

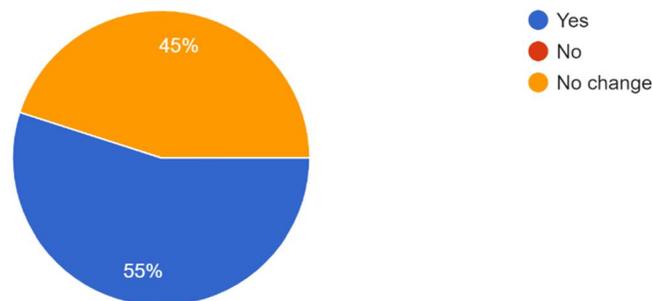
## Newsletter Summer 2021

We are updating our infection control policy in line with the latest research that shows that the risk of getting COVID -19 via surface contact transmission is really low. If you wish to read the full article with research evidence follow this link. [Science Brief: SARS-CoV-2 and Surface \(Fomite\) Transmission for Indoor Community Environments | CDC](#)

We will continue to all wear face masks but we will no longer need aprons, goggles or gloves unless our professional body requires it and we will wash hands/hand sanitize between patients.

Most of our therapists, patients (majority are over 30 years old!) and all of our receptionists have now been fully vaccinated which is excellent news. Our latest survey of our patients found that being vaccinated was important to how confident you felt about attending the practice.

Will you be more likely to attend an appointment once you have been vaccinated  
20 responses



We will continue to have windows open for ventilation but you can now come in and sit down in reception although we are still encouraging social distancing as you move around the practice.

According to MIND survey 2020 over half of adults (60%) and two thirds of young people (68%) felt their mental health had suffered during the lockdowns. Adults and young people state slightly different reasons for their anxiety. These issues are not going to disappear overnight and we need to be supportive of loved ones and friends and neighbours as best we can. The best way is ask how people are feeling.

It is also interesting that the MIND survey found that when people accessed support by phone or on-line two thirds (63%) said they would have preferred to have been given face to face support. Which is why we have worked so hard to provide the over 6700 face to face appointment since the start of the pandemic in March 2020.

If you are experiencing mental health needs and don't know where or how to access help here is the link [How to seek help for a mental health problem | Mind, the mental health charity - help for mental health problems](#)

We have been experiencing high volumes of patients recently so don't forget to book your next appointment to ensure you get the time and date you prefer. We are hoping to hire a new Physio/Osteopath next month to help offer more appointment times.

# 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](#)

## **Special Summer 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 August 2021, one booking per patient. To claim your 10% discount simply quote reference 'Summer21' 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 Summer  
*Best Wishes Kathryn Macdonald MD***