

NEWSLETTER

Spring/Summer 2019



Welcome to our bi-annual newsletter. It's wonderful to see the spring flowers and beautiful blue skies. They lift people's spirits and inspire them to get outside and start doing things!

The practice has had another busy six months both with patients and a few changes within our team.

We have welcomed three new practitioners. Lauren Coombs, who practices CBT (cognitive behaviour therapy), Sally Triner, a massage therapist and Zoe Oughton, a reflexologist. They are all very experienced practitioners and are a fantastic addition to our team. They will all be adding an article to the Newsletter explaining about their areas of special interest and conditions they can treat.

We are very sorry to be saying Goodbye to Margaret Schofield, one of our reception team. Margaret has been with the practice for 11 years and has become a well respected, calm and friendly member of the team.

I have loved having Margaret here and will miss her company on a Tuesday and Wednesday afternoon.



We wish her every happiness in her retirement.

Alison Loughran, who has helped quite often covering holiday and sickness absences, will be taking Margaret's place. I'd like to extend a warm welcome and hopefully you'll all get to meet her at some point.

Our team of osteopaths consists of four highly qualified and experienced practitioners. We enjoy treating everyone from babies to 90 year olds and from every walk of life. Each osteopath varies the days they work.

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

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 Thursday afternoon and Friday and Saturday mornings.

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 five elements acupuncture. Fiona 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 initial, 1 hr subsequent.

Fiona is available on Monday morning.

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 appointment times will be 30-45 minutes, depending on the amount of work required.

Heather Coppard practices 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.

Laura Coombs offers Cognitive Behaviour Therapy on Friday morning and afternoons. Laura has worked for many years for the NHS at Stepping Hill Hospital and also lectures at Chester University. She enjoys working with people.

Sally Triner is a fully trained massage therapist and offers Lymphatic Drainage Massage, Pregnancy Massage, Tibetan Acupressure Head Massage and Japanese Acupressure Facial massage. Sally works on a Monday afternoon and all treatments are approximately one hour long.

Zoe Oughton is a fully registered reflexologist. She is very experienced in Aromaflex, Fertility Reflexology, Maternity Reflexology, Reflexology Lymph Drainage, Hot Stone Reflexology and Luxury Reflexology. Zoe works all day on a Tuesday.

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, Claire Currie, Alison Loughran and Sue Sanders still helps out occasionally during the year.

We have had some really good practice meetings and speakers have included Raymond Perrin who has pioneered osteopathy in the treatment of ME and Dee Woodcock our inhouse Woman's health physiotherapist, who talked about her approach to pelvic floor dysfunction. Looking ahead we have several other interesting and inspiring speakers. Individual practitioners also do many varied courses to help keep our knowledge base up-to date so we can offer patients the maximum benefits.

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

Now the warmer weather is coming many of us are heading out into our gardens to start to get them looking lovely for the summer. Here at BOP we love to keep you healthy and active so here are our top 5 tips for keeping yourself fit and well whilst gardening this year.

1. Vary what you do – rather than spending hours digging or weeding try not to spend longer than 30 minutes doing one activity before moving on to something different. That way you will use different muscles and hopefully you're less likely to overstrain yourself.
2. Rather than constantly bending forwards if you are doing some weeding, it's a good idea to kneel down and why not use a kneeler to stop your knees hurting.
3. Every 5 minutes or so, get up from what you are doing and bend your back forwards and backwards from your waist.
4. Be careful when lifting heavy pots, if possible put them in the place you want them to be before you fill them with soil. If you can't do this, then try and get someone else to help you lift them.
5. Why not use a water butt in your garden so you don't have to lug heavy watering cans from your kitchen. And it's a great way to re-use water!



Elizabeth Curphey
Osteopath

How Acupuncture Can Help with the IVF Journey

Anyone who has been through IVF treatment knows what a roller coast ride of emotions it can be. There are so many hurdles to jump over. Will enough eggs be produced during the cycle? How many will be mature enough to use? Are there enough good sperm to fertilise the eggs? How many eggs will be successfully fertilised? Will the embryos continue to develop and, of course, will there be a positive pregnancy test at the end of it? Every hurdle that is passed feels like a huge milestone and every pitfall a massive disappointment. It's a journey beset with potential joy and disappointment, with every couple hoping beyond hope for a beautiful healthy baby at the end of it.

And this is an experience that many people are going through. Fertility problems are estimated to affect one in six or one in seven couples in the UK - approximately 3.5 million people. Around 60,000 fertility treatments are performed in UK licensed clinics per year, with the live birth rate after IVF about a quarter, according to the HFEA (Human Fertilisation and Embryology Authority).

Many people are choosing to have acupuncture alongside IVF treatment. At the very least, acupuncture can be profoundly relaxing and can help to deal with the stresses associated with IVF treatment. One recent study found that acupuncture can reduce stress and/or anxiety and increase women's ability to cope with the IVF process.

However, acupuncture has also been found to be effective in improving the success rates of fertility treatment. A new systematic review and meta-analysis has found that acupuncture has a significant effect in improving the birth rates for couples undergoing IVF.² The research also suggests that it is best to have a course of acupuncture leading up to the IVF cycle, rather than just one or two treatments when the embryos are transferred.

I have over 10 years of experience in treating women and couples going through fertility treatment and trying to conceive naturally. If you would like to find out more about how acupuncture can help, please contact Fiona for an informal chat.

Fiona Bullock
Acupuncturist

My name is Zoe Oughton MAR (Member of the Association of Reflexologists)

I first experienced foot reflexology in 2012. When the lady treating me identified three areas of note within 15 minutes I was amazed and interested to learn more. After my appointment, we chatted and I discovered that she'd had a very similar experience during her first treatment. She was so intrigued by this she decided to re-train and become a reflexologist. On the drive home, I thought about how beneficial and insightful my own treatment had been. There followed my own personal light bulb moment, I would investigate my newfound passion for reflexology and change career!

Prior to becoming a Reflexologist, I worked in the corporate travel industry, looking after customers and delivering the highest standard of customer service. Now, I love bringing amazing transformational experiences to my own clients through the wonders of foot reflexology. This incredible holistic treatment can help relieve a variety of health issues.

I offer:-

Reflexology

Maternal Reflexology

Fertility reflexology

Reflexology lymph drainage

Hot stones reflexology

Aromaflex

Luxury Reflexology (Hot Stones an Aromaflex in one treatment)

I am a full member of the AOR and also the FHT and have been CRB checked. I'm always looking to further my own professional development in order to offer the best possible treatments to clients.

Zoe Oughton
Reflexologist