

Christmas 2013 Newsletter

Well I thought 2012 was busy but it looks as if 2013 has given it a run for its money! This has been a year of change in so many ways. My clinic in Jesmond has relocated to Sandyford and in addition I have started a new clinic in Hexham. I have been doing some lecturing at Sunderland University and have completely redesigned the website with a much more modern look. As always your opinion is valued so any feedback is very welcome, take a look at the website address below.

Those of you who have known me for some time now will know that I rarely let a year go by without learning something new and this year has been no exception. I now offer Kinesio Taping to assist in recovery and sporting performance and I am almost finished a course in Nutrition focusing on eating for health, stress relief and performance. With more training in December this time to introduce Lava Shell therapy for heat and relaxation it hasn't been a bad year for new skills. I do hope you have all had an equally exciting year and look forward to more in 2014.

Christmas Opening Hours

The clinics will close on Friday 20th December and reopen on Thursday 2nd January. I will be able to collect messages on the usual number (01661 871748) over this period.

Remember a **gift voucher** for a therapeutic massage will be a personal treat for someone in the New Year. Give the gift of relaxation, health and me time this Christmas. All vouchers can be gift wrapped and either posted or left at any clinic for you to collect at your leisure.

Order by telephone or email.

Kinesio taping was so popular at London 2012 I had to go and learn more. It is perfect to help reduce swelling, aid rehabilitation & facilitate muscle recovery.



I am delighted to say I have been offered a role as a Clydesider at the Commonwealth Games in Glasgow. I am already excited to work again with the best athletes around. I will be detailing my work and progress on the website so do keep an eye out for updates.

WE ARE MACMILLAN. CANCER SUPPORT

As I complete my training to work at the Commonwealth Games next year I am taking on a personal challenge. I am taking part in a cycle ride which will be the Grand Depart of next year's Tour de France. As a complete beginner to cycling I am excited and terrified in equal measure but have recruited some amazing people to help me and will be delighted to complete as much as I can. I am doing it to raise money for Macmillan Cancer Support and will be doing it alongside a friend while she fights breast cancer. If you would like to help or donate anything to get me to my target I would be very grateful. This year the Ponteland Committee have raised over £9,000 with your help. Again I will chart my progress on the website as well as update Twitter and Facebook. Wish me luck – I am certainly going to need it!

If you would like to keep up to date with the news I will be sending newsletters via email due to the high cost of postage. To ensure you don't miss out please email me and I will add you to the list. **Email** mhelenrichardson@gmail.co.uk



Merry Christmas & Happy New Year

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