



WeaverHouse News



Winter 2013

www.weaverhouse.com

01270 629933

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Happy New Year Everyone
I do hope you have all had a lovely Christmas and New Year.
WeaverHouse was only closed for a short period, however, I think that the team were ok as they had an amazing time at our Christmas Party, organized by the lovely Ben at The Residence. Nantwich. Adam and I left at a respectable 1030, however, I will not mention what time the rest of them rolled in ! The main thing is that everyone had a lovely evening. 2013 brings many challenges. The business is growing, and we have a fantastic reception team on board that are really committed. We are always open to any feedback to enhance your experience here at **WeaverHouse**. Be careful out there in the coming months with the usual expected weather, and may I take this opportunity to wish you all the very best for 2013 from Adam, myself, and all at **WeaverHouse**.

Best Wishes Andy ,Practice Manager

Do you know our opening hours ?

Mon and Fri 8am to 6pm

Tue, Wed, Thurs 8am to 8pm

Sat 9am to 2pm

Winter Driving

Please be careful out there this Winter whilst driving in treacherous conditions. Here are some simple tips to keep you safe out there on the roads during the coming months

Check the weather forecast and road conditions before you travel

Make sure you have enough fuel in your car
Carry warm and waterproof clothing, food, water, and don't forget to keep a torch in your vehicle (that works!)

Be vigilant and make sure you can be seen by using lights and wearing high visibility clothing. Poor weather means it can be harder for drivers to see you

Adapt your driving for different weather conditions
In the wet, fog and ice, keep well back from the car in front of you, slow down !

Know where your fog lights are, and how to use them!

Keep your vehicle in good working order

Take it for a Winter check, making sure brakes and lights work, fluid levels are topped up, and your windscreen wash is full

Safe driving everyone - Spring will soon be on its way!

Marie Walters Update



WeaverHouse has a vacancy for an Osteopath to start asap. For full details contact Andrew Antoniou at aa68@hotmail.com or call 01270 629933. Interviews to take place the first week in March

I know lots of you always ask how Marie is after her fall and subsequent departure from WeaverHouse. I am pleased to inform you all that Marie has had a successful shoulder operation. I see her at least once a week and I am really pleased that the 'old' Marie seems to be returning, slowly but surely. I know this is the case as my Emmerdale and Coronation Street updates on what is going to happen next are becoming more frequent! Between Marie and my mum I don't really know why I watch any of the shows. They tell me the story lines before they are even shown! On a serious note, I know that myself, together with many other people have been really worried about Marie - however, on behalf of many people we wish Marie a quick road to a full recovery.

Tel 01270 629933 Fax 01270 626711 Contact us at info@weaverhouse.com

For more information please visit www.weaverhouse.com

What is Remedial Massage?

When muscles become knotted and tense or damaged, remedial massage provides a healing treatment that can be gentle or strong, deep or shallow. Remedial massage holistically treats the body. The massage therapist endeavours to identify the original biomechanical dysfunction, thus healing the cause of the disorder, as well as the symptoms.

Remedial massage uses several specialised techniques to locate and repair damage to muscles, tendons and joints. Massage therapy supports and speeds up the body's own repair mechanisms. A lubricating medium (usually oil) is applied directly on the skin. This ensures that the muscles associated with the disorder are deeply penetrated. Passive joint stretching moves are also used.

Key benefits of Remedial Massage

Key benefits of remedial massage include the stimulation to the blood supply allowing toxins in the muscles to be removed; the calming of the peripheral nervous system to ease pain and discomfort; and the toning and relaxing of muscles to improve joint mobility. An improvement to the health of the cells, the repairing of tissues, and the easing of stiffness and tension can also be experienced through therapeutic relaxation.

Muscular and skeletal dysfunctions often addressed with remedial massage include muscle tightness and pain, arthritis, frozen shoulder, tennis elbow, whiplash, neck and back pain, scoliosis, headaches and sports injuries.

What is Relaxation Massage?

Relaxation or Swedish massage is a smooth flowing style that helps reduce:

- Stress
- Improve circulation and range of movement
- Eases and tones muscles
- Provides the deep relaxation that allows our minds and bodies to recharge

Lesley Wittering and Matt Budd are our resident Practitioners offering Remedial Massage, Sports Massage, and Relaxation Massage. The treatment costs £38 for a full hour. They are both available at various times throughout the week and weekends. We also offer gift vouchers for these treatments which make an excellent present for a friend or relative. For more details simply call 01270 629933 where one of our receptionists will be happy to help you with any questions.