

Welcome to our latest newsletter.

We have recently seen a change around of practitioners at our practice. A well loved member of the team, Ashleigh Adams has left, taking a year out to go travelling ...



We have added a new member to the team, which some of you may have already met. His name is Iain McGregor, and he comes to us with 30 years experience in Osteopathy and also specialises in pregnant women, babies and cranial osteopathy.



Christmas Competition Time

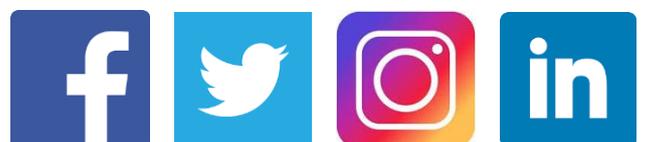
We have a great chance for you to win a gift hamper that includes a gift voucher, bottle of fizz and chocolates... all you need to do is LIKE and SHARE the Facebook post and you will be entered into our draw which will take place on Friday 21st December 2018.

Good luck !!

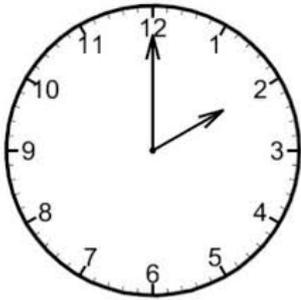
Social Media

We need your help in getting our social media profile to reach more people, word of mouth from our patients is very important to us. Don't forget to leave us some feedback too, we would love to hear what you think about our team.

You can follow us on Facebook, Twitter, Instagram and LinkedIn



The Clocks are changing – are you ready



It's the time of year again when we need to change the clocks.

They go **BACK** on **Sunday 28th October 2018**

which means the nights are getting longer and days are becoming darker earlier. Be aware of your surroundings and be sure to take care. Winter is on its way... prepare for those icy days and cold nights. This time of year sees a higher number of slips and falls – please be careful when you are out.



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Reflexology! Isn't that to do with your feet?

Yes it is, But, did you know that you can also have reflexology done on your face.

“ I had Reflexology done on my face recently as I was informed that Reflexology could help with my migraines and IBS, but my first response was no-one is touching my feet, and I didn't really understand how it could help with my IBS either. After finding out it can be done on my face I made an appointment with Georgina and we talked through what I could be treated for. The treatment was amazing and the best way I can explain my experience of Facial Reflexology is, its like having a spa treatment on your face, but with health benefits. It was very relaxing and has relieved a lot of the tension that had built up in my face that aggravated my migraines. For the IBS, that has been more of a slower process but I have been feeling much better in myself “

Everyone has their own experiences on how reflexology works for them, but this is mine. I hope that you understand a little more and ask us if it could help you.



The Macmillan Bake Off Coffee Morning was a success, lots of lovely cakes made and eaten, we raised an amazing £114.00!