

NEWSLETTER

Spring/Summer 2018



Welcome to our bi-annual newsletter. It's wonderful to see the spring flowers and even some welcome sunshine. This time of year always seems to inspire people to get outside and start doing things.

The practice has had a very busy six months, both with patients and with changes in our building/work environment.

We have had an amazing team of decorators, plumbers and glaziers working very hard and to very tight timescales over the Easter holidays. As a result the practice feels like its been given a new lease of life, a lovely feeling hopefully for practitioners and patients

We have also had a stimulating time with courses and meetings to inspire us all

Our most recent speaker was Jo Hill from Amaranth in Bramhall. Her shop in the village precinct sells all sorts of wonderful health products and she has an excellent team of therapists to support the shop's healthy ethos. By the end of the talk we all went home promising to look at our diets and lifestyle.

It has also been a privilege to have a separate meeting with Jo Hill and Jonathan Lloyd of Calm Minds in Bramhall. We would all like to work together to promote health and wellbeing in Bramhall.

Since our last newsletter there has been a little change within the practitioner team. We've sadly had to say goodbye to Kate, our new graduate, who now has a full-time job at another practice so couldn't keep up her day with us.

We've also sadly had to say goodbye to Maureen Pickup who has worked with me at the practice for 23 years. Maureen has decided to retire from osteopathy, so she can spend time with her mother who is suffering from ill health. Maureen will be hugely missed by all her patients and all the practitioners at the practice, but most especially by me as she has been a friend since our college days and a truly valued colleague.



We wish Maureen every happiness in her retirement, but hope we will be able to coax her back for a coffee every now and then.

In place of Maureen and Kate we have been very lucky that Liz Halsey has been able to extend her hours and that Elizabeth Curphey, who has worked at the practice before, has returned. I'm very lucky to have such wonderful experienced practitioners.

Jose Fernandez and myself continue as previously.

Our website has now been updated and you can have a look at everyone at Bramhall Osteopathic Practice. We have also leapt into the 21st century and now have a Facebook and LinkedIn page. Please follow us on Facebook. There should be some interesting topics featured each week.

Our osteopathic team all work on different days: -

Jo Cheaney	-	Tuesday/Wednesday/Thursday
Liz Halsey	-	Monday p.m./all day Friday/Saturday a.m.
Jose Fernandez	-	Thursday p.m.
Elizabeth Curphey	-	All day Wednesday

With this Newsletter the osteopathic team have included articles and other therapists have included a few of interest too.

Justine Jackson, is still providing excellent treatments. She is very experienced in remedial massage, reflexology, aromatherapy, hopi-ear candles and Japanese face massage (Tsubo-ki) - She is always preparing wonderful smelling oils, creams and bath salts to suit individual requirements.

Justine works on Friday and Saturday mornings but has been able to extend her Tuesday to a full day, so we now have some afternoon appointments available.

Dee Woodcock, our physiotherapist, specializes in women's health problems, particularly linked with incontinence and pelvic floor problems and issues arising in pregnancy. Physiotherapy sessions are 45 minutes.

Dee is also offering one to one Pilates sessions. The initial session being 1¼-1½ hours to allow for full assessment of the body to locate weak areas that need addressing. Follow up appointments are then about an hour and will involve a progressive routine. People may then be ready to join a local class. Dee is happy to do the occasional re-assessment along the way.

Dee is available here on Wednesday afternoon and Saturday morning.

Fiona Bullock, our acupuncturist, combines both traditional Chinese medicine acupuncture and also five elements acupuncture. She treats a whole range of problems and ages of patients, but has a special interest in women's health issues, fertility and pregnancy. Treatment times are 1½-2 hrs initially, 1 hr subsequently, Fiona is available on Monday mornings.

Suzanne Gaskell, our chiropodist/podiatrist is available on Thursday morning. Initial treatment times are 45 minutes to allow Suzanne to examine your feet, give self-help advice and do a treatment. After this, appointments will be 30-45 minutes, depending on the amount of work required.

Heather Coppard offers hypnotherapy and mindfulness to patients. These can be very useful tools to help manage day to day stress or more long-standing issues.

Heather is always happy to discuss whether either therapy is appropriate for individual needs.

Heather has recently completed her hypno-birthing qualification and is offering this treatment to patients.

As to the rest of our team, Karen Hackett continues as practice manager and keeps us all in order! She is always a very efficient, friendly point of contact and is helped by our team of receptionists Ann Johnson, Margaret Schofield and Claire Currie. We are still helped in reception occasionally during the year by Marian Kidd, Sue Sanders and Alison Loughran.

