

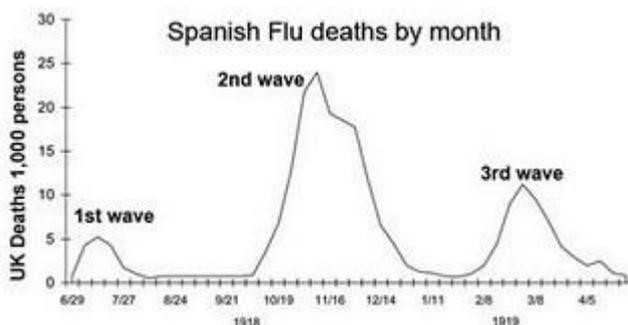


MANOR HOUSE PRACTICE

Autumn Newsletter 2020

Since we started back after the lockdown in May we have completed over 2500 appointments. Many of our patients are in the vulnerable category due to either age, past medical history and some are currently in the middle of their chemotherapy treatment OR they live with people who are in the above categories. It is therefore really important that we continue with our PPE and infection control policy. This includes you, the patient, not arriving early as we are not having patients inside waiting and wearing a face mask, that way we reduce the risk of passing the virus between us. We take your health and care very seriously.

I completely understand how frustrated people feel with this on-going, no end in sight pandemic but history has taught us to be patient. The World has seen many pandemics before, Plague, Smallpox, Cholera, Yellow Fever and Spanish Flu. We need to be composed and positive that with continued vigilance we will get through this, but we also need to be aware that it will take time - 2 years according to the below graph from Spanish Flu.



I have every confidence in all of you to get through this and we are here to support you with your health issues - we will not be shutting again as we have full stocks of PPE and as Allied Health Professionals the Osteopaths will continue to work and you are allowed to come and see us even if there are local lockdowns. If you're feeling lonely these people are exclusively there for you or you can volunteer yourself to chat to other lonely people -<https://www.ageuk.org.uk/norfolk/our-services/telephone-befriending/>

Foot Healthcare

Susie and Susan are available most days of the week and as foot health services have been stopped/scaled back by the NHS now is the time to find yourself an excellent professional who can take care of your feet. At £22 per consultation we are very competitive on price and the ladies are both very experienced. We also have a video with advice on nail cutting see our website <https://www.manorhousepractice.co.uk/foot-healthcare>

Gift Vouchers

In these uncertain times purchasing gift vouchers might feel like a risk - let me assure you I have worked through 2 recessions already in my career and as a friend of mine said there are a few things guaranteed in life...birth, death, taxes and bad backs...we will be here for many years to come.

Gift Vouchers can be redeemed for all therapies at Manor House Practice and they have no end date. Purchase them via the 'buy gift voucher' button on our website

<https://www.manorhousepractice.co.uk/>

Christmas Opening Times

Monday 21st December 9am - 5pm

Tuesday 22nd December 9am - 5pm

Wednesday 23rd December 9am - 5pm

Thursday 24th December Closed

Friday 25th December Closed

Saturday 26th December Closed

Sunday 27th December Closed

Monday 28th December 9am - 5pm

Tuesday 29th December 9am - 5pm

Wednesday 30th December 9am - 5pm

Thursday 31st December 9am - 5pm

Friday 1st January Closed

Saturday 2nd January Closed

Sunday 3rd January Closed

(Days and times could be subject to change)

Wishing you all a healthy, happy Autumn

Best Wishes Kathryn Macdonald MD