



# MANOR HOUSE PRACTICE

## Summer Newsletter 2020

**Since we started back after the lockdown in May we have completed over 1300 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. It is therefore with much pride that we at Manor House Practice have made sufficient changes to significantly reduce the risk of infection and we want to assure you that we continue to take your health and care very seriously.**

**In the last newsletter I described all the changes that we have put in place but this photo says it all.**



**We now have everyone back who will be back to face to face appointments for the near future and we are working just 4 of our 6 rooms at any one time. As you can imagine therapists are able to see a third less or even half the number of patients, they usually see so please ensure you keep your appointment as they are at a premium. Missed appointments will be charged for.**

**It is with Great pleasure that we welcome Zoe Haschke to the Osteopathy Team. I have been looking for a new associate for three years and I am over the moon to have Zoe join us. She comes straight from College having gained a 1<sup>st</sup> and has glowing references and I think she will fit in perfectly at Manor House Practice.**



**ALL OUR THERAPISTS CAN BE BOOKED ON-LINE VIA OUR WEBSITE OR CALL  
01502 712505**

**Osteopathy**

**Kathryn Macdonald - Monday, Wednesday and Friday**

**Louise Cartwright - Monday, Tuesday, Thursday, Friday**

**Zoe Haschke - Tuesday, Wednesday, Thursday, Saturday**

**Foot Healthcare**

**Susie James - Wednesday and Friday**

**Susan Woods - Monday and Saturday**

**Kinesiology**

**Frances Arnold - Tuesday and Wednesday evenings**

**Massage Therapy**

**Doneva Davidson - Monday, Thursday, Friday, Saturday (Doneva cannot be booked online)**

**Cath Hutchison - Wednesday, Thursday**

**Charlotte Power - Saturday Morning**

**Physiotherapy and Acupuncture**

**Richard Graham - Tuesday**

**Herbal Medicine**

**Is available to existing patients -**

**Tim Lane [wvherbalist@outlook.com](mailto:wvherbalist@outlook.com)**

**Nathalie Chidley [natly@herboriste.co.uk](mailto:natly@herboriste.co.uk)**

**Counselling with Keith is available via [enquiries@keithtravis-hypnotherapy.co.uk](mailto:enquiries@keithtravis-hypnotherapy.co.uk)**

**Counselling with Laura is available via [Laura@ferngreenwellness.co.uk](mailto:Laura@ferngreenwellness.co.uk) or 07421 813931**

**Are you coming out of lockdown a 'chunk or a hunk?' These past 5 months have been spent either exercising/gardening/DIYing like mad because there was nothing else to do or eating and drinking your way through it - now is the time to address any health issues caused through lockdown. Make an appointment today to get help and advice from our experts.**

**Lastly I want to share with you that the past 5 months have been incredibly tough for so many of us. Some people will have thrived through bubbling with relatives, or had new and exciting contact via skype/zoom/facetime but then others of us will have found and are still finding the whole 'new life style' very hard to get to grips with. Don't suffer in silence and feel silly about feeling its tough - get talking about it with friends. We're all in this together and we will get through it together. It is also important to be reminded that things are improving after such terrible losses of loved ones, friends on the front line of COVID treatment now know so much more to help any future patients.**

**Wishing you all a healthy, happy Summer, *Best Wishes Kathryn Macdonald MD***