As always thank you to all our patients who have been so supportive to the practice. It is lovely to receive recommendations/referrals and get to meet people's friends and families.

Please feel free to ask our reception team for any help with enquiries or for anything to make your visit here more comfortable.

Enjoy the sunshine

Jo Cheaney

Hypnobirthing- Is it for you?

Hypnobirthing has been successfully used for decades by women to help them give birth calmly, gently and in greater comfort. KG Hypnobirthing offers a complete antenatal programme, teaching women and their partners about how the female body works during pregnancy and labour. The course enables women to learn effective, evidence based relaxation and breathing techniques combined with hypnotherapy, to support an optimum birthing experience.

People sometimes presume that hypnobirthing can only be used for home births or water births but the strategies can be applied wherever you deliver. Whilst hypnobirthing is absolutely fantastic in the home environment, it can also be a great support strategy in hospital. The course enables you to release any fears and build confidence and self trust enabling you to look forward to the birth of your baby.

In order to meet your individual needs I provide a range of tailored programmes that can be adapted to suit you. These include the full KGH antenatal and hypnobirthing course, a shortened course that concentrates more on the hypnobirthing elements and a preparation for caesarean section course. In addition to this I also offer a sensitively tailored program to support women who have experienced previous trauma or pregnancy loss.

These sessions can all be offered in the comfort of your own home or at Bramhall Osteopathic practice.

If you would like any more information about hypnobirthing and how it may be of benefit to you then please get in touch on 0161 440 0298 or 07855525283 or visit my website www.femalehealthhypnotherapy.co.uk

Heather Coppard (ADCHyp, GQHP, BSc Professional Nursing Studies)

Headache - just a pain in the head or something worse.?

We see people suffering with headaches everyday in our practice. According to the World Health Organisation it is the most undiagnosed, under funded and under treated condition affecting people.

We have created a couple of articles to help you know what to do about them, when to worry about them and what help is out there for you.

Almost everyone at some time will have a headache, and broadly speaking there are 3 main types : normal headache, primary and secondary headaches.

Let's start with normal headaches. These are the headaches that we all get, that often occur when we have skipped a meal, not had enough to drink or not enough sleep. They are easily resolved by eating, having some water and getting some sleep. Sometimes these sorts of headaches can be caused by eye strain, so if you use a computer a lot or find yourself straining to see the screen - it's worth getting your eyes checked by an optician.

Skipping meals causes our blood sugar levels to drop and in some cases gives people headaches. If you find this happens to you, try keeping a small snack in your bag e.g. a banana or cereal bar so you can get your blood sugar up again.

Having enough to drink during the day is also important. Best of all to drink is simply a glass of water. Green tea, dilute juice or milk will also help. Getting up to get yourself a drink also helps to keep you moving during the day.

Allowing more time for sleep if you've had some demanding long days is also important.

These type of headaches although painful, are not serious and it is unlikely that you would need to see your GP about these.

Following on from our last article this is about primary and secondary headaches. It's really important to know when and what to do about these:

Primary Headaches :

The pain is coming from the headache not anywhere else e.g. sinuses or ear infections.

The 3 types are - migraine, cluster and tension type headache. These are more painful than normal headaches and more difficult to get rid of.

Migraine - is a complex condition with a wide variety of symptoms. Apart from the painful headache people can experience sickness, nausea, sensitivity to sound, light or smells and disturbed vision. Attacks vary and Migraine sufferers often struggle to work out triggers.

Tension type headaches - are often described as feeling like a tight band around the head or weight on top of it. The neck and shoulder muscles can hurt as well. These headaches can develop into disabling chronic daily headaches.

Cluster headaches - very severe with sudden onset. Sufferers often have to pace around banging their heads to relieve the pain. These affect men more than women.

With all these, keeping a headache diary can help work out triggers.

Secondary Headaches:

These are more serious and are secondary to another condition e.g. sinusitis, head and neck infections.

They can also be caused by anything that takes up space inside the head, eg. tumours, brain bleeds or aneurysms.

These conditions are rare and have distinguishing features to their headaches -

Sudden onset.

First or worst headache of your life.

Being less than 50 years old.

Having seizures as well.

Worse on exertion or squeezing - e.g. sneezing or going to the loo.

Headaches that wake you early in the morning.

If you are ever worried contact your GP.

I hope these articles have been useful.

Osteopaths can often help the first 2 categories of headache.

Please feel free to contact any of us if you'd like some advice.

Elizabeth Curphey
Osteopath