

April 2024



A huge welcome to **The Huntingdon Neurotherapy Centre**. Did you know this building and café are open to you on Monday's, Tuesday's and Thursday's from

09.00hrs to 13.00hrs. You don't have to have a neurological issue, or be here just because you have a NHS Diabetic Eye Clinic Appointment. You are welcome to join us at any time, have something to eat or drink from Geanna's Café, join one of the many classes in the gym or visit one of our therapists that we have available for you or even become a member and use the Hyperbaric Chamber during those three days open.



Did you know that you could use our Hyperbaric Chamber? Do you have a neurological issue? Many injuries and illnesses result in a disruption of oxygen-rich blood,

being able to travel to affected areas of the body. The body needs oxygen to heal itself, for example: diabetes can cause poor circulation, which makes it more difficult for oxygen-rich red blood cells to reach damaged tissue. This results in slow-to-heal injuries and wounds that are at high risk of infection. HBOT helps to boost oxygen levels in your blood.

We are looking for oxygen therapy operators, in particular to cover weekends.



Mobility aids – We can provide
Rental wheelchairs
Daily/weekly - £5 per day.
£50 refundable Deposite.



Geannas café is run by George and a volunteer on Monday, Tuesday and Thursday between 09.00 and 13.00hrs. **The Huntingdon Neurotherapy Centre**

would like to say a huge thank you to George for the amazing Vegetable soups that he has made, both the chunky variety and the smooth Carrot and Coriander. This months special is the meatballs in tomato sauce with pasta. Give it a go, it is amazing!



Physio home hub will be available on Saturday mornings in the gym for neurorehabilitation, on both a one-to-one basis and classes.

Neurorehabilitation will involve sessions working on balance, strength, flexibility, and fatigue based on individual needs. Those needs will be determined by completing an initial assessment to identify the best course of action to be taken, in order to get the most out of the physiotherapy and work towards your goals. For an appointment with Rick, please contact him on 07731820971 or via enquiries@physiohomehub



Sarah teaches on a Monday and Thursday at 11.00hrs. All her exercises are made to your ability. Her classes are fun, great exercises and good for socialising too. This all

round unique workout is for all levels and abilities with many adaptations for chair work, standing work and movement work in all areas of fitness, challenging the whole body and mind. Classes includes: Co-ordinations, mobility, posture, core stability, strength, flexibility, relaxation, and much more.



Annual membership fees are now due April 2nd.
New membership cards are in place.

New Prices:

- £50 – full membership – (entitles you to reduced HBOT prices)
- £2 social member plus £1 entrance fee.



Wendy Hall BSc (Hons) will be available as your Chiroprapist and Podiarist as of 2nd of April. Please call her on 01767 677554 to make an appointment.



'BeautifulByKaren' is still with us every other Monday, unless she has a booking and will make an exception to come to the centre.

"I used to have a rotator cuff injury and was unable to move my left arm above my head for many months without pain. After two sessions with Karen and having DEEP massages, keeping up with her suggestion of after care, I am now able to reach those high up shelves" - Client

Please make an appointment with her on beautifulbykaren@gmail.com

Special Occasions.

April Birthdays

- 12th Kay
- 15th Wendy
- 29th Katie

UPCOMING EVENTS

April 2024

- 1st April we are **CLOSED** all chamber users please book an alternative day.
- 28th April craft car boot sale.

May 2024

- 25th is our 21st Birthday party and also our open day, everyone welcome.

June 2024:

- 22nd Annual BBQ Garden party at The Paddock Sawtry.