

FEBRUARY 2024

HUNTINGDON NEUROTHERAPY CENTRE



The Huntingdon Neurotherapy Centre have had a few changes last month as we welcome three new volunteers. Liz and Sue can be found helping George in GeAnnas on Monday and Tuesday respectfully, whilst the amazing Kath and Fran, who are regular members of the Centre are now helping George on a Thursday between them. So, please go along and say hello to the ladies and George on Mondays, Tuesday or Thursday between 9am and 1pm.

We would also like to say hello and welcome to Angela and Sheila who will be assisting on the front desk and also in the office, working their little fingers on the keyboards. Regrettably not the ivory type. So, can we give all these new volunteers a very warm welcome. **We are currently advertising for an admin/receptionist, if you are interested in applying, please get in contact with us.**



This Friday

The Neurotherapy Centre



Bradbury House, Highfield Road
(Next to the Bym) Doors Open 18:30
Eyes Down 19:30

Bingo came back on the last Friday of January, and what a lovely turnout of all new and regular faces. The bingo organisers asked all the visitors if they would like a 2nd bingo of the month and received a resounding yes!!!!. We will be opening our doors from 18.00hrs for all those who want something eat. Ham, Cheese, Egg and Tuna Baps will be on sale to all who want to play bingo on the second and last Friday of every month. So, don't be shy, come and join us, it really is a fun night. Oh, did I mention that you can bring your own bottle. You must drink sensibly, and take away your rubbish.



February 14th for most, is a romantic time. Out come the roses, cards and gifts. Well here at the **The Huntingdon**

Neurotherapy Centre we are no different. We are proud to announce that we have been donated three amazing prizes. A hamper from Morrisons St Ives, red wine, chocolate biscuits and lots of nice nibbles, a hamper from Tesco Huntingdon plus a half hour spa treatment, and afternoon experience for you and your guest at The Chase Care Home. It has been said that their afternoon tea is better than Buckingham Palace, but who knows??



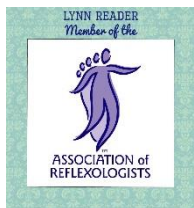
The Huntingdon Neurotherapy

Centre new manager Anna Morgan-Dutton came to visit The Chase Care Home today to ask for us to donate a prize for the centre's Valentines Day raffle. Anna has been a huge advocate for The Chase since we opened.

The Chase was happy to oblige and offer one of our highly sought after spa vouchers for a complimentary 30-minute therapy and afternoon tea for two. MS and other neurological disorders are a worthy cause to support, and the centre is currently being rebranded to The Huntingdon Neurotherapy Centre with Anna taking the helm. Good luck Anna!



FEBRUARY 2024



Lyn Reader MAR has a room in the centre and provides Reflexology treatment. Many people ask what is reflexology and how does it help me? Reflexology is the massaging of the hands and feet and can help

with easing stress and tension. Can also support you through illness, helps to improve sleep and improves emotional wellbeing. If you would like to learn more about Reflexology or to have treatment from Lyn, please call her on 07985 407129.



Wendy Hall BSc (Hons) will be available as your Chiropodist and Podiatrist as of March this year, depending on interest. Please give your name to the reception if you are interested.

Did you know that we have a gym within this building, many don't. We have a variety of classes within the gym run by a variety of experts. These classes are available between Monday, Tuesday and Thursday 10am to 1.30pm. These classes range from Pilates, Yoga, Tai-Chi and many more. Each class is governed by your physical ability. If you know of anyone who would like to run a class of a different variety of health and wellbeing, please pass our details over.

Do you have a birthday or Wedding anniversary that you would like to share with us so that we can celebrate with you to mark your special day. Please let us know.

If you have any suggestions, hints or tips please let us know.

Volunteers play an integral part in any charity or group. We could not keep the garden as beautiful as it is without the help of the two Davids'. They are here most Mondays whilst their wives are using the hyperbaric chamber.



We are also lucky to have a lady who is constantly looking for more funding for the centre, and others who organise events. If you can help in the garden, office or

want to learn how to operate the hyperbaric chamber, attend events and promote who and what we are, giving and collecting collection tins near where you are, you would be made to feel very welcome. We are also wanting people who are good on all Social media platforms and the website, as this needs to be updated on a regular basis. If you can help, even for a few hours a week, we would be truly grateful.

Special Occasions.

February Birthdays

- 12th Angela
- 28th Morag

UPCOMING EVENTS

February 2024:

- 9th Bingo. Second Friday of the month
- 13th Raffle Draw at 11.30
- 23rd Bingo. Last Friday of the month

March 2024:

- 18th March 11.30hrs
Annual General Meeting in the gym.
We urge all members to attend this meeting.