



southcote

PROACTIVE HEALTHCARE

WHAT HAPPENS IN THE BUILDINGS THIS MONTH?



* Programming! *

We have made many references to a 'Proactive Healthscore' - the 10S - over the past many months.

NOW - after a few pilot experiences - we are launching the upgraded and updated version.

Who knew Jesper was actually a programmer too...?!

* Hoot, Toot & Holler..! *

We are making the most of the lovely summer weather, and should you be lucky enough to come across any of us on the roads in and around Maidstone, feel free to let us know.

We all talk the Talk on a daily basis, but you will be glad to know, we also walk the Walk - or run the Run - or cycle or swim or many other healthy activities in our own time.

Recently, Jesper ran this gruelling race in a half-way decent time.

Otherwise, every one of us are regularly moving the body we were given to do just that with, and inspiration can be found in everyone's story. Feel free to add yours to ours.



Exercise and movement is generally good for you and needn't be very strenuous to serve a purpose - see later in this issue.

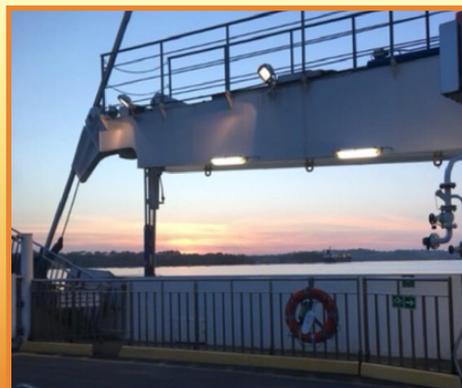
However, should you overdo it or indeed injure yourself, rest assured that we have all been there too and will not just be able to help you through your recovery but as importantly be able to relate.

One of the clear strengths of Southcote is the mix of its practitioners and as a result the full extent to which we can help you achieve the level of fitness you aim for - even if it may be a bumpy ride...

Party for Jennie!

Virtually the whole Southcote team is off to Torpoint in Cornwall at the end of the month.

The occasion is a party thrown by Jennie - and Jimmy - in celebration of friends and family as we are honoured to be classed in the former category.



We will be dancing the night away and take the opportunity to explore a part of the country often judged too far for an outing.

If you have anything you would like us to bring along for her, then please bring it into reception before the 25th July.



Remember:

*Hit the shot you know you can hit
- not the one you think you should.*

Bob Rotella - American sport psychologist - working with many top professional golfers.

QUICK DATES

1st AUGUST
Friends &
Family Day

NUTRITION FIT

We had a cross-professional get-together in May and on 6th July we are meeting them all again.

Based on the discussions we had then, we will now make further progress towards diet and nutrition strategies to improve your wellbeing and your ability to heal.

How is your sauerkraut coming?



Suvi and Suni after the - very hot - Leeds Castle Triathlon



These two joined us last year. Do you want to?

TEAM EXPANSION

We are looking for another part-time clinic assistant. Please spread the word if you know of the perfect match for our team.

We are looking for someone, who can smile, be friendly, is caring and is confident on the phone as well as mastering the use of computers.

We smile, are friendly and caring and will train you in our software system enabling you to facilitate the smooth running of front of house.

Please forward your CV to charlotte@southcote.com. by Tuesday 23rd July.

WELLBEING ASSESSMENTS

The '10S Proactive Healthscore' mentioned on the front page is part of the DayOne Wellness Wellbeing Assessment.

If you would like to know how old your body thinks it is, as opposed to what your birth certificates tells you, then book yourself in on one of the following dates.

Book at Southcote - <https://wbsmaidstone.youcanbook.me/>

Book at Peshurst - <https://wbsnaturesgym.youcanbook.me/>

If your 'Current Wellbeing Age' is higher than you would like, then a good way to start learning and doing something about it is to attend a 'Recalibrate Retreat':

Book Retreat - <https://members.dayonewellness.co.uk/recalibrate>



Do You Know the Words? Can You Sing Them?



You may have heard recently that **INACTIVITY** is considered the new smoking, as it is associated with a significantly increased mortality. Therefore, the NHS has published guidelines for how much activity is advised to ensure better health in the average population.

Scary lists of what you should be doing on a daily basis will soon be found in many, if not all,

publications **BUT** the crux is the level of activity, not what you do.

Twice or three times per week, do something that makes you mildly out of breath: You can still carry on a conversation - but can't sing the words to a song.

The glow this produces stays with you for the rest of the day and soon you will want to do it every day....

Mowing the lawn or carrying the shopping home are therefore both 'acceptable' types of exercise, as will be many of the other normal daily activities we are presented with in a normal day. However, as variety is the spice of life, make it a challenge to find new ways to make yourself unable to do the Karaoke...

If you want help and inspiration to start with a new activity, then we run several such initiatives at Southcote to help you.

MAKE TIME FOR PELVIC FLOOR EXERCISES

Strong pelvic floor muscles rarely get as much attention as strong abdominal muscles, but they are equally important for your overall core strength, and health and well-being.

Working your pelvic muscles will reduce the risk of those accidental incontinence leaks as you strengthen the complete muscle group around your bladder and bowel.

The next course starts on Thursday 12th September at 7:30pm Please get in touch if you wish to pay for this in instalments.

Emma writes: "The clients who attend my Holistic Core Restore® course come to me for all sorts of reasons, no two clients are the same. We are all unique. I was delighted to receive this recent feedback from a Client:

"Concerns about pelvic floor problems are not easily discussed, but from the moment I met Emma I was impressed with her professionalism...."

THIS CLASS WORKS!!!! I do not need to get up to use the toilet at night.

I am aware of how to breathe and strengthen my pelvic area in day to day life, such as lifting heavy shopping bags etc. What's more, I recently saw my Chiropractor who noticed an improvement in my pelvic floor strength, which she described as 'excellent'.

I highly recommend this group"





TENNIS AND DRINK ANYONE?

Summer is here and Wimbledon is not the only sign that this is the case.

Strawberries are the obvious treat but make sure you hydrate yourself well too. If you do go to SW19 maybe a Pimms is in order, but here is a great and alcohol-free alternative for at home:

Camomile, honey and orange blossom sparkler

Makes 1.5 litres

Put 4 camomile tea bags in 500ml boiling water - cover and leave to cool.

Remove tea bags and stir in 2 tablespoons of honey and 1/2 teaspoon of orange blossom water...might want less depends on the brand... taste it!

You want just fragrant not soapy...

Pour into a bottle to chill.

Dilute 1:2 with sparkling water.

Maybe add ice on a hot day.

You can float a few flowering herbs on top if you have any....

Cheers!



RELAX AND RELEASE

Forget stretching, let's release and realign.

Aches and pains are a standard part of our life and we often 'put up' with these even though there are simple, time effective, self-care solutions available to everyone.

Join Emma in this class to learn some great exercises as well as enjoying a lovely meditation at the end of the evening. The perfect end to a busy week and easing you into the weekend!

Friday 19 July
2019 19:30-21:00

£15 and all details are here: <https://bit.ly/2XetonZ>



INFOGRAPHICS

This strange word of the times hides a great concept: Let's make complicated information clear by converting it into pictures - or animations.

Clare is doing this better than most, and we will feature some of her work on the screen in reception from this month.



YIN YOGA!

Jan Palmer is teaching a one-off Yin Yoga class on 12th July.

Visit our website for all the events and classes:

southcote.com/diary-page

BUMPS!

Is it the time of year - or is there something in the water..?

Helen Keates (Pregnancy Yoga Teacher), Alison Newsome (Yoga and Pilates teacher), and April Clarkley (Counsellor) are all carrying little autumn bundles.

We congratulate them all!

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TOPIC *of the Month*

THE SIMPLE TASK OF WALKING - EXPLAINED IN A LITTLE MORE DETAIL -

The average person takes 2000 steps in a day - as a minimum - not counting extra activities such as exercise.

Heel Toe - and then again - and again...

Walking is an action, which for most people is automatic and doesn't require thought or planning.

However, when we consider the possible causes of someone's persistent pain, feet and walking are often high up on the list of things to check.



The feet with their 26 bones, 107 ligaments, 33 joints and 19 muscles - each(!) - are probably some of the most amazing mechanical structures in our bodies.

The way that all these structures are arranged and inter-linked allow your feet to change from very soft shock-absorbing structures when you land - into very rigid structures when you shift the weight across the planted leg onto the front of your feet allowing the best propulsion of the body.

These two phases are called Pronation and Supination respectively.

Too much or too little mobility in certain joints of the feet can both cause stress to travel up the body and cause anything from ankle, knee, low-back or head pains.

The root cause of someone's problem may therefore be coming from the ground up.

Running

When you speed up and allow neither foot to be in contact with the ground - however briefly, you are running; suspended in mid-air for a while between each step.

This adds extra impact and speed to the potential injurious forces and extra weight to the slightly paraphrased saying; 'you need to be able to walk - injury free - before you can run'.

Southcote runs(!) expert walking - and running - assessment clinics..!