



southcote

PROACTIVE HEALTHCARE

WHAT HAPPENS IN THE BUILDINGS THIS MONTH?

## STOP TOBER

### Is This Your Year?

✱

*Breaking up is never  
easy but remember;  
it's not you - it's them!*

*Join in with the  
thousands of others  
dumping smoking for 28  
days this month.*

*This period of  
abstinence makes it 5  
times more likely, that  
you will quit for good!*

## ✱ 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 could help us get through the darker months ahead.

Optimism is difficult to muster on your own - and boy do we all need some optimism at the moment.

It is a sentiment that usually requires a communality of goals: When we all start pulling towards the same objective, it is a lot easier to imagine it happening.

#### '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..'

'Samfundssind' is a great precursor for just 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 - sends you a 'Covid-19 Screening' before every appointment.

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

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





Topical Quote:

*"I'm not your average bear. I - what's the word? I'm not - normal."*

*Eddie Van Halen - Guitarist 1955 -2020*



## QUICK DATES

1<sup>ST</sup> OCTOBER

Rowan's Birthday

30<sup>TH</sup> OCTOBER

Alex's Birthday

31<sup>ST</sup> OCTOBER

Halloween!

- and who knows what...



## TEACHING!

the British Chiropractic Association is holding its annual conference as an online forum this year. Making use of lots of new technology we barely knew about a year ago, it will allow teaching and research to be delivered to delegates in as engaging a format as possible.

One of the sessions will be on the pelvic floor and its importance for low back pain - and it is taught by Jesper.

This is only the third time he has presented virtually like this, but each time the use of technology has added further to the experience.

Look out for the hologram version...!



## LIGHTS ARE ON...

With the nights drawing in we have had a visit from our trusted electrician, Jim, and all lamps - both inside and out - have been checked and upgraded to be able to shine a light on and for us.

Please let us know if you spot one that is a bit dim. (lamp not person...)

## 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 winter-self.



## 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)*

## LOOK AFTER YOURSELVES!

Jimmy is taking some time off. He writes:

*To all of my patients,  
After much consideration I have decided that I need to take a few months away from work.*

*Clearly there is a lot going on in the world and I have more going on than most. Some of you will know that my wife had breast cancer a few years ago, unfortunately it returned last year and her treatment is ongoing. This has been difficult to deal with whilst also maintaining a professional focus at work and we have decided to take some time out to spend together and with our families.*

*You will be contacted to rebook your next appointment with one of the other practitioners, whom I'm sure will do an excellent job in looking after you.*

*Thank you to all of my patients and colleagues at Southcote for your support over the last few years and I look forward to seeing you again next year.*

We are fully supportive of Jimmy and his decision and hope he will return in February 2021.

The team is rallying to make this happen as smoothly as possible.





## ✧ Competition Time! ✧

Vinetta's Flower Gallery invite you to visit their winter wonderland

This is the first mention of this word in this publication this year...: Christmas is coming!

For inspiration, festive feeling, amazing home fragrances, bespoke door wreaths, workshops, fresh flowers, house plants and much more visit this privately owned bespoke florist located in a beautiful historical building in town.

They help us decorate for Christmas every year. Watch this space..!

You can visit their online shop here: <https://bit.ly/3lrGCKx>

The competition question is simply: **Where can you find Vinetta's Flower Gallery?** (We need the exact address)

Please send you answer to [charlotte@southcote.com](mailto:charlotte@southcote.com) by 16th October

3 lucky winners will be gifted one of Vinetta's lovely creations.



## ✧ Energise @ Southcote ✧

This will be so much more than a name-change...

Introducing Energise @ Southcote : The new name for our Exercise and Rehabilitation centre.

We are excited to be re-energising the space and services we offer with new classes, 1-2-1 and small group training and specialist population sessions.

We would love to hear your feedback and want to make sure we find out exactly what you want so we can serve your needs best. Would you take 5 minutes to complete this questionnaire: <https://bit.ly/34tXPMq>

**For all those who complete the short form we will give you a complimentary fitness consultation and 1-2-1 tour of the newly refurbished exercise centre with one of our fitness trainers.**

Watch this space for our next update on Energise @ Southcote! Our new look exercise centre.



## ✕ It's just a tiny scar... ✕

Rachel is back! And she is working miracles on both small and larger scars.

Keyhole surgery...oh it's nothing, just a tiny scar. Think again.

Keyhole surgery is becoming more and more common and it has many advantages over open surgery with less bleeding, shorter stay in hospital, reduced pain and a much smaller scar and it's easy with all those advantages to dismiss the impact of the surgery but the surgical site and surrounding soft tissue has still experienced trauma.

Even with less intrusive keyhole surgery you may still experience a change in sensation, irritation, movement restrictions, lumpiness, and a feeling that the area is just not quite right, or feels detached from you.

ScarWork can help integrate the internal scarring into the fascial web and help normalise the tissue, how it feels and improve movement.

The fascial what you ask? The fascial web is a three dimensional matrix of connective tissue which intertwines, surrounds, supports and protects every structure inside us but more about that in a future edition!

If you've had surgery, keyhole or open, and you're bothered by how it feels or looks then give me a call for a chat about how ScarWork may help. Phone or text please to 07940748830



## ✕ Foot Rub to Happiness ✕

Step into autumn with confidence and a smile!



Reflexology is a great therapy for improving wellbeing if you're feeling under pressure, stressed, anxious or simply out of kilter and not sure why.

This gentle, relaxing treatment helps lower stress hormones and blood pressure and can also improve sleep patterns. Reflexology boosts endorphins and other happy hormones, while also calming the mind and easing tension throughout the body.

It can help a wide range of conditions and a better mood is only a foot rub away!

Georgina is at Southcote on Tuesdays, Wednesdays and some Saturdays and welcomes clients old and new.

*(Yes, they are Georgina's own feet)*





# the STAFF PROFILES of the Month

## Emma

*I am Emma*

*Currently, I am predominantly working with clients online to improve their physical fitness, which in turn improves their mental wellness. I am teaching two socially distanced outdoor classes as I am a great believer in the benefits of nature for the mind and body.*

*I normally work 1-2-1 with clients in the gym and teach Holistic Core Restore® in the studio. I will be offering this online until the end of the year:*

<https://bit.ly/3lmH1O7>

*I will continue to be online until the end of the year, happy to offer 1-2-1 personal training sessions outdoors but am not ready to bring these indoors as yet.*

**...why should I come and find you?** *I treat all of my clients as individuals and listen carefully to both what they are saying (and notice sometimes what they are not saying). Sessions can always be adapted and I am a great believer in both of these statements – ‘something is always better than nothing’ and ‘progress not perfection’. I am also very passionate that self-care is on the radar of my clients, generally it isn’t and they are putting everyone else before themselves. If any of this resonates with you and you are a woman aged between 35 and 50, then you are exactly the type of person that I love to work with. I am very grateful to Charlotte and Jesper for providing such a lovely place to work from for me for the last 13 years and I look forward to returning when things are a little less crazy!*



## Katie

*Hi, I'm Katie and I'm offering Seasonal Yoga classes at Southcote on Tuesday's at 10.30am.*

*Seasonal Yoga was developed by Julie Hanson and Sue Wood to address the imbalance between nature and our modern day lifestyles.*

*Years ago we used to rise with the sun and go to bed when it got dark. We ate seasonal, local food and were in tune with the changing seasons and cycle of the year. These days life is very different and our busy, electronic filled days and processed diets disrupt our body clock, leaving us struggling to fall asleep at night or feeling ill, out of balance or stressed.*

*Seasonal Yoga fuses traditional Indian postures with Chinese knowledge of meridians and the 5 elements to reconnect your mind, body & soul to nature's rhythms and the energy of the universe.*

*Classes are accessible to everyone, whether you have tried yoga before or just been thinking about it!*

*I have practised yoga myself for over 17 years and fell in love with Seasonal Yoga because it just made sense to me. October 5th and 12th classes will be focusing on Late Summer energies of grounding and centring our body and mind, working with the spleen meridian, a key player in our immune system. Later into October we will move into the Autumn energies of slowing down*

*and letting go and work with the lung meridian through postures and breath work.*

*The yoga style is a flowing / vinyasa style using postures you will recognise.*

*I hope you feel inspired to give my class a try.*

*You can find me on social media*

*@love.breathe.yoga.withkatie or call me 07871 678370 with any questions.'*



# the STAFF PROFILES of the Month

## Jackie

*"I'm Jackie, a nanny who got fed up of not knowing how to help my families' sleep problems and then dealing with the subsequent behaviour resulting from over-tiredness. I read the books and blogs but just didn't know how to help!"*

*I decided to train to become a Sleep Consultant, so I was better equipped to help the families I worked with, and many other families who need help.*

*I am able to help with any problems such as bedtime battles, night wakings, early wake-ups, napping and so much more!*

*So if any of that sounds familiar, do not despair! Help is here and is specifically designed to suit you and your family."*

[contact@jackiecoxsleepconsultant.com](mailto:contact@jackiecoxsleepconsultant.com)



## Vics

*'Hi Everyone, I'm Vics and I teach Yoga in the studio at Southcote.*

*I returned to the studio on the 1st of October and will be offering Yin Yoga on Thursday evenings and some Sunday workshops.*

*I've been teaching at lovely Southcote for around 2 years now.*

*I've just started my fourth year of training at the European School of Osteopathy and am now treating in the women's health clinic and am very excited to announce that from*

*November I will be offering Pre-natal Yoga classes as well as Yin Yoga. I trained in Pre-natal Yoga in India and have been teaching part-time over the years, and I'm very much looking forward to having a regular prenatal yoga community at Southcote now.*

*I am a huge Yoga lover, having seen first hand how wonderful the practice is, how much it can support your individual health and wellbeing journey, and the fact that the community that is built around Yoga is so supportive.*

*Yoga has an incredible way of supporting our health and letting us have fun in the meantime, although it's really you that does all the work of course. Yoga techniques are simply ways of unlocking the skills we already possess.*

*I'm really looking forward to the in-person classes at Southcote and hope to see some more of the Southcote family over the coming months.*

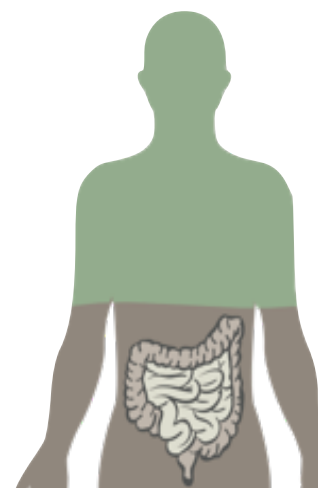
*Vics'*

TEAMWORK  
MAKES THE  
DREAM  
WORK

# the TOPICS of the Month

## IMMUNE SYSTEM?

70% of your immune system is in your gut, so let's put the focus there. *Patricia – Nutritional Therapist – writes...*



Digestion starts when we see, smell or even when we start to think about food.

Our mouth starts to water, produces saliva, within which enzymes begin to break sugars down. It is important to allow the food to stay in your mouth long enough for this to happen. When you are chewing you are preparing the food for the rest of the digestive system enabling an efficient break down later on.

The food travels through to the oesophagus and continues right into your stomach.

The sugar digestion starts in the mouth; the digestion of protein starts in the stomach: The stomach produces hydrochloric acid which is assisting with breaking down our food even more. The digestion of protein requires hydrochloric acid. At this stage, stress management is detrimental as stress may reduce the production of hydrochloric acid and reduces the ability of the body to digest the food efficiently.

When the food leaves the stomach it is semi-digested and now enters the small intestine where the bile and pancreatic enzymes will be secreted. This is the place where our fats begin to break down.

Absorption of nutrients takes place in the small intestine.

The digested carbohydrates and proteins go straight into the bloodstream to the liver, whereas fats are absorbed into the lymphatic system. There is therefore lots of lymph glands in the small intestine and, as you may know, these are a critical part of our immune system.

The waste travels into the large colon. This consists of indigestible fibres making up the bulk, which helps to carry unwanted material of digestion and toxins.

All nutrients work synergistically, a deficiency in any will compromise the immune system. What we eat strongly influence the performance of white blood cells, the front-line warriors against infections.

***Please ask yourself these question to help determine if you could pay more attention to this area:***

*How do I eat? I am a quick or slow eater? Do I chew my food properly? How does it feel during eating or after I have eaten? Do I feel bloated, cramping, am I burping a lot? Do I have heartburn? How is my stress management? Do I eat on the go? Do I pay attention to eating? Do I multitask and do I tend to do a million other things while I am eating? Do I sit down? Do I watch telly, or do I spend time on my mobile phone whilst eating? Do I have a regular and healthy bowel movement?*

All of this and even more will affect your digestion and consequently absorption of your vitamins and minerals from the food you eat which is directly related to and important for our immune system and for our wellbeing.

***If you feel your digestive health could do with some support, talk to your practitioner or get in touch with Patricia who will be only too pleased to support you in building the foundations of strong immune health. Look out for next month's article on key steps to support your wellbeing.***