

# Christmas Newsletter 2019



It's beginning to look a lot like Christmas... hurray!

I want to take this opportunity to say a sincere thank you to you all for your patience and understanding this year. As many of you know health issues forced me to take some time away from the clinic over the summer leaving my lovely associates Penny and Vicki in charge and they did superbly. I am grateful to them for all their hard work but very happy to say I am fully recovered and back to good health. I am also very much looking forward to next year's celebrations of the 20<sup>th</sup> anniversary of the Therapeutic Massage Clinic.

Time away from the normal routine does force us to reflect and can actually be quite life changing. For me it was much less dramatic and more relaxing but afforded the opportunity to do some of those things I never get round to... lots of coffee dates, days away, Wimbledon tennis tournament, holiday, reading, dancing and the rest.

So my Christmas wish for you this year is health, wealth and happiness but most of all health and I'd like to invite you to share my New Year's Resolution for 2020... don't wait, do it now.



## GIFT VOUCHERS

Gift vouchers will be available until 12 noon Monday 23<sup>rd</sup> December and are always so popular at Christmas. They can be posted, collected from the clinic or emailed direct to your inbox for you to print at home. All posted and collected vouchers can be gift wrapped to make them something extra special to open on Christmas morning. Give the gift of well being this year to friends, family and not least yourself.

## Holiday Opening Hours

**The clinic will be closed from 12 noon Monday 23<sup>rd</sup> December until Monday 6<sup>th</sup> January. Please ensure you get your December appointments booked early to avoid disappointment. Gift vouchers must be collected by closing on the 23<sup>rd</sup> December.**



The Therapeutic Massage Clinic is now open 5 days a week thanks to associate Massage Therapist Vicki Soulsby. Vicki works every Wednesday offering nutritional and exercise advice, Deep Tissue Massage, Sports Massage and Relaxation Massage treatments.

Vicki Soulsby BSc (Hons), ITEC, CYQ is a qualified Personal Trainer, Nutritional Advisor and Massage Therapist with experience in various health and fitness establishments as a Fitness and Exercise Instructor, Personal Trainer and Health Centre Manager. Vicki has also worked in the NHS delivering a weight management course for individuals referred by medical professionals.

Vicki says "Working as a massage therapist allows me to draw upon my exercise, nutrition and therapy knowledge and experience to offer a holistic approach to my treatments. I love to offer individuals the relief and benefits I have personally gained from receiving massage therapy". To book in with Vicki call the clinic on the usual number.



This Christmas the clinic is supporting The People's Kitchen and offering you the chance to help the homeless this winter. It is a sad fact but true that people find themselves on the streets for so many reasons and often through circumstances beyond their control.

So when you're out shopping maybe you could pick up an extra item and leave it in the clinic and I'll do the rest? Alternatively they have launched the Feed a Friend for a Fiver Appeal so if you prefer to leave a donation to give someone a Christmas dinner then there will be envelopes in the waiting room to use.

You have all been so generous in the past and I hope you will be able to help again as the need is ever growing. The Kitchen are grateful for food donations but also toiletries and any warm clothing you have to give to help keep someone warm this winter. THANK YOU.

# Merry Christmas



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