

May 2024



Huntingdon Neurotherapy

Centre The home of the neurodivergent community and you! This is your local community hub, with your

very own garden. This building is open to you: Monday, Tuesday, and Thursday from 09.00hrs-13.00hrs



Have you seen the new

Huntingdon Neurotherapy Centre

signs? what do you think of them? Thanks to Tom for his help and advice in designing

them, Steve for paying for them, Tim for digging the holes and also to Borney UK for printing and erecting them. We have many new items coming in the next few weeks, so keep an eye out for these!



The 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 is home made sausage rolls, freshly made muffins or even a full breakfast*. There is also Vegetable soups that he has made, both the chunky variety and also the smooth Carrott and Coriander. This months special is the meatballs in tomatoe 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. Would you like to become a volunteer chamber operator, please ask at Reception. We are always closed on Bank Holidays. So, please book for a different day.



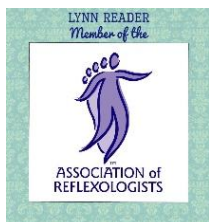
Sarah teaches Chair based Fitness Pilates and exercise on a Monday and Thursday at 11.00hrs. A class for Parkinson Suffers on a Tuesday and Thursday at 13.00hrs. All her exercises are suited to your ability!

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.



Wendy Hall BSc (Hons) will be available as your Chiropodist and Podiatrist as of Tuesday 2nd April at The **Huntingdon Neurotherapy Centre**. She

takes online bookings as well as phone bookings. Her contact details can be found on the Therapy Centre Notice board.



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.



'BeautifulByKaren' can be found in therapy room 1 every other Monday here at the **Huntingdon Neurotherapy Centre**. Karen offers pedicure

and manicure, tinting, waxing and body massages. Her knowledge of the muscles, tissue, ligaments and tendons within the body is out of this world. I have personally had a massage from Karen and would totally recommend giving her a try. Please make an appointment with her on 07761 302605



A huge welcome to our wonderful new volunteers. Mark, Kelly, Sue, Anglea, Bill, Judy and Liz. Many of whom will be helping with maintenance, assisting in the kitchen, administration and training

to man the Hyperbaric Chamber. Volunteers play an important role in any charity. Would you like to be part of the team?

SPECIAL OCCASIONS

May Birthdays

- 1st Kath Gale
- 6th Bernie Lasky
- 15th Helen Watters
- 20th Debs Slator
- 25th Neil Parish
- 26th Laurence Ho

UPCOMING EVENTS

May 2024

- 10th BINGO
- 25th Open Day/21st Birthday everyone is invited.
- 26th Craft Car Boot Sale co-hosted by the T.S Cromwell Sea Cadets
- 31st BINGO

June 2024

- 14th BINGO
- 22nd Annual BBQ Garden party at The Paddock Sawtry. Tickets available from reception
- 28th BINGO
- 30th Craft Car Boot Sale co-hosted by the T.S Cromwell Sea Cadets

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