

N O V E M B E R 2 0 2 1 E D I T I O N



southcote
PROACTIVE HEALTHCARE

WHAT HAPPENS IN THE BUILDINGS THIS MONTH?



Don't Mention the C-Word!

Although this could be a number of different things nowadays, we mean the event at the end of next month...

The team member who has the most ticks against their name - during December - will be taking the decorations down in January!

We would like to remind you that we can make vouchers for any service in Southcote. From the initial consultation with a clinical practitioner to a pampering experience with a massage therapist or reflexologist.....

We are not going to mention that event at the end of next month.

However, as a present idea for any such occasion, this would show love and concern on many levels.

Suggestions for their use could be:

A massage session for the new parents; a sports massage session for the marathon runner; a reflexology session for grandma; a hypnotherapy session to the perpetual

smoker; or a consultation to finally diagnose the reason for your son's low back pain.

Please ask our receptionists for the details of the gift vouchers.



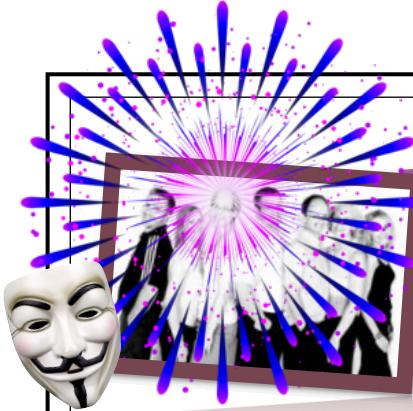
Your - Healthy New Year - starts here...

- Write down 3 things you want to prioritise next year
- Be specific and be kind to yourself...you are worth it.

Sleep
Movement
Time for You
Water Intake
What Foods
Travel
Time with family
Work
Relaxation

...how much?
...how much?



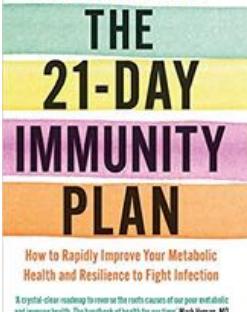


Remember:

*“Early to Bed - and Early to Rise -
- makes a Man Healthy, Wealthy and Wise....”*

Benjamin Franklin - author, printer, fire fighter, ‘electrician’, and Father of a Nation

Dr ASEEM MALHOTRA



BOOK OF THE MONTH

Singularly relevant to our current situation and simply well-written, this is an easily read book on how you

can improve your body's ability to fight any infection as well as most likely improve it in many other ways.

It is written by an expert, who manages to convey this message without speaking down to anyone.

amzn.to/2GuoaBZ

FRIENDS & FAMILY

We normally have a day a month, where we invite you to bring your friends or family in for a FREE and no-obligations chat about what might ail them.

This is so they may get an idea if we at Southcote may be able to help them.

This month, Saskia is setting time off to do this every day she's in clinic.

All we ask is that you donate what you think it was worth to you to a charity of your choice.

AFTERNOON TEA

Last Christmas, I gave you...

- or rather ‘we’ gave the clinic assistants a voucher for an outing to Oad Street Food & Craft Centre.

Lots of things have happened since then and only now have they found the time and indeed inclination to go for a natter and a full cream tea in their wonderful surroundings.

We look forward to hearing about their day...

SLEEP!

As the man with the kite says above, it is difficult to overemphasise the importance of such a simple factor in our health and wellness.

All the same: Try!

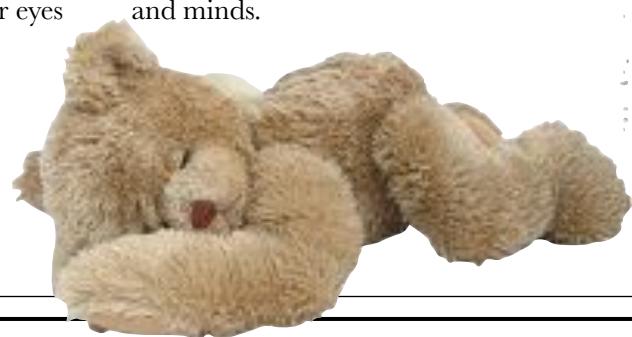
Wind down, shut down your screens, drink a glass of milk (hot or cold) and get some shut-eye for brighter eyes and minds.

WREATH MAKING

Two years ago! - for Christmas, we gave the clinic assistants a voucher for a wreath making workshop at Vinetta Flower Gallery in Pudding Lane, Maidstone.

Lots of things have happened since then and only now have they found the time and indeed inclination to go for a natter and learn how to tie seasonal ‘waste’ together to make a decoration for a door or a table arrangement.

We look forward to hearing about their day...



the STAFF MESSAGES *of the Month*

Georgia

Time really does fly!

Sadly, my time at Southcote is coming to an end after what feels like a very short year, as I will now be working closer to my home in London.

What a year we have all had!

Moving to London and starting my chiropractic career is not something I thought I would be doing during a pandemic, but I am very lucky that I was introduced to Southcote and given such a wonderful support team to help me through a difficult year.

I therefore want to say thank you, to everyone I have had the pleasure to meet and help throughout this year.

I am sad to say goodbye to this amazing clinic and everyone in it, from my patients to my colleagues and all the fantastic staff who truly make Southcote feel like a family.

I wish you all the best in the future and hope it is bright for you all.



Laura

I'm Laura and I work as a therapeutic counsellor at Southcote.

I moved to England from Hungary 14 years ago. I lived and worked in London for about 10 years, during this time I studied Psychology at Birkbeck University of London.

After I graduated, I took a year out from my studies. I had close family and friends experiencing anxiety, depression and stress and I really wanted to help. I have always been interested in understanding human behaviour in general and mental health. Shortly after, I started my 3-years counselling journey. During my training I had an opportunity to train with and work for Place2Be, which allowed me to work therapeutically with children in schools across Kent as well as working with adults at Mind specialising in mental health.

The last few years I have developed a real interest in trauma and how unresolved trauma manifests later in life. I started looking into the body-mind connection and one of my favourite books ('The Body Keeps the Score' by Bessel Van Der Kolk) explains how trauma shapes the brain and how it impacts on the psychological and physical well-being and helps to understand why 'the body remembers what the mind cannot'.

This is the reason I integrated Psycho-education into my practise alongside a range of therapeutic approaches and techniques to suit your individual needs. I am very committed to continued professional development, so I regularly attend further training to enhance my knowledge and skill base.

Outside of work I love to travel, practise yoga, reading and just generally keeping fit; whether that is doing an exercise class, going for a long walk or even something like paddle boarding. I am a firm believer that any type of exercise improves our mental health and even small changes in our routine can affect how we feel each day.

I hope to see you around the practice!



* Essential fatty acids *

Food for thought(!)... what do we know, and are they important?

Charlotte writes:

Essential in this context means we cannot produce them ourselves and therefore need to get them through either our diet or supplements.



Omega-3s and omega-6s work together to help manage blood pressure and blood clotting, and to regulate the immune system, including the body's inflammation response.

Deficiencies, meanwhile, are linked to a wide range of symptoms and disorders, including depression, sleep disturbances, organ abnormalities, and skin problems.

Omega-3s, especially, have earned a "healthy fat" reputation since researchers began looking into their benefits in the early 1980s. Known for their health-promoting powers - such as helping to prevent heart disease and arthritis - omega-3 supplements (typically fish oil) has been the go to.

Omega-6s, on the other hand, are considered a bad fat by many, despite their complementary role in supporting health. Found naturally in nuts, seeds, and plant-based oils, omega-6s have gained their negative reputation because they are so often consumed in highly processed forms, including refined cooking oils, which can create excess inflammation in the body.

We need both!

To help people strike the right EFA (essential fatty acid) balance, many health and nutrition experts emphasise the importance of consuming more whole-food sources of omega-6s and omega-3s (with supplementation as necessary) while significantly reducing the intake of processed sources of omega-6s. Such diets have proven effective at protecting the heart and brain, among other benefits.

These are 4 things to consider:

1. Are we getting enough Omega 3?
2. Are we getting too much Omega 6?
3. Are our Omegas out of balance ?
4. Whole Foods hold the key.



We want to consider the 3:6 omega balance through testing the level in your blood...to make sure you are benefitting from your intake of fatty acids...enabling us to address any insufficiencies...therefore significantly improving your health.

I am in the process of sourcing the best testing kit to establish this important factor in health.

Watch this space.

NOVEMBER 2021 EDITION

the ENERGISE NEWS of the Month

SEASONAL YOGA

**Katie Murphy teaches Seasonal Yoga on Tuesday mornings.
Here she describes what you can expect from a class.**

Seasonal Yoga was created by two awesome women; Julie Hanson & Sue Wood, as an antidote to the stress and anxiety of modern life.

Combining the wisdoms of Eastern practices, a Yoga practice was devised to align your energy with the changing energy of nature and the seasons. To achieve this, the intention, pace and flow of the class will change with the seasons to support the mind & body in the best way possible, as well as keeping things interesting.

On the mat in our Autumn classes, we'll move through a slow flow Vinyasa style class and pay extra attention to the breath to encourage our mind and body to detoxify and let go - for anyone whose resisted social media (kudos to you btw) "Letting Go" is a huge Autumn theme.

It's also nice to strengthen the respiratory system in Autumn to help protect against coughs and colds.

And on a soulful level Autumn is the season for clearing out negative and mental clutter, keeping yourself open to new ideas.

I love teaching Seasonal yoga as it offers a real toolkit for not only improving physical strength & flexibility but creating balance, harmony and an enhanced sense of wellbeing - body, mind and soul.

Ready to flow with me and feel supported to look after yourself on and off the mat in an intuitive way?

I look forward to seeing you in class or connect with me directly –

Katie xx

FB & IG @love.breathe.yoga.withkatie
E: love.breathe.yoga.uk@gmail.com
T: 07871 678370

*Class runs every Monday at 5.45pm
in studio or via zoom.
Book on energisefitness.co.uk*

PRE- & POST-NATAL PILATES

**Sharon Jullings is teaching a few different classes in the studio.
This is her newest offerings for the newest additions....**

These gentle classes are structured to meet the body's changing needs around a pregnancy.

They provide an effective and completely safe workout from the second trimester through to full term. They allow mums-to-be and new mums, a time to slow down, find calmness and connect with their breathing, to enable space and time to think about the needs of yourself and your baby.

The instructor focuses on the whole body and breath but pays special attention to posture, alignment, strengthening pelvic floor and improving upper body strength in preparation for birth and the baby's arrival.

This class also aids quicker recovery after birth, as well as preparing for the physical demands of

motherhood. It is best to commence during your second trimester but please check with your healthcare professional that it is safe to do so.

For post-natal clients, Pilates quickens postpartum recovery and strengthens the body and mind for the new demands of motherhood. A safe workout is developed in line with each client's needs.

Please consult your healthcare professional before returning to exercise and inform the instructor at the start of the session where you are in your postnatal phase.

Alternatively, for advice and information on the class please contact me directly.

Sharon T: 07932 955689

the ENERGISE NEWS of the Month

WORKSHOPS IN NOVEMBER

Finding Space Within - with Helen Keates - A Yoga and Mindfulness Workshop

Sunday 7th Nov, 7 - 9pm, in the studio or online via Zoom.

You are invited to join Helen for the first in a series of workshops, in which we will explore the idea of finding space within our bodies, our minds, our lives.

Using a blend of vinyasa and yin yoga, as well as breathing and mindfulness techniques, we will begin to let go of that which holds us back, so that we can move, think, feel and breathe more freely.

For full details, please visit helenkeates.co.uk - or book on energisefitness.co.uk

Menopause Yoga Workshop - with Shannon Hines-Clark.

- Anxiety, Stress and Overwhelm -

Sunday 28th November 1 - 3.30pm

“Menopause is just as important a part of the heroine’s journey as menstruation and pregnancy....

It is that rite of passage that marks the beginning of the second half of a woman’s life.”

Judith Hanson Lasater - founder of restorative yoga

Menopause Yoga™ is especially designed to help women going through menopause manage the array of symptoms experienced during this transitional time. It offers both an empowering approach to managing the physical, mental, and emotional ups and downs in peri-menopause, menopause, and post menopause.

This workshop is open to women at any stage in the menopause who are looking for release from anxiety, stress and overwhelm. During our time together we will talk, listen and support each other through this journey.

This will be an opportunity to explore how yoga can support us through this transitional time.

The yoga practice will be gentle and deeply nourishing. The techniques learnt in class can be used in daily life whenever necessary to soothe the mind and body.

You don't have to be experienced in yoga. Whether you are managing peri-menopause or post-menopausal symptoms, yoga can help you cope, find relief, and navigate this transition in a positive way.

This workshop includes:

- A specially adapted 90-minute yoga practice with breathing techniques and mindful meditation exercises to help manage the main symptoms such as hot flushes, anxiety, irritability, insomnia, fatigue, lack of focus and low mood.
- Guidance on natural remedies, nutrition, medical approaches to hormone replacement.
- A group ‘circle’ to share experiences.

You can book your place at www.yoga-shines.com

Yin Yoga Workshop - with Victoria Thomas

Sunday 21st November - 5 -6.30pm - in the studio

Yin yoga is the ‘slow and steady’ kind.

See Victoria’s website for further details: yomutra.co.uk
- and book your place here: instabook.io/s2/yomutra

There's a new blog on our website about Yin Yoga

N O V E M B E R 2 0 2 1 E D I T I O N

the NOVEMBER Open Day

SATURDAY 27TH NOVEMBER FROM 8.30AM TO 2PM.

At Southcote & Energise

Charlotte writes:

We are excited to invite you to a collaboration between Southcote and Energise .

Come and meet the friendly bunch at Southcote and Energise, we would love to show you around and listen to your story and how we might be able to help you live your best life

A fun filled day with:

- **FREE - Taster classes**
 - **Yoga** (Rachael Webb & Katie Murphy)
 - **Pilates** (Sharon Jullings & Russell Parrish)
 - **Small group training** (Louise Massett & Gabriel Simis)
 - **Natural movement** (Gabriel Simis)
- **'10S' Wellbeing screens** at 50% off
- **FREE - Talks on immunity and mindset** by Patricia Ruzbarska and Jennie & Jackie Cox
- **FREE - Reflexology tasters** by Alex Nicholson
- **FREE - Reiki tasters** by Gus Ibarra
- **FREE - Functional spinal screens** by Saskia Wickenden
- **Taste our pre-winter spread of nurturing foods and smoothies.**
 - Guess the ingredients and you are in for another treat!



Book your place on TeamUp through our website: www.energisefitness.co.uk

- just enter your name and email address and choose a time, it is as easy as that!

You will also automatically be entered into our competition with some great prizes to choose from.

We are looking forward to seeing you there!

Please invite and bring your friends!

