



Thank you to the grant funders who allow us to keep fees low:

City Bridge Trust • The Mercers Company • Connect Hackney • Hackney Parochial Charities

and to our wonderful volunteers.

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Hoxton Health factfile

- We provided 4,008 appointments in the last 12 months.
- Our fees have been the same for 3 years.
- In the last 90 days we've had 60 new clients.

What we did this year

- 29% acupuncture.
- 27% massage
- 23% osteopathy.
- 21% the rest
- Started work in care homes.
- Added Indian head massage.
- Piloted a partnership with the Carers' Centre that we hope is going to offer low-cost therapy to carers in Hackney.
- Piloted a new foot clinic.

A word from the back office

Hoxton Health is 30 years old this year. Who thought we'd last so long? We've still got patients who've been coming since day one, so congratulations if you are one of them!

There have been some changes over the year. We've got clinics at care homes and a community centre. We've added Indian head massage to our therapies, as well as piloting a drop-in foot clinic at St Mary's Community Centre on the first Thursday each month from 10am to 1pm – also a friendly place for a coffee and a chat.

In the past year, we've said goodbye to Amparo, Nina, Oz and Maggie and we've said hello to Wendy, Liz and Marie.

Hoxton Health Volunteer Programme

Did you know that our reception is entirely run by volunteers?

Support for all our volunteers is part of our commitment to participate as much as possible in the local community. The volunteers (the public face and heart of the clinic) help make Hoxton Health a friendly and welcoming place that you value.

This year we have welcomed five new volunteers: Amy, Dulcie, Florina, Magda and Marylin. They have joined our four long-term volunteers, June, Susan, Niyi and Jackie, and we'd like to take this opportunity to express everyone's appreciation by saying a huge **Thank You** to them all for everything they do!

Timetable

Monday	Shiatsu massage
Tuesday	Osteopathy Massage Nordic walking Tai chi
Wednesday	Acupuncture Slow line dancing Massage
Thursday	Osteopathy Homeopathy Reflexology Indian head massage Acupuncture Chair-based exercise
Friday	Acupuncture Tai chi

Recipe for living well

- Live within your means
- Return everything you borrow
- Stop blaming other people
- Admit when you make a mistake
- Give clothes not worn to charity
- Do something nice and not get caught
- Listen more, talk less
- Walk 30 mins every day
- Strive for excellence, not perfection
- Be on time; don't make excuses
- Don't argue; be organised
- Be kind to unkind people
- Let someone go ahead in the queue
- Take time to be alone
- Cultivate good manners
- Be humble
- Recognise life isn't fair
- Know when to keep quiet
- Try and go an entire day without criticising anyone
- Learn from the past.
- Plan for the future
- Live in the present

I use herbal medicine to stay well

I'm 88 years old. I first came to Hoxton Health when it started, that's 30 years ago. I've been coming to see Anne for several years now. Something keeps me well and I believe it is the herbs. I come to see her nearly every month. You get plenty of time to say what's wrong. She really listens to you. Obviously, you need to tell her what medication you are on. What she prescribes changes according to how you feel at that time. People imagine that herbal medicine tastes horrible but it really doesn't. I'd say give it a go!

Patients have to pay for the herbs prescribed on top of their treatment fee and that's about £10 for a month's supply. We're running a SPECIAL OFFER in August and September: during that period your first appointment will be FREE.



Anne Derby, Medical Herbalist at Hoxton Health.



What is Reflexology?

WENDY MORGAN

Reflexology is an ancient practice based on the principle that there are 'reflexes' in the feet, hands, ears, face and body and that all the body structures are mirrored in those areas. The reflexes are stimulated by a reflexologist's fingers and thumbs. It is a non-invasive therapy which helps the body maintain physiological balance and health and works towards normalisation of function. It facilitates bringing the body back into balance. It helps reduce tension, relaxes and calms, encourages elimination, improves circulation and helps balance all the body systems.

Reflexology strengthens your body's systems and keeps them moving, and that keeps you moving too.

Come on, give it a try!

We've got a SPECIAL OFFER for Reflexology in August and September: If you pay for two sessions of Reflexology, you'll get your third one FREE.



Nordic Walking

MICHELLE MYLONAS

I have an exciting summer and autumn schedule to offer you. Who wants to join me on my Great Nordic Walking Exploratory Adventure?

We are surrounded by beautiful open green spaces all over London, many of them are on our very own doorstep. London is the envy of the world for this very reason.

This summer I plan to roll out a series of walks exploring our open spaces and would love you to join me.

From the beautiful new wetlands of Woodberry Down, to Springfield Park and across the Walthamstow marshes, and my very own local parkland walk from Finsbury Park to Highgate, there is so much to see and enjoy.

I could go on about what a great exercise Nordic Walking is for all ages and fitness levels. I could encourage you to partake for your wellbeing and mental health. I could describe how it can effectively exercise 90% of your body's muscles, and how I find it really helps me regain my posture and de-stress the tension in my shoulder and neck after my morning shift as a massage therapist. I could, but what really excites me is YOU, I want you to share your wealth of knowledge with us all as we walk. How?

This is a shout out to all you nature lovers, keen ornithologists and butterfly enthusiasts. Do you know your red admirals from your painted ladies? Your chaffinches from your bluetits? Your grasses from your fescues? Please join us to make these walks an enriching experience for all.

Sign up today – call me direct on my mobile on 07860 932 636. Learn the basics with me every Tuesday afternoon at 2pm in Shoreditch Park, remembering to collect poles from Hoxton Health first. When ready, we will start exploring those beautiful spaces together.

I would also welcome suggestions from each and every one of you. If you have favourite walks that you would love to share, please let me know. At just £2 per class, what's not to like?

I look forward to some lovely walks together this summer. See you soon, I hope.

