

# Beach House News



## Clinic News

### Back to Work & Back to School

The summer holidays are officially over, and we hope you've made the most of them and enjoyed your time away, with children, grandchildren or just out and about in the sunshine. For many it's back to work and for children, it's back to school. Did you know that one of the biggest spinal stresses and causes of RSI that we see is a result of sitting too long and poor desk set up (ergonomics)? If you think this may be effecting you or someone in your family then please speak with the team here for some advice!

### Georgia Update



As you may already be aware, Chiropractor Georgia Edwards is now back at the clinic and once again seeing patients. Thank you to everyone for your patience over the last six months. It's great to have the complete team back together again. To book in again with Georgia simply call the clinic on (01903) 660094.

### Beach House in the Community

We're very much looking forward to visiting the offices at HMRC in Worthing as part of the National BackCare Week in October. Our team will be advising the staff on Posture and Spinal Health with an interactive presentation and providing mini-assessments. This is designed to help reduce work related sickness and reduce common injuries.

If you are interested in having our Chiropractors or Sports Therapists attend a community group meeting, workplace health day or perhaps a sports club training session then we're all ears! Simply let your Chiropractor or Sports Therapist know or contact David directly on [david@beachhousechiropractic.com](mailto:david@beachhousechiropractic.com)

### September Referral Promotion – Sports Therapy

Throughout September we're pleased to offer your referrals a £11 saving on the normal cost for their 1<sup>st</sup> Sports Therapy Treatment. Simply let your family and friends know and ask them to mention this offer (September Referral Promo) and your name. As a special thank you we'll enter your name in to a draw for a £30 M&S voucher. There's no limit to the amount of people you can refer, and you'll get more entries into the draw! This promotion is valid for Sports Massage with both Claire Jellows and Matt Cumming.



### An Active Bunch

It's a busy time for the team at Beach House. Well done to Jo, Theo and Georgia who've taken on some epic physical challenges in September. Theo & Georgia took part in the Coast To Coast Event running, biking and kayaking an incredible 105 miles across the Scottish Highlands whilst Jo is fresh back from a 6+hour 29k kayak challenge on the river Medway raising money for Raystede. Thank

you to everyone who has kindly supported Jo, Theo and Georgia with words of encouragement and donations to their chosen charities.



Next up Dave our Clinic Director has pledged to swim the length of the English Channel in aid of Aspire, the charity for people in the UK with spinal cord injuries. Dave will be undertaking the 1400+ length swim at Splashpoint over the coming weeks with a target of 100 lengths each swim and hopes to complete the event by the end of October. You can support Dave and Aspire at reception or by visiting his Justgiving link [https://www.justgiving.com/fundraising/david-elphick-](https://www.justgiving.com/fundraising/david-elphick-2018-channel-swim-31926)

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## Thank You For Your Referrals

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

**Agnieszka Milinska, Andy Stephens, Chris Williams, Mark Goacher, Michael Limmer, Philip Seal, Stephen Philips, Sue Tidy, Tania Drage, Barry & Linda Gilford, Becca Mussett, Ben Lobb, Caroline Stewart, Dan Magrin, Helen Hancorn, Kasia Starron, Laura Collins, Linda Kidby, Lisa James, Luke Tickner, Michael Rhodes-Kubiak, Molly Towers, Peter Grice, Robert Haines, Sarah Blake, Sarah Mitchell, Shelley Thompson, Simone Mastromarino, Steve Ripper, Rosiebeth Battung.**

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

**'The secret of change is to focus all your energy not on fighting the old but building the new'**  
*Socrates*

## 5 Ways To Stay in Great Shape During Autumn

Although the beach holiday for this summer may be over, there's still plenty of reason to keep your body fit and your mind agile as the days get shorter and the nights start to get longer. Here are 5 tips we hope you find helpful;

1. **Move In The Mornings** - Just 30 minutes of sustained exercise each morning before work or breakfast is one of the best ways to stimulate your metabolism and set you up for the day ahead.
2. **Water Please** – Drink water as soon as you wake and regularly throughout the day. Every cell in your body craves water, don't get dehydrated as this zaps your vitality.
3. **Time For A Challenge?** – Set yourself a stimulating health challenge that's going to take real dedication and effort. Could be sports related or a new adventure.
4. **Book Your Holiday For 2019** – Start your beach body training in the autumn not next spring. Quick fix diets and short term gym memberships are no comparison to the results you'll achieve with a long term approach to great health and vibrant living.
5. **Reward Yourself** – Better health in itself is the best reward but treats for staying on track with your goals are a great incentive. Plenty of 'carrot' and not too much 'stick' is our advice!