

# IN A NUTSHELL



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

Tel: (01275 818303) Website: [www.walnutgroveclinic.com](http://www.walnutgroveclinic.com)

Volume 11, Issue 11

November 2018

## 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

#### Suspension Training

Jo Gallagher

#### Meditation/Mindfulness

Fiona Boag

#### Sports Medicine Dr

Jonathan Williams

**Reception** - Sheelagh, Sue,  
Carole, Jane &  
Laura

## Welcome to Justine Hey – Psychotherapist

We are pleased to welcome psychotherapist and counsellor, Justine Hey to Walnut Grove.

Justine has an approachable and down-to-earth manner and her first aim is to put people at their ease. She is happy to answer questions by phone or email before a decision is made about booking an appointment.

Justine has a creative approach to therapy and finds that choosing the right way to help a person express themselves is a huge boost to the therapy. Some people respond well to traditional talking therapy, others find this blocks their feelings and can access their feelings better through writing, using photos or other creative means. Justine is able to offer both traditional and creative approaches depending on what works best for the individual.

Justine works with people with issues from across the spectrum:  
People who have suffered bereavement and are struggling to enjoy life again.  
Those who are in a difficult relationship.  
People dealing with a major life change, (divorce, parenthood, redundancy etc.)  
Those who have a general sense of dissatisfaction or anxiety in their life.  
Those who have self-limited coping mechanisms such as self-harm, eating disorder, anger management issues or addictions.  
People who have a mental illness.



Her first step is to understand the difficulties you are facing and to design a bespoke package that will address your needs.

This could include:

Regular face to face psychotherapy  
Time limited sessions (often 8-12 sessions)

Open-ended therapy

Telephone or online sessions

Regular reviews to ensure that your needs are being met.

Once an agreement on how the sessions are to be structured, Justine will begin to deepen the understanding of how you have arrived at this point in your life. She will then begin to negotiate the obstacles that you face in order that you can begin to live a fuller life.

Justine has over 25 years of experience as a mental health professional. She has worked as a psychiatric nurse in the NHS where she supported people with extreme levels of distress, trauma and illness, and as a Psychotherapist she works with people who are unwell or simply struggling to feel fulfilled and happy.

Justine has had challenges of her own, and knows how it feels to be in therapy, so her aim is to make a session as relaxed and easy as possible. She will work with you to recognise your challenges and to help you find ways to understand them, address them and find a way back to health and balance.

Justine will be running a workshop on Friday 30<sup>th</sup> November, enquire at Reception for further details.

## What is massage?

Massage is a "hands-on" treatment in which a therapist manipulates muscles and other soft tissues of the body to improve health and well-being. Varieties of massage range from gentle stroking and kneading of muscles and other soft tissues to deeper manual techniques. Massage has been practiced as a healing therapy for centuries in nearly every culture around the world. It helps relieve muscle tension, reduce stress, and evoke feelings of calmness. Although massage affects the body as a whole, it particularly influences the activity of the musculoskeletal, circulatory, lymphatic, and nervous systems.

There are lots of different kinds of massage, each with broadly different origins and aims - some focus on soothing muscle pain; others on increasing energy levels; some aim to improve a specific physical condition; others simply to help you relax.

Massage makes you feel good in lots of ways, and can have a positive effect on your whole body - your bones, your muscles, your heart, your skin, your breathing, digestion, and your mental health.

Massage works in various ways:

- \* It relaxes and refreshes tired or knotted muscles
- \* It increases blood circulation
- \* It stimulates deep circulation, both of blood and lymph
- \* It encourages your body to produce endorphins.

Endorphins are the natural chemicals in your body that make you feel happy. It's instinctive to give someone a hug or a pat on the back to comfort or reassure them; in some ways, massage is a formal version of that instinct.

## What is massage good for?

In general, massage is believed to support healing, boost energy, sports injuries, reduce recovery time after an injury, ease pain, and enhance relaxation, mood, and well-being. It is useful for many musculoskeletal problems, such as low back pain, osteoarthritis, fibromyalgia, and sprains and strains. Massage may also relieve depression in people with chronic fatigue syndrome, ease chronic constipation (when the technique is performed in the abdominal area), decrease swelling after a mastectomy (removal of the breast), alleviate sleep disorders, and improve self-image. In the workplace, massage has been shown to melt away stress and enhance mental alertness. One study found that deep tissue massage reduced blood pressure levels. Other studies show that massage may have immediate beneficial effects on pain and mood among patients with advanced cancer.



Well, it's been another quite month for me, no-one wants to take me with them, and I have just been sat on reception people watching!

Don't forget to follow us on our Facebook page [www.facebook.com/walnutgroveclinic](http://www.facebook.com/walnutgroveclinic).

There are some interesting topics and advice put on there for all to read.

## Meditation & Mindfulness

Not sure if Meditation & Mindfulness is for you but want to learn more.

Come and join Fiona on Saturday 3<sup>rd</sup> November or Saturday 17<sup>th</sup> November. Fiona will run a General Meditation class at 10:15 and an Introduction to Meditation & Mindfulness workshop at 11:30 on the 3<sup>rd</sup> and a General Meditation class at 10:15 and 11:30 on 17<sup>th</sup>.

For more information or book your place, call Reception on 01275 818303.

## IF LIFE WERE LIKE A COMPUTER:

To get your daily exercise, you just click "run"!  
 To improve your appearance, you adjust the display settings.  
 To feel like a new person, you click "refresh".  
 To "add/remove" someone in your life, you click settings and control panel.  
 When life gets too noisy, you turn off the speakers.  
 When you lose your car keys, you click "find".  
 When you click "send", the kids go to bed immediately.  
 "Help" with the chores is just a click away.  
 If you don't like cleaning house, you click "delete".  
 If you mess up your life, you press "Ctrl, Alt, Delete" and start over!



## Contact Details

### Walnut Grove Clinic

Slade Road, Portishead,  
North Somerset. BS20 6BB

Tel: 01275 818303

Fax: 01275 814195

Website:

[www.walnutgroveclinic.com](http://www.walnutgroveclinic.com)

Email:

[healthcare@walnutgroveclinic.com](mailto:healthcare@walnutgroveclinic.com)