

## Helping Hands 2020

To mark 'Random Act of Kindness Day' and in line with the ESO's charitable aims, this February we have relaunched our 'Helping Hands Scheme'.

Helping Hands recognises the fact people may be in pain but may not have the means or the motivation to seek help. The scheme offers a course of up to six osteopathic sessions free of charge following a simple application process. Those interested must apply in writing or via email outlining their need for the course of treatment. Partners, friends or family members may apply for a person in need but those applying must have the patient's explicit consent when doing this.

The scheme offers a maximum of 20 places; these are offered on a case by case basis and cannot be guaranteed. Applications should be sent to [robertthomas@eso.ac.uk](mailto:robertthomas@eso.ac.uk) by 29th May 2020 or to: Mr Robert Thomas, ESO Teaching Clinic, 104 Tonbridge Road, Maidstone, Kent ME16 8SL.

Treatment will only be offered where considered appropriate following an 80 minute initial consultation. As part of their professional code, Osteopaths have an obligation to refer patients to other health professionals when osteopathic treatment is not deemed suitable or where further investigations may be required.

## ESO joins social prescribing network

The ESO has been working with the charity Involve Kent to discuss social prescribing and how the ESO Clinic can help.

The charity is developing a network of quality assured social prescribing services across Kent working in partnership with GPs, primary care and other health professionals. We are pleased to now be included on the charity's online directory and look forward to working with Involve Kent to improve our patients' health, wellbeing and social welfare.

For further information about social prescribing, ask you GP practice receptionist, contact 03000 810005 or visit the website: [www.involvekent.org.uk](http://www.involvekent.org.uk).



## Balance & Stability Classes

- Suitable for those recovering from Stroke, Parkinson's patients, or for those with a balance disorder or a history of falls
- Mondays, 10.30am at our Boxley site
- Led by our qualified instructor; one-to-one support if you feel unsteady or lack confidence in performing the movements.
- Time to socialise and make new friends once the exercise is over.

Each class lasts for 1 hour and costs just £4 per person. To enquire email: [rehabilitation@eso.ac.uk](mailto:rehabilitation@eso.ac.uk).

**Sign up for email updates**

[www.eso.ac.uk/eso-clinic/contact/](http://www.eso.ac.uk/eso-clinic/contact/)

Tel: 01622 685989 Web: [www.eso.ac.uk/clinic](http://www.eso.ac.uk/clinic)

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# CUTIES: Help support international osteopathic research

If your baby is between 1 week and 10 weeks old, cries for more than 3 hours a day for 3 or more days in a week, then you may be eligible for the CUTIES trial



The ESO's Research team is pleased to be collaborating with the National Council for Osteopathic Research (NCOR) and the University College of Osteopathy (UCO) on new research: '[Crying, Unsettled and Distressed Infants: Effectiveness Study](#)' – otherwise known as CUTIES. With established links with universities in Australia and Switzerland, this is a truly international study and the ESO Clinic is proud to be part of the UK's treatment centre provision.

We are looking for babies under 10 weeks old to take part in this trial. Treatment will be given by qualified osteopaths and will be free of charge - the amount of time in the trial will be 2 weeks and this will include 2 sessions.

To be eligible, please let the receptionist know that you are interested in the CUTIES trial when making an appointment.

## Sit less for health

Although being active is good for us, there is increasing evidence that sitting down for prolonged periods of time can have negative effects on our health, independent of how much exercise we do. Many adults in the UK are inactive for 7 hours or more each day, and this tends to increase as we get older to 10 hours or more. This might include watching TV, sitting at a desk, playing computer games or commuting. It is thought that excessive sitting slows the metabolism, which affects our ability to regulate blood sugar and blood pressure, and metabolise fat, and may cause weaker muscles and bones. This in turn has been linked to the development of diabetes, some forms of cancer and early death.

### Take a break from your desk

It can be difficult during a busy working day to consider taking long breaks from your desk or computer. However, advice suggests that to reduce our risk of ill health from inactivity, you only need to move around for 1 – 2 minutes every half-an-hour. If you can, take a walk to speak to a colleague rather than use the phone, get up to go for a drink, or try standing rather than sitting if you need to take a telephone call.

### Take a break from the TV

In your attempt to sit less, also consider how much time you may spend sitting watching TV or on computer games. This can be a particular problem for children as new evidence suggests that sedentary behaviour in the early years is associated with being overweight, as well as slower mental development. If you have children, the advice is to reduce the time that toddlers spend in front of the TV or strapped into their buggies.



## Final year student exams - new patients needed!

In mid-March, our Year 4 student practitioners begin their final clinical competency exams - we will be offering new patient consultations **FREE OF CHARGE** during exam consultations. If you know someone who could benefit from osteopathic care\* please do pass this information on. Exact dates and availability will be announced through our social media channels and via email to those signed up for Clinic News; social media and news update details are shown below. Our thanks, as ever, for your support.

\* Please note: As these appointments form part of the exam process they are open to general clinic patients only, for example back, neck or joint pain, sports injuries, frozen shoulder. Not suitable for children / specialist clinic patients.

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