



27 High Street, South Queensferry Tel: 0131 331 1296  
66 Murrayfield Avenue, Edinburgh Mob: 07721 639 789

Issue 4

**Welcome** to the first JW newsletter of 2006! In this issue we have lots of news and useful articles along with our regular features such as 'Treatment Information', 'Q&A' and 'Health Tip'. We are also continuing to introduce you to our team through our 'Staff Profiles' and keeping you abreast of any changes. We hope you find our newsletter informative and interesting. Look out for previous issues at [www.jwphysiotherapy.co.uk](http://www.jwphysiotherapy.co.uk).

### Clinic News

Since our last newsletter there have been a few developments here at the JW clinic. Love is in the air! Jean Winning has announced her engagement to Charlie and they are set to marry in May. Many congratulations and good luck to both of them for their big day. Our team at JW is expanding again; local girl Annette Greenfield now offers a service in Herbal Medicine at the South Queensferry clinic. Annette has a BSc (Hons) in Herbal Medicine, having studied for five years with the University of Wales, alongside practical training in Edinburgh and London. If you require any further information, Annette can be reached by contacting the clinic.

### Open Day Sat 6<sup>th</sup> May Happy 5<sup>th</sup> Birthday JW Clinic

Why not join us for our Open Day at the South Queensferry clinic to help us celebrate our 5<sup>th</sup> birthday? Whether you are a regular or were thinking about visiting us for the first time you are invited to share some nibbles and a glass of wine whilst enjoying some free talks and demonstrations.



Throughout the day each therapist will give a talk lasting approximately 10 minutes and will be on hand to answer any questions afterwards. You can just turn up on the day, but pre-booking for a talk is recommended.

#### Open Day Timetable

<b>12:00</b>	Open day begins
<b>12:15</b>	Physiotherapy talk
<b>12:45</b>	Chiropody talk
<b>1:15</b>	Aromatherapy talk
<b>1:45</b>	Cake cutting
<b>2:15</b>	Homeopathy talk
<b>2:45</b>	Medical herbalism talk

### Staff Profile

#### Mary Hutcheson – Administrator



If you telephone or call in at the JW clinic your first point of contact will probably be Mary Hutcheson.

"I have worked at the JW clinic since May 2001 when it first opened in South Queensferry. Prior to the opening I had worked for the clinic from home on a very part time basis – only a few hours a month doing invoices and accounts for Jean Winning. Six years later I now work almost full time in a very busy administrative job. I cover the reception for both the SQF and MFH clinics, and continue to do the accounts, invoices and manage patient records. This role also extends to the podiatrist and other therapists who have been added to the clinic over the years. I'm also a dab hand with the vacuum cleaner and duster. Working for JW has certainly brought changes to my life; before working here I was a full time housewife and mother for over twenty years. We moved to Queensferry from Edinburgh in 1989 and sixteen years later the children have moved back into town, but I can't imagine living anywhere else. It is a wonderful friendly little community and working in the clinic I get to meet many people from all walks of life, both local and from the surrounding areas, who make up the client base"

### Watch our Window

<b>April</b>	Spring in your Step	Gardening
<b>May</b>	Birthday Celebrations	Men's Health
<b>June</b>	Homeopathy week	Headaches
<b>July</b>	Travel	Ferry Fair
<b>Aug</b>	Women's Health	Back to School

### Chartered Physiotherapists

Jean Winning  
Fiona Grant  
Karen Grant  
Susan McDonald





Physiotherapy & sports injury clinics

## Clinic Newsletter

27 High Street, South Queensferry  
66 Murrayfield Avenue, Edinburgh

Tel: 0131 331 1296  
Mob: 07721 639 789

### Treatment Information

#### Clinical Aromatherapy & Women's Health



Women find it hard to think about themselves and their health and are expected to juggle their time around home life and work! It is also mainly women who take on the responsibility of

looking after and caring for ageing relatives. For their health's sake women need to find time for themselves, which is *essential* for good physical and mental health. *Massage* improves circulation, tones the muscles, relieves tension, stress and helps the immune system.

Try an aromatherapy massage with essential oils of *rose*, *lavender* or *geranium* and your body will feel relaxed and your mind uplifted. Would you like to have peace and quiet for half an hour where no one can make demands on you or your time? *Then, come in and experience an aromatherapy massage and feel the difference it makes to your well-being!*

For more information come in and have a chat with **Ann McKechnie our Clinical Aromatherapist.**

### Health Tip

It can be hard for smokers to kick the habit as it helps them to relax especially when tense or upset.

Find another crutch to help you cope with stress. Use relaxation techniques - deep breathing, soft music, massage etc. Exercise regularly - feel good about yourself

Avoid stressful situations that might tempt you to smoke. Get enough rest. Talk through you feelings with someone who understands.

### Q & A

**Question:** What is glucosamine?

**Answer:** Glucosamine is produced naturally in the body and stimulates the production of cartilage. As we age, we produce less thus reducing the ability of the cartilage to absorb shock. This leads to wear and tear of the joint. The benefits of supplementary glucosamine seem to be that it helps manage painful and potentially debilitating joint conditions, such as osteoarthritis.

[www.jwphysiotherapy.co.uk](http://www.jwphysiotherapy.co.uk)

### Products Profile Homeopathic Ointments

We now offer a range of *Homeopathic ointments* for a variety of ailments, including:



#### **Arnica**

An anti-inflammatory, which helps sprains, stiffness or bruising.

#### **Rhus-tox**

Gives relief of rheumatism and for muscular stiffness or strain and goes well with arnica.

#### **Ruta**

Used for sprains where tendons or ligaments are affected.

#### **Hypericum / Calendula or Calendolon**

Can be used for painful cuts and minor wounds, both contain anti-bacterial and wound healing properties.

#### **Combudoron**

Used for burns, bites and nettle rash, relieves stinging and inflammation.

If you require any further information please contact **Robyn McDonald our Registered Homeopath.**

### Also available at the JW South Queensferry Clinic:

**Chiropody / Podiatry**  
Kirsty Hodge

**Clinical Aromatherapy**  
Ann McKechnie

**Clinical Reflexology**  
Helen Watt

**Counselling**  
Linda Dodgson

**Homeopathy**  
Robyn McDonald

**Medical Herbalism**  
Annette Greenfield