



HUNTINGDON

NEUROTHERAPY CENTRE



Huntingdon Neurotherapy Centre - The home of our lovely community and you! This is your local community hub,

with much to offer. Our building is open to you: Monday, Tuesday, and Thursday from 09.00hrs-13.00hrs

Funds Received - On the 27th of June we were invited to a wonderful buffet and were presented with a cheque for £1,500 from City & University of Cambridge Masonic Charitable Trust. This money will go towards the upkeep of our building.



Garden Party and Barbeque

Held on 22nd June 2024 we had a brilliant celebration together.

The sun shone, the people (who bought tickets) came, the quiz, the hundred square game, the raffle, face glitter painting, the music, a great drinks selection and an amazing barbeque were followed by a silent disco which was enjoyed by all.



None of this would have been possible without all our generous donors, those who supplied the drinks, food, raffle prizes, the toilet hire, their valuable time to help both beforehand and on the day, the barbeque and fuel, loan of gazebos and shelters, wonderful homemade cakes, and Chapel End residents offering parking on their driveways.



Huntingdon Neurotherapy Centre would like to invite you to try **Geannas café!** This cafe is open to you every Monday, Tuesday and Thursday,

between 09.00 and 13.00hrs. You do not need to have an appointment with the NHS Diabetic Eye clinic, or have an appointment with one of our therapists to come and enjoy the culinary delights, that George and his volunteers can offer you! There are homemade sausage rolls, freshly made muffins or even a full breakfast*. There is also Vegetable soup made from scratch, both the chunky variety and also the smooth Carrot and Coriander. This month's special is the meatballs in tomato sauce with pasta. Give it a go! it is amazing! * Available from 09.00hrs to 12.00hrs



Did you know that here at the **Huntingdon Neurotherapy Centre** we have a Hyperbaric Chamber that is accessible to the public? Do you have a neurological issue, a respiratory issue, long Covid, diabetes, or even a sporting injury? 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 and has many benefits because of this. Please contact us for more details or to book your session.



Fitness and Pilates Sarah teaches Chair-based Fitness Pilates and exercises on Monday and Thursday at 11.00hrs. A class for Parkinson's Sufferers on a Tuesday and Thursday at 13.00hrs. All her

exercises are suited to your ability! Her classes are great fun, great exercise and great 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 include Co-ordinations, mobility, posture, core stability, strength, flexibility, relaxation, and much more.

Treatments by Appointment:

Natalie - Reiki practitioner

Lynn Reader - Reflexology treatment

Tel 07985 407129

BeautifulByKaren – Massage and Beauty treatment

Tel 07761 302605

Wendy Hall BSc (Hons) - Chiroprapist and Podiarist.



New Volunteers Please Welcome our Wonderful new volunteers Hamzah who will be assisting with IT matters and Chris who will be helping George in the kitchen... Our volunteers play an

important role in the assistance of our charity. If you are interested in volunteering please do get in contact.

SPECIAL OCCASIONS

August 2024 Birthdays

- Jennifer Tomblin 18th
- Dean Hinton 21st
- Karen Fletcher 26th
- Alan Stevens 29th

UPCOMING EVENTS

August 2024

- Bingo night on the 9th and 30th. Doors open from 6.30pm eyes down at 7.30pm
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All memberships are now ready to be renewed.

Membership Fees are:

£2.00 social plus £1.00 entry fee £50.00 Full membership plus discount on Chamber use.

Please register now at reception.

Would you like a monthly newsletter emailed to you? Please leave your details at reception and we will get one over to you on a regular basis.