

Hungerford Chiropractic Healthcare

January 2016 Newsletter

New Year - new Newsletter!

We are making our newsletters much more personal from now on including lots of photos & in house news. We hope you enjoy it! We would love to hear your feedback.

Highlights from last month...

Cast your minds back to pre Christmas when we held our **Patient Appreciation Party** