

MARCH 2024

HUNTINGDON NEUROTHERAPY CENTRE



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 come and 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 Hyberbaric Chamber during those three days.

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.



After sifting through the heaps of application forms, seeing lots of possible applicants at interviews, weighing up the pros and cons of so many possibilities, we have come to a mutual agreement that the new Administrator/Receptionist is a familiar face to many and a new face to some. Please let us all give a warm group hug to Suzanne Cushman who will be starting her new position on Monday 18th March. A huge welcome from the management and Trustees of **The Huntingdon Neurotherapy Centre**



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



Wendy Hall BSc (Hons) will be available as your Chiropodist and Podiatrist as of Tuesday 19th March. Please call her on 01767 677554 to make an appointment



Qi Gong and Tai Chi Classes with Thelma takes place in the gym on Thursdays at 12.15hrs to 13.15hrs. We practice these alongside short, guided meditations for intention of movement through expansion and release of the musculoskeletal structure. The movements are based on the Yin and Yang principles, balance is an essential part of Tai Chi. Like nature, we are happier and healthier when in harmony. Shaolin warriors and monks use the slow movements as a form of **Shadowboxing**, giving them a better understanding of movement without adding stress to the body. The sessions are quietly relaxing which allows you to have some time for yourself to calm the mind and allow the body to recharge and promote an overall sense of wellbeing.

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Sarah teaches on a Monday and Thursday at 11.00hrs. All her exercises are made 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 adoptions 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.

This Friday



Bingo is now on the 2nd and last Friday of the month, We will be opening our doors from 18.00hrs for all those who want something to eat. Ham, Cheese, Egg and Tuna Baps will be on sale. 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.



Did you know that you could use the 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, which is believed to assist the body in the following ways:

- Helps [immune cells](#) to kill bacteria.
- Reduces inflammation.
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- Improves collateral circulation (the growth of new blood vessels that provide extra oxygen to affected tissues)

Hyperbaric oxygen therapy can be utilised as a stand-alone treatment or a procedure that can boost the action of medications, such as [antibiotics](#).

Special Occasions.

March Birthdays

- 4th Ian
- 14th Sam
- 16th Hazel
- 19th Julie
- 20th Sally-Anne
- 23rd Fred
- 30th Annie
- 31st Sue

UPCOMING EVENTS

March 2024:

- 18th March AGM, we urge all to attend.

April 2024

- 1st April we are **CLOSED** all chamber users please book an alternative day.

June 2024:

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