

IN A NUTSHELL



WALNUT GROVE CLINIC. Slade Road, Portishead, North Somerset. BS20 6B5

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Who's Who?

Osteopathy

Zara Ford
Alex Prince
Kathryn Harper
Steve Harper
Esther Barton
Gemma Sperring

Chinese

Medicine/Acupuncture

Dr Zhang Tong

Holistic Massage

Michelle Jenkins

Sports Massage

Tom Riddell

Physiotherapy

Linda Isaacs
Tanya Hewitt

Hypnotherapy

Gary Condon

Homeopathy

Wendy Heath

Pilates

Justine Blaber
Gemma Hitchins
Rebecca Rock

Falls Class

Skye Ramell

Suspension Training

Jo Gallagher

Meditation/Mindfulness

Fiona Boag

Sports Medicine Dr

Jonathan Williams

Psychotherapist

Justine Hey

Reception - Sheelagh, Sue,
Carole, Jane &
Laura

Welcome Back Lisa Williams

We are pleased to welcome back Lisa who will be at the Clinic on Friday's as a Cranial Remoulding Specialist and Custom made Orthotics.

What is Plagiocephaly?

The term Plagiocephaly is a blanket word for covering three different types of flattening on a child's head.

The three different types are

Plagiocephaly which is the flattening on one side on the child's head.

Brachycephaly, flattening across the back of a child's head.

Scaphycephaly the rarest of the three, which is flattening on both sides of the child's head.

Early detection and diagnosis plays a vital role in the management and treatment of flat head syndrome. An early diagnosis and treatment will reduce the progressive symptoms and

in most cases will improve all symptoms.

If a child is less than 24 months old, Lisa recommends a FREE assessment to measure the present head shape and depending on the results she will explain the relevant treatment options available.

If helmet treatment is required, a scan of the baby's head will be performed using a state of the art laser scanning system.

If you suspect your child has plagiocephaly, call us and book your FREE consultation.

Lisa will also be offering her Custom made Orthotics, look out for more information in future newsletters



Macmillan Coffee Morning

We would like to say a big Thank You to all who called in on Thursday 20th September for a Nibble and a Natter.

With your help £ 161.54 was raised on behalf of Macmillan Cancer Support. Many thanks for your continued support.

Congratulations to the people who won a prize in the raffle.



Five ways to stay healthy this winter

It may be cold outside, but winter needn't be the unhealthiest time of year for you and your family.

Here are five ways to make sure that, even when your body is telling you to hibernate, you can keep healthy and fit, no matter what the weather's like.

Banish winter tiredness

Many people feel tired and sluggish during winter. This is due to the lack of sunlight, which disrupts our sleep and waking cycles.

Try these tips:

Get outdoors in natural daylight as much as possible

Get a good night's sleep – go to bed and wake up at the same time every day.

Destress with exercise or meditation – stress has been shown to make you feel tired.

Eat more fruit and veg

When it's cold and dark outside, it can be tempting to fill up on unhealthy comfort food. However, it's important to ensure you still have a healthy diet and include five portions of fruit and veg a day.

If you find yourself craving a sugary treat, try a juicy clementine or satsuma instead.

Winter vegetables such as carrots, parsnips, swede and turnips can be roasted, mashed or made into soup for a comforting winter meal for the whole family. Explore varieties of fruit and veg that you may not normally eat.

Drink more milk

You are more likely to get a cold in winter, so make sure your immune system is in tip-top condition.

Milk and dairy products such as cheese, yoghurt and fromage frais are great sources of:

Protein, vitamins A and B12, calcium, which helps keep our bones strong.

Try new activities for the whole family

Don't use the cold winter months as an excuse to stay in and lounge around. Instead, get out with the whole family to try out a new activity – maybe ice skating, or taking a bracing winter walk on the beach or through the park.

Regular exercise helps control your weight, boost your immune system, and is a good way to break the tension that can build if the family is constantly cooped up inside the house.

Have a hearty breakfast

Winter is the perfect season for porridge. Eating a warm bowlful on a cold morning isn't just a delicious way to start your day, it also helps boost your intake of starchy foods and fibre.

These foods give you energy and help you feel fuller for longer, stopping the temptation to snack mid-morning. Oats also contain lots of vital vitamins and minerals.

Improve your Strength & Balance

NEW FALLS CLASS

Class to help with the preventions of Falls

Thursday 10 am – 11 am

To book a space or for more information, Enquire at Reception.



HOW WE CAN HELP YOU?

Reduce risk of falling over

Improve strength

Increase confidence

Improve balance

Meet people

Make everyday activities easier and much more!



The Voice of Experience

Experience is simply the name we give our mistakes.

If at first you don't succeed, destroy all evidence that you tried.

There is a fine line between genius and insanity.

Age is a very high price to pay for maturity.

A conscience is what hurts when all your other parts feel so good.

Blessed are they who can laugh at themselves for they shall never cease to be amused.



Contact Details

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