



March Newsletter 2020

The old saying pride comes before a fall could sum up how I'm feeling right now. In February I had the great honour of celebrating 25 years of working in Beccles. When I arrived for my interview with the then boss Miles James, I never imagined that my career would be played out solely in the most beautiful market Town of Beccles. With lunchtimes spent eating and napping on the church steps overlooking the Valley to Gillingham and working alongside fabulous people and meeting and treating some of the most interesting and luckily for me motivated patients. We had a fantastic party at Waveney House Hotel to celebrate this milestone and I was pleased to have caught up with so many of my past and present colleagues - happy times!

It is therefore with great sadness that we are having to suspend treatments until we are given the all clear to return. Having always been described by my friends as "careful" with my money (I know they mean tight lol) I can assure everyone that we will be back open just as soon as we have the nod from Government. As the other old saying goes "you can always guarantee in life; birth, deaths, taxes and bad backs". With this in mind if you have a pain we can help you via phone calls/skype and please look at the videos on the osteopathy page of our website for some helpful starting points.

The below therapies can continue as they do not involve “prolonged contact”. Herbal Medicine is available to existing patients via for Tim Lane wvherbalist@outlook.com for Nathalie Chidley natly@herboriste.co.uk Hypnotherapy with Keith is available via enquiries@keithtravis-hypnotherapy.co.uk

Counselling with Laura is available via Laura@ferngreenwellness.co.uk or 07421 813931

We have 7800 patients in our appointment system and 3000 on our newsletter mail out. My team and I will try our best to support you from home while we are all ‘physically distancing’ ourselves from each other. Look at our Facebook page for more regular updates and advice on things to do while home for both the mind and body. Our Facebook page is Manor House Practice - Beccles. My daughter and I may even try some YouTube videos to keep you amused.

I know how scared everyone feels - the uncertainty of who will get sick or if any of our loved ones will get really sick, how this will affect each of us financially and what the future holds for our jobs and country and mankind but let me remind you we are all here because our ancestors got through the most horrendous things and survived and we will do that too, this is our time to be strong - when I broke the news to colleagues about shutting for an unknown period they were all full of love and compassion for each other and we will support each other and you our patients through this.

Sending you all my best wishes and stay safe,

Kathryn