, to live easier day-to-day lifestyles. Learning to listen, observe and continually adapt practises to ease and gently soothe the pain and stress that people will most likely be suffering from, will help us to create the foundations of becoming much sort after, professional yoga therapists in the future.

If you are now clear that you would like to book onto this course, please fill in the application form below. If you have any further queries, please email me.

*Look forward to hearing from you,*

*Namaste,*

*Nikki*



## Yoga Therapy Stage One Foundation Course Application Form

Name:	BWY Membership No:
Date of Birth:	Nationality:

Address:
Tel:
Email address:

Please tick which course you are applying for and reasons why:

i) Foundation course only:

ii) Foundation course with view to continuation onto full accredited course:

iii) The full accredited course (please request separate application form):

Do you have any pre-existing medical conditions? Please state below.

How many years of Yoga practise do you have and in what styles?

What Training courses have you undertaken as part of your CPD training?

Why would you like to learn about Yoga Therapy? Tell us about yourself. (150 words max , please)

***And finally, please read Terms and Conditions, Data Protection and Covid 19 Policy below.  
Then sign and return***

## Terms and Conditions

By signing and dating this form I hereby warrant, undertake and agree that:

- a) I have read and understood all the information provided on the Yoga Therapy Module and understand that Certification is dependent on successful completion of the course.
- b) I understand that this 50hour foundation course is the first stage of the full 550 hours Yoga Therapy accredited (British Council of Yoga Therapy). Thereafter, providing there are available places, I understand that I will be given the opportunity to apply for the stage Two 500 hr course via written assessment and if successful, will pay the further fees for full training.
- c) I will pay the (non-returnable) deposit of £100 to book a place and I agree to pay the remaining fee (£595) and the additional registration fee (£60) at least one month prior to the start of the course.
- d) Once the course has started, I understand that all fees are non-refundable.
- e) I have accurately described my pre-existing medical conditions and will inform Yoga Focus/Nikki Jackson if I acquire any other medical conditions prior to commencement of or during the course.
- f) Nikki Jackson has asserted her right to be identified as the author of the Foundation Pack in accordance with the Copyright, Designs and Patents Act 1988.
- g) Without the prior written consent of Nikki Jackson and/or Yoga Focus, I shall not directly or indirectly run a business or practice offering yoga therapy services for a period of five years in a 15 mile radius of OX7 5HF. Further, without prior written consent of Sara-mae Martin, I shall not directly or indirectly run a business or practice offering yoga therapy services for a period of five years in a 15 miles radius of WS14 9HH.
- h) I have read and accepted the Data Protection Policy as provided to me below, as part of the Foundation Pack.
- i) I have read and accepted The British Wheel of Yoga Policies and Procedures:  
<https://www.bwy.org.uk/members/resources/>

This includes, without limitation, regular Covid 19 procedure updates on the website:

<https://www.bwy.org.uk/covid-19/>

I have read and accepted the Yoga Focus Covid-19 Regulations below

Signed .....Date.....

Please send your completed application electronically to [Nikki@yogafocus.co.uk](mailto:Nikki@yogafocus.co.uk)

Many thanks and Namaste, *Nikki*

## Yoga Focus Data Protection Policy

How do we process your personal data?

We shall process your personal data in accordance with the General Data Protection Regulation EU 2016/679, the Data Protection Act 2018 and any other UK or EU laws and regulations relating to personal data and privacy as may be in force in the UK from time to time. In particular, we shall process personal data that you provide or give us access to during the course.

We may share your personal data with members of the course, regulatory authorities, insurers, our professional advisors. If we transfer your personal data outside of the European Economic Area we shall take reasonable steps to ensure its security and confidentiality.

Why do we process your personal data?

The legal basis for collecting and using your personal data is as follows:

- (a) it is necessary for the performance of the course; or
- (b) to comply with our legal and regulatory obligations; or
- (c) to pursue our legitimate business interests, (for example to to meet our duty of care to safeguard the welfare of our employees or course contributors), where we have balanced those against your rights, freedoms and interests; or (d) it is for reasons of public interest.

Where we are required to process criminal offence data this will be processed where there is a lawful basis to do so.

You have certain rights in respect of your personal data including a right of access. We may retain your personal data for a reasonable period in accordance with legal requirements after the end of the course. We are required to maintain personal data that is accurate and may ask you update it. You should notify us in writing as soon as practicable of any changes to your personal data.

Third party data

You warrant, undertake and represent that you shall comply with data protection legislation and any reasonable direction by us when accessing or receiving third party personal data during the course. You must take adequate protections to safeguard and protect third party personal data to prevent us or any authorised party being brought into disrepute, and you must maintain and ensure the confidentiality of third party personal data that you access or receive so that neither we nor any authorised party and individuals become liable to investigation, legal action or proceedings.

You must immediately notify us in writing as soon as you become aware of a breach of security leading to the accidental or unlawful destruction, loss, alteration, unauthorised disclosure of, or access to, third party personal data to enable us to comply with its obligations to notify the supervising authority if required.

## YOGA FOCUS - COVID 19

In line with Government Regulations please read the following:

- Do not attend the training day in person if you have any of the following symptoms:
  - *A high temperature*
  - *A new continuous cough*
  - *A loss of, or change to, your sense of smell or taste*
- When entering the venue, please use alcohol to clean hands
- Wear a mask in hallways and corridors
- 2 metre distancing between mats
- masks to be worn in hallways and corridors
- disabled toilet will be available with hand sanitiser before and after leaving the area
- there will be plenty of ventilation in the hall for air circulation
- Bring your own mat, blanket and cushion - you will not be able to use anyone else's
- Provide your mobile phone number for track and trace, in case of reported symptoms of covid19
- Use the Covid 19 scanner as you enter to help stop the spread of the virus.



Nikki Jackson  
[www.yogafocus.co.uk](http://www.yogafocus.co.uk)