

Beach House News



Clinic News

Welcome

Our Sports Therapy Team is growing! We're pleased to welcome our new Sports Therapist Claire Jellows to the clinic. Claire will work alongside Jo & Matt as well as supporting the Chiropractors. Claire has been working in Sports & Fitness for over 10 years and comes to us after gaining experience helping people suffering from a wide range of soft tissue injuries, aches & pains. Claire will be here initially on Tuesday afternoon and Saturday mornings, then opening Friday afternoons in June. Please join us in welcoming Claire to the Beach House family!

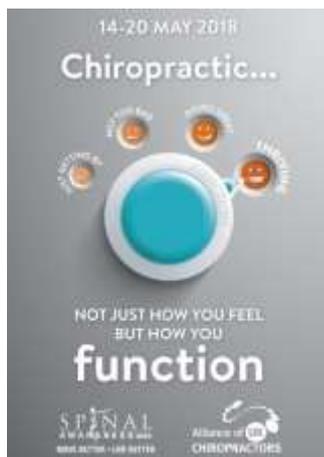


Dr Georgia Update



Those of you who have seen Georgia for your Chiropractic care will know what a dedicated and popular Chiropractor she is. Georgia's working visa expired at the end of February and we have been trying hard to extend her stay with a new 3-year work visa. However, the allocation of sponsorship certificates for overseas workers (outside the EU) is relatively small and many employers, including us, are finding it increasingly difficult to have their sponsor certificate requests granted. Each month we can reapply for a certificate and this will be our 4th consecutive attempt to have a certificate issued. We hope to hear by 18th May as to whether we have been successful. As soon as we hear we will let Georgia's patients know the outcome. We're very sorry for the inconvenience and share your frustrations. In the meantime, Georgia's message from Australia is 'please continue to keep on top of your Spinal Health with the team of Chiropractors and Sports Therapists until I return!'

Spinal Awareness Week 14th to 20th May



We're pleased to be taking part in Spinal Awareness Week 14th – 20th May. This is a national campaign which is growing each year. This year the focus is all about function! We often seek help with all types of illness when we are not feeling well. However, its often the case that changes in the way we function happen well before we actually feel the problem...and that's certainly the case with **Spinal Health** and associated pain. Relying on feeling, whilst understandable, is not a great indicator of health. In regards to your Spinal Health did you know that only 10% of our nerves have feeling? So, it's more likely you'll be experiencing functional changes such as **posture, balance or coordination** years before you feel any spinal pain at all.

Keep an eye out for more information around the clinic and on our facebook page regarding Spinal Awareness Week for interesting information, events and special offers.

Well Done To All Our Marathon Runners

We truly take our collective hats off to all the Practice Members who have just competed in the Brighton or London Marathon. 26.21 miles of endeavour and determination after months of hard training in wet, windy and cold conditions. We hope that your Chiropractic and Sports Therapy helped get you through the day and you've recovered well. It was awesome to watch the Brighton marathon and witness the sheer resilience you had.

Clive Caswell, Sonia Latham, Conor Deacon, Julianna Parker, David Atkins, Reg Shirley, Luisa Giammattei (and anyone else we have missed) we're very proud of you!

GDPR (General Data Protection Regulations 2018)



The new guidelines that govern personal data come into force on 25th May. GDPR as it is known replaces the Data Protection Act 1988. We are currently auditing and updating our procedures to be fully compliant with GDPR as we are a controller and processor of your personal data. Our updated privacy policy (that which stipulates how we gather, treat, process and retain your personal data) can now be viewed on our website and in reception. If you would a personal copy of the privacy policy, please ask a member of the reception team who have copies available. If you have any specific questions, please contact david@beachhousechiropractic.com in complete confidence.

Thank You For Your Referrals

Thank you to everyone who referred Family, Friends and Work Colleagues to us during March and April. Your confidence in us is greatly appreciated.

Andy Grigg, Andrew Haggis, Charlie Clavering, Emily Seal, Glyn Lewis, Rob Purkis, Jayne Dorsett, Jennifer Marshall, John Tomes, Lea Stavrou, Mathieus Porterwend, Paul Purdie, Soina Latham, Tracey Petter, Alison Charmont, Andrea Giles, Bonnie Lewery, Caroline Kennett, Claire Baldock, Diane Ingram, Drew Jones, Paul Thrupp, Geoffrey Giles, Gill Heffron, Helena Edmunds, Jacqui Minto, Jeremy Sherman, Julie Wilks, Leon Poncia, Maggie Tingley, Peter Grice, Robyn Reynolds, Sheila Ogilvie, Salanksha Das, Wayne Wren, Jurie Van Rensburg

Your recommendation is the greatest compliment you can give. We're pleased to offer you 50% off your next treatment visit.

Do you know someone we can help? A friend, loved one or colleague can receive a full introduction to Chiropractic, including a first treatment, for just £35, saving £41. Please ask for a voucher from reception.

Quote Of The Month

***'I've learned that finishing a marathon isn't just an athletic achievement. It's a state of mind; a state of mind that says anything is possible'* John Hanc (Runners World)**

Tech Neck

Did you know that one of the most common problems we see in teens and people under 30 is a straightening of the natural neck curve. Tech neck as it is becoming known, is touted as a potential epidemic and can lead to a variety of symptoms including **headaches, migraine, jaw pain, general stiffness and aches in the muscles that support the head, neck and shoulders**. For more information on Tech neck, please pick up an info pack from the clinic or take a look at our website www.beachhousechiropractic.co.uk/posture