



southcote

P R O A C T I V E H E A L T H C A R E

WHAT HAPPENS IN THE BUILDINGS THIS MONTH?

STOP TOBER

Is This
Your Year?

✕

*We think so and we
would like to help you in
any way we can.*

*From taking part in
STOPtober to give up
smoking to starting or
returning to any other
healthy habit for your
benefit.*

*See page 3 for some
FREE stuff!*

✕ Meeting up in the Rain ✕

October it is and the leaves are
falling, we are heading for winter.

We have 2 words in danish...
- no not 'HYGGE' again!

We are convinced they are words
which will help us get through the
darker months ahead.

'Friluftsliv':

Spending lots of time outside, and
when that is not possible bring the
outside in..fresh air and dress for the
weather.

Let's meet up in cagoules and wellies
over the coming months and explore
the pretty country side donning its
pretty colours..

'Samfundssind':

Be respectful of each other's and
society's needs and look out for one
another. Pay attention to the overall
and common goals - together.
A modern-day version of 'think not
what your country can do for you..'

Optimism is difficult to muster on
your own - and we still all need
optimism to get through this
uncertain time.

It is an attitude that thrives in a
communality of goals: When we all
start pulling towards the same
objective, it is a lot easier to
imagine it happening.

'Samfundssind' is the intention
of aiming and acting towards the
best version of what we can
achieve together. It is also a lot
less stressful than allowing
ourselves to become frustrated by
the less than helpful individual
actions we see around us

Of course when we come in
from that walk in the blustery
weather, there is nothing that
stops us lighting a candle and
cooking up a hot brew of our
choice, and then we are back
at ...**Hygge!**

Jane is in Great Form!

Jane - our clinic management software - still sends you a 'Covid-19
Screening' before every appointment. This has recently been updated to
reflect the newest regulations and legislation.

*Can we request you complete this form
as soon as possible after receiving it?*

We still need to go through each one to determine the level of risk and
possible recommendations before we accept you into the building.





Seasonal Quote:

“In the entire circle of the year, there are no days so delightful as those of a fine October.”

Alexander Smith - Scottish poet - 1830 to 1867

TEACHING!

Similar to last year the British Chiropractic Association's annual conference will be an online forum this year.

Making use of lots of new technology we barely knew about a few years ago, it allows teaching and research to be delivered to delegates in as engaging a format as possible.

However, face-to-face training is coming back, and Jesper is teaching at the Danish Chiropractic Association's annual conference next month, as the first such outing since he went to Belfast in early March 2020.

The topics are stiff elbows and frozen shoulders...



FALL BACK...

On a similar note: As the clocks change, be sure to allow your body to adjust.

It may not quite be jet-lag, but it does take a day or two before you are back to feeling your usual winter-self.

FIRST AID

We are required to re-certify in first-aid every 3 years for very obvious reasons.

However, it is never a great chore as Mick Abbott from A&B First Aid Training runs the courses with great insights and humour!

For those in the know, we want to sing both 'Staying Alive - ah, ah ah, ah! - and 'Annie, are you ok?'

- our moves are a little different to the originals though...

DOORS ARE OPEN!

- for you to have a seat in reception at Southcote. Please use the doorbell, and someone will come to you as soon as they can.

Masks are still required and your temperature will need to be taken before you enter.

PAPERLESS!

After much scanning and filing, we have now almost completed the task of emptying the shelves in the back-office and will soon start re-arranging and refurbishing the layout to suit the **NEW SOUTHCOTE** - Exciting!

EXCELLENT PODCAST

Rachel has now recorded five episodes of the "Lessons from Loss" podcast.

In it she shares and discusses experiences of loss with different guests, and more importantly reflect on the lessons learnt that guide and shape our lives today.

<https://bit.ly/3B5bLM4>

Can be found on iTunes and most podcast platforms.

DIRECTION..?

Set the hands on your watches and clocks an hour backwards.

It gives you an hour longer in bed - should you so choose...

(check you smoke alarms too)





✧ Return to Fitness! ✧

The children are back at school, and you can get back to looking after yourself – for both your own and their benefit...

If you have been coming into Southcote for one reason or another in the past few months, you will have seen the amazing rebranding of the gym space to 'Energise Fitness'.

Although we are very proud of the shininess of it all, we are even more so of the products and offerings it has allowed us to launch.



Central to them all is the **'10S Wellbeing Score'.**

This amazing AI tool - (developed specifically for and by us) - will allow you to make better choices for your health and wellbeing.

By assessing 10 pillars of health - (all starting with the letter S) - you will clearly and immediately see where your time and efforts are best spent.

We would like you to try a 10S Wellbeing Healthscore for - (the significantly reduced price of) - **£25.**

Use the code "10SINTRO" when making your booking on our website - (see below).

We have a truly wonderful team of trainers and instructors offering lifestyle coaching, group training, one-to-one training, and a varied programme of classes.

Use the code "FREE1" for a FREE class in the studio. Book through our website www.energisefitness.co.uk

✧ Restorative Yoga ✧

Monthly Sunday Evening Yin Yoga Workshops

This is an opportunity to make the weekend as restorative as at all possible by you attending these 90-minute workshops on Yin Yoga - (the slow-paced style, where the postures are held for longer periods of time than in other styles)

Victoria Thomas is organising these and you can book by going on her website:

<https://bit.ly/3D2jtqA>

17th October, 12th November, & 5th December 2021

5 – 6:30pm in the Energise studio





✧ It's just a tiny scar... ✧

How can something so gentle make such a difference?

That's a question or exclamation I get a lot from first time ScarWork clients.

I'd love to be able to offer a scientific answer to that, but I can't, because research into how this incredibly gentle treatment works hasn't happened...YET. All I know is, from the many many scars I have had the privilege to work on, that taking things gently and slowly seems to make a positive difference.

I'd like to think, its because I approach the scar with compassion when perhaps it has been met with dislike or coldness; that I introduce slow gentle touch to an area that has been previously poked and prodded, cut and clamped; that I feel, observe and sense what technique the scar needs at any particular moment...



I wonder too if the gentle approach may help my clients relax and begin to connect with their scar and their body again after what has often been a traumatic experience. I wish I knew why and how but until that research is funded and undertaken I'll let the improvements ScarWork seems to bring about speak for themselves. If you have a scar that bothers you or that doesn't feel quite a complete part of you please get in touch for a short no obligation chat about how ScarWork may be able to help.

✧ Foot Rub to Happiness ✧

From Reflexology to the pitter-patter of tiny feet!

If you and your partner are struggling to fall pregnant, maybe reflexology can help. Georgina has treated many people who struggle to conceive with great success.

Reflexology may help with many aspects of **WOMEN's** fertility.

There are no guarantees but it works for many, so may be worth a try.
Email Georgina at info@lifespanreflexology.co.uk for more info or to arrange a free telephone consultation - or call reception to book in.

- and **MEN** can benefit too: The stress busting benefits of a 60 min reflexology treatment can work wonders by allowing the body to rest and repair.

Stress, erectile dysfunction, low libido, low sperm count, low sperm motility or low testosterone levels can all make conception difficult.

Research suggests the following may also help:

- Vitamin C & D supplements
 - Regular exercise
- - and various supplements - which a nutritional therapist or herbalist can advise on - such as:
 - D-aspartic acid
 - Maca root
 - Ashwagandha
- Minimising stress (Reflexology works great for this one!)

the STAFF PROFILES of the Month

Saskia

Hello, I'm Saskia and I'm very excited to be joining the team at Southcote this November! I'm a **Chiropractor** and you'll see me in the clinic on Mondays, Wednesdays and Fridays.

A typical appointment with me will involve having a chat about what has brought you to the clinic, running through a physical examination to see if we can find the source of what is going on, and then treatment.

I use a mixture of adjusting, soft tissue therapies and rehabilitation exercises to help you get back on track. I have also taken courses in Kinesio-Taping and Western Medical Acupuncture, so I can also offer these treatment therapies if they are required.

Outside of the clinic I enjoy the daily care of my two lovely **horses**, Rosie and Folly. Rosie was retired from eventing last year and is enjoying a quiet life as my top lawnmower, and Folly has just started out in her training.

In fact, my Chiropractic career began with horses! Back in 2014 Rosie sustained an injury to her left shoulder, and although it improved a lot with rest and help from the vet, something still didn't feel quite right. The vet recommended an Equine Chiropractor, who came and treated Rosie and within a few weeks she was back to her usual self and feeling 100%.

For me, this sparked an interest in Chiropractic as it wasn't a career I had considered up until that point. I undertook some work experience and from there enrolled at the Anglo European College of Chiropractic, and haven't looked back since!

Alongside the horses, I also regularly train and compete in **10m Air Pistol Shooting**. I began shooting at the age of 10 as part of the Modern Pentathlon, however whilst at university I found that I did not have the time to continue all five sports and decided to focus mainly on the pistol shooting. In 2018 I was selected to join the England Pistol Academy.

In my spare time I can be seen coppicing, log processing and digger driving...my partner runs a forestry business so if anyone needs some kiln-dried logs delivered in preparation for the winter then please let me know!

3 things people don't know about me:

1. My favourite thing to drive is a telehandler (a HUGE forklift with a telescopic boom extending forwards and upwards from the vehicle).
2. It is very rare for women to be colour blind but I am one of the few! Although this doesn't affect me at all in my day-to-day life, it did mean that my dream to become a fashion expert had to be shut down pretty quickly.
3. I have competed internationally in 10m Air Pistol Shooting in Luxembourg, The Netherlands and Belgium (and hopefully more to come!)



Goodbye Ruth!

Ruth has had her last day at Southcote and this past week we held the first Southcote social event in a very long time to send her off with our very best wishes and a few presents to mark our gratitude for her time in Southcote.

We now all have an excuse to go explore the city of Glasgow and the surrounding countryside!

small classes - bright airy studio - friendly instructors

FREE CLASS

Use this discount code on any of our studio or online classes. One class per person. Valid until end of October.

code: FREE1



YOGA - PILATES - BARRE - QIGONG MEDITATION - CORE



[@energise.fitness](https://www.instagram.com/energise.fitness)



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10S wellbeing score for only £25 until end of October

50% OFF

10S Wellbeing Score

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age and how you can
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