



## **Autumn Newsletter 2021**

**We have completed over 9400 face to face appointments safely since the start of the pandemic and we are continuing to expand our capacity to see more of you quicker; I can announce 180 additional physio and osteopath appointments per month and growing.**

### **Welcome to our newest Osteopath Aya Attaf.**

**Aya will be working 5 days per week including Saturdays. Aya qualified with a master's degree from the University College of Osteopathy. She has experience treating patients of all backgrounds and during her studies developed special interests in sports, women's health, and older adults. Using evidence to inform her practise, Aya is a thoughtful practitioner who works collaboratively with patients to understand their needs and goals. Developing tailored management and treatment plans using a variety of manual therapy techniques, spinal, and joint articulations to relieve pain, in addition to kinesiology taping and exercise advice to relieve pain and empower patients in their rehabilitation.**



**Welcome to our new Counsellor Claire Hamburger**

Claire will be offering counselling at Manor House on Tuesdays. You can book appointments with Claire online via our website. Claire is an experienced integrative counsellor and counselling supervisor. She counsels adults, couples, children, and sometimes families. She is a member of the UKCP and the BACP. She has a background in working with vulnerable people, as a special needs teacher, advocate, lecturer and community artist. Claire provides a safe, secure counselling environment, and works with clients individually, responding to their specific needs and issues with an integrated approach and a variety of techniques and counselling theories, sometimes using the creative arts or play therapy in her work with children.

### *Foot Healthcare and Diabetes*

The NHS says “It’s especially important to look after your feet if you have diabetes” see [How to look after your feet if you have diabetes - NHS \(www.nhs.uk\)](#) for more information. Regular check-ups, nail cutting and removal of corns is recommended.

We have two Foot Healthcare Practitioners available at Manor House Practice for appointments on Monday, Wednesday, Friday and Saturdays. £25 per consultation. You can **book online!**



## **Don't forget to book online**

You can book most therapists online via our website [www.manorhousepractice.co.uk](http://www.manorhousepractice.co.uk) or Facebook page [Manor House Practice - Beccles](#)

We'd like very much to improve our website and value your feedback as to how we can make it work better for you, our patients. We would really appreciate your help by completing this short survey - [Manor House Practice Website Patient Survey \(google.com\)](#)

**Lastly if you haven't been in to the practice or seen on our Facebook page that it was with great sadness, we announced the passing away of our beloved Practice Manager, Liz Avory after a short battle with cancer in August. I have struggled to accept the loss of Liz whom I've spent 2 days a week with for 21 years and miss her every day at work - I miss her warmth and caring towards patients, I miss her daily updates of Beccles Town news and I miss her advice and guidance with all things work related but most of all I miss my friend. My loss is nothing compared to that of her partner and family and so our sincere condolences go out to them.**

**Special Autumn Offer - 10% off osteopathy appointments**

**We're pleased to offer our customers a 10% discount on your next osteopathy appointment. This discount is valid up until 31st January 2022, one booking per patient. To claim your 10% discount simply quote reference 'Autumn21' when you make your booking and then either print out or bring a copy of this email on your phone to show us when you attend the appointment. Offer excludes virtual osteopathy and shockwave therapy.**

**Wishing you all a healthy, happy Autumn**

*Best Wishes Kathryn Macdonald MD*