

Health & Beauty

Local Osteopath Celebrates 28 Years

This month sees Registered Osteopath Beryl Churchman celebrate 28 years in practice.

Beryl has watched families grow and has treated patients' children and even grandchildren. The youngest patient she has treated was three days old (using very gentle cranial osteopathy) and the oldest was 96. She had a lady come to see her a short while ago who hadn't been for some time - when they looked at the notes it was actually 21 years earlier!

Beryl returned to Felixstowe after completing her training and now has two practices, one in Ipswich from her home off Hadleigh Road and the other in Felixstowe from Haven Health doctors surgery next to Morrison's. "Over the years osteopathy has become more widely recognised and has gone from being known as an alternative therapy to a complementary one, and also has recognition from the British Medical Association," says Beryl.

Osteopathy is a hands on treatment which works with the muscles, bones and soft tissue to try and restore normal functioning, thereby reducing pain.

People see Beryl with a variety of problems including lower back pain, neck pain, headaches, osteoarthritis, hip, knee, shoulder and other joint pains and sciatica. There have been some more unusual complaints over the years including ear pain, dizziness and even a painful big toe! Treatment may involve soft tissue work, articulations of joints, acupuncture and sometimes manipulation, all tailored to the individual's needs.

Beryl she can be reached on berylchurchmanandassociates@gmail.com, which can be found on her website: berylchurchman.co.uk or you can call her: Felixstowe 670107, Ipswich 281473 and 07801 187636.



OVER
28 YEARS
EXPERIENCE

Beryl Churchman D.O.
Registered Osteopath

For relief from

Arthritic pain / Back pain / Neck pain
Joint pain and much more

Recognised by most health
insurance companies

A professional and friendly practice

For more information, advice or to
book an appointment please contact
me or visit www.berylchurchman.co.uk

Haven Health

Grange Farm Avenue, Felixstowe

01394 670107 or 07801 187636

berylchurchmanandassociates@gmail.com

www.berylchurchman.co.uk

Get Active and Stay Fit



Low Impact Fitness Class
Build Strength, Stamina, Suppleness
Stretching and Relaxation
Posture and Balance

Fridays at Old Felixstowe Community Centre
Ferry Road IP11 9NB

Keep Fit 1.30-2.30

Chair based Exercise 2.45-3.45

Strength and Balance 4.00-5.00

01473 620511

julia.drewell.fitness@gmail.com

Get Active Stay Fit

If you are looking for a fun and effective way to exercise there are three different exercise classes at Old Felixstowe Community Centre on Friday afternoons.

Depending on your current fitness level you should find a suitable class to help build strength, stamina, and increase suppleness. Due to the natural ageing process it becomes increasingly important that we keep active to keep healthy bones, strong muscles, flexible joints, cardio vascular fitness, and good balance so that we can maintain an independent lifestyle.

Research shows that regular exercise is crucial in maintaining good memory and lifting mood as our bodies release chemicals into the blood stream to give us the 'feel-good factor'. You may be pleased to know you wouldn't need to get down onto the floor, and up again, during classes!

- The Keep Fit class at 1.30pm is a low impact exercise to music session to boost cardiovascular fitness and muscular strength.
- The chair based exercise class at 2.45pm improves mobility, suppleness and muscular strength while seated.
- The Strength and Balance class at 4pm focuses on targeting the major muscle groups and stability.

The classes are easy to follow and are run on a pay on the day basis. Everyone exercises at their own level and movements can be adapted to allow for any existing conditions, such as arthritis, to suit everyone.

If you would like further details or to discuss which class best suits you best please contact Julia at: 01473 620511 / julia.drewell.fitness@gmail.com