

Development plans unveiled

Summer is always an exciting time at the ESO, as we celebrate our final year students' graduation and welcome a new cohort of Year 3 student practitioners into Clinic. This summer we also mark a special anniversary for the School - 40 years since opening our first independent premises at 104 Tonbridge Road and a milestone in our history.

Exciting plans are now in place for development of the clinic site; preparing the ESO for the next 40 years of osteopathic education and our students for their future status as Allied Health Professionals. Plans have been submitted for what will be a light and modern clinic environment; a centre of excellence to showcase our skills and a multi-disciplinary hub that will provide new services for patients and opportunities for our students' development. We'll be providing updates through social media and, of course, via our e-news updates so please do follow/sign up if you can.

Of course the Clinic is not all about buildings! In this issue we are pleased to highlight the achievements of one of our new student practitioners, plus we provide a profile of Children's Clinic tutor Claire Piper, There's also an update from our Research team - if you can support their work please do. We hope you enjoy this issue of Active Health.

With best wishes
ESO Clinic Team

Know your Numbers!

Following the success of the Know your Pulse awareness campaign in June, the ESO is happy to support Blood Pressure UK's flagship awareness campaign Know your Numbers!

Since its launch in 2001, Know your Numbers! week has ensured more than 1.5million people have had their blood pressure checked so that they know their blood pressure numbers in the same way as their height and weight. Its success was recognised at the Charity Awards 2008 when the campaign won the healthcare category. Often people don't know they have high blood pressure (hypertension) until a later stage when symptoms start to become more obvious. Hypertension, if undetected and untreated, can lead to more serious problems like heart disease, a stroke or kidney disease.

As aspiring Allied Health Professionals, students at the ESO are committed to promoting good health and enhancing the health and well-being of patients. Please look out for awareness campaigns over the next year highlighting other common conditions. If you have any questions please don't hesitate to ask your student practitioner or a member of staff.

Know your Numbers! Week 2019 will take place 9-15 September.

Research at the ESO - WE NEED YOU!

Are you a candidate for knee replacement surgery? We are looking for patients who have been identified as candidates for knee replacement surgery to discuss some research development plans. Please contact Dr Philip Bright via email at philbright@eso.ac.uk for details.

Parkinson's Study If you're aged 50-85, healthy or with Parkinson's, you could help. The ESO is working with the University of Kent School of Sport and Exercise Sciences, studying the effect of physical activity and its role in the progression of Parkinson's. To find out more please visit our website or ask at Reception for details.

Recovering from Stroke or have Parkinson's? The ESO is offering an exercise class with a strong focus on balance. Held at our Boxley House campus, the class is suitable for those who have attended an organised exercise class before, who can walk unaided and would like to maintain activity that can promote better balance. If you or someone you know could benefit please contact Dr Philip Bright via email at philbright@eso.ac.uk.



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Introducing - one of our new student practitioners

Alongside her studies, Year 3 student Laurel Collins represents Kent's young people in her role as Head of the Kent Football Association Youth Council. Laurel explains what this entails.

"There are 17 members on the Kent FA Youth Council, ranging in age from 14 to 24 years and representing regions across Kent, from Rye through to the London borders. We create and promote projects as well as hold meetings and team building activities - so it's enjoyable and everybody within the youth council feels included and comfortable expressing their ideas. I also attend Kent FA Council meetings, to give a young person's view and so I can feed information back to the group. The Kent FA is really keen to take on board our ideas - such as the 'Swearing - Let's Tackle It!' campaign, which originated from the Kent FA Youth Council. For that, we worked with the charity Fixers UK to produce a video and handed out wristbands and T-shirt's at matches; this included cup finals for leagues governed by Kent FA, from Under 9 to Men's and Women's football. The campaign now leads into a new FA ruling on descent. The campaign won a Football Association award and was seen to help decrease descent on the pitch within Kent. I've been Head of the Youth Council for 4 years now and there's a limit to the number of years you can hold the post - even at 21 I've started to notice our younger members using expressions I'm not familiar with, which shows how important it is to keep moving if we're to stay relevant."



As well as giving young people within Kent a voice, Laurel was selected to be one of 20 Youth Ambassadors at the 2019 UEFA Equal Games Conference; a 2-day event attended by senior representatives of each member nation and by UEFA President Aleksander Čeferin. "It was interesting to hear how football is developing in other countries, to talk about different approaches on how to improve it and how issues might be dealt with - it really did give a fresh perspective on things. Volunteering also disclosed the huge amount of work going on behind the scenes before, during and after these big international events. Logistics planning is already well underway for the Euro 2020s; there'll be 7 games in London and I'm now waiting to hear whether I'll be one of the 2,000 volunteers they'll need."

For more information about the Kent FA and the Youth Council visit www.kentfa.com. To find out how osteopathy and the ESO can support you or your team please visit our website or contact Clinic Ambassador, Robert Thomas (robertthomas@eso.ac.uk).

Did you know ..?

The ESO is registered as a provider with the fundraising charity Tree of Hope.

Tree of Hope transforms the lives of seriously ill and disabled children by supporting families to fundraise for vital medical care, therapy and equipment not available via the UK health service. If you'd like more information about Tree of Hope please visit our website.



Tutor Profile - Mrs Claire Piper



I came to the ESO in 1987 at the age of 18 having only recently decided that Osteopathy might be the career for me as throughout school I was very focused on being a doctor. However, it did not take long to realise I had made the right choice and I thoroughly enjoyed my training, which at that point was all on the Tonbridge Road site with lessons in the white building and clinic in the back building. The memory of getting my final results and flying down the stairs to hide behind the dustbins to open them in private is burned into my mind!

Graduating in 1991 I did return fairly soon to the ESO to be an assistant lecturer and also to help in the Research department. I then left for a long gap to focus on building my private practice and having my family. During this time I worked at the Osteopathic Centre for Children for 5 years gaining my Diploma in Paediatric Osteopathy and becoming a tutor there. I returned to the ESO in 2016 to step into the role of Children's Clinic tutor, which I am still in and thoroughly enjoy. In August 2017 I took on the role as a lecturer for a new module, Clinical Integration; I have since been appointed Head of Department. These joint roles involve me in various aspects of the school and I feel very lucky to work with a great team of colleagues.

Share your views - Complete one of our patient feedback forms or ask at Reception about the ESO Patient Experience Group

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