



## Spring Newsletter 2021

### Positive News

1 million new runners during 2020 - YOU can join them - just download the app click on this link [Get running with Couch to 5K - NHS \(www.nhs.uk\)](http://www.nhs.uk)

Over 13 Million people in UK have already had the vaccine

Over 50% of Practitioners and Staff have been vaccinated.

I have 2 triathlons this year, Windsor Castle in June and Blenheim Palace in September

Beccles Swimming Pool has extended cold water opening [Beccles Lido](#)

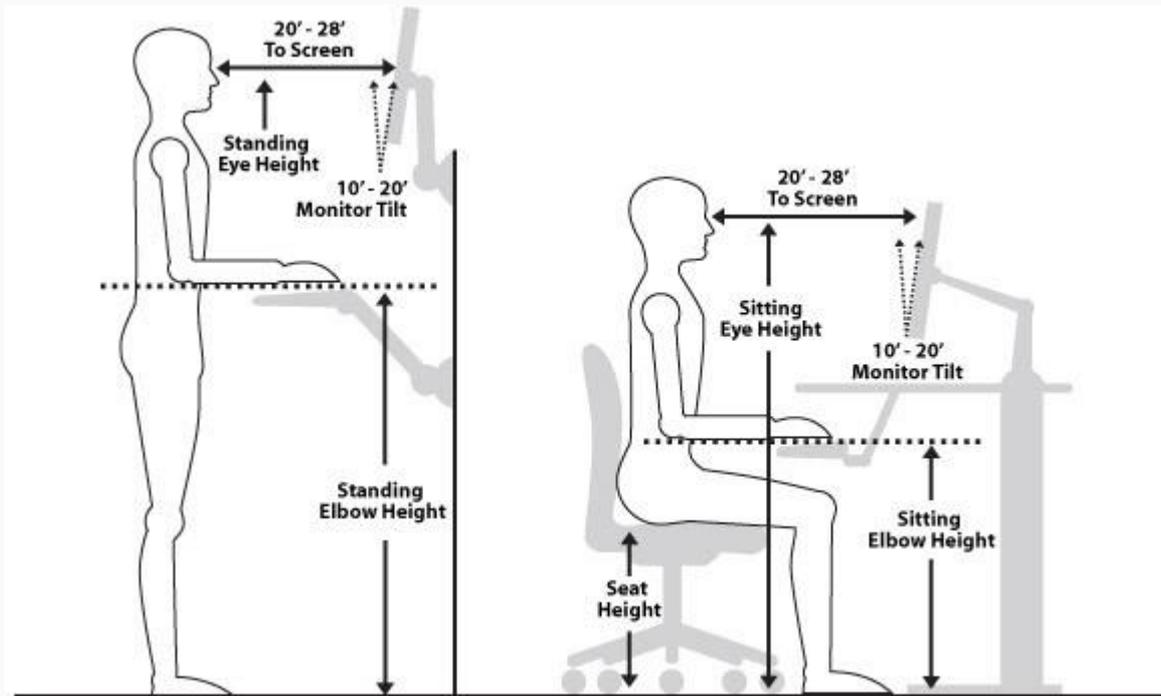
Bungay Pool is reopening [Waveney Valley Leisure Centre](#)

We have completed over 4300 face to face appointments since the end of the first lockdown in May 2020.

Osteopath Zoe Haschke is now available for on-line booking.

# Working from Home

Our offices at work are usually geared up nicely for our ergonomic comfort but at home things may be very different? You could be working at the kitchen table, on your lap, on the side of your bed? Here are some basics to help prevent any neck, elbow or back trouble.



There is more information available at this link [Memorandum \(cpsu.asn.au\)](https://www.cpsu.asn.au)

The main issue is probably using a lap top at home. Make sure you get the monitor high enough and if this is not possible then get a separate keyboard so you can get the lap top screen at the correct height. Also patients are reporting that they are doing all their daily steps in one go rather than remembering to get up and move about during their working hours. Check you are moving – your disks need movement for ‘nutrition’ to prevent disc injury and degeneration.

## **Patient Feedback on our Infection Control/PPE**

Your feedback is required- please click on link to a short survey. We are currently following Primary Care guidelines of infection control to keep our patients safe. This survey is to gain a deeper understanding of how our patients are feeling currently to help benefit our future planning. [Patient Feedback](#)

## **Reminder to on-line book**

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

### **Special Spring 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 30th April 2021, one booking per patient. To claim your 10% discount simply quote reference 'Spring 21' 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 Spring**

*Best Wishes Kathryn Macdonald MD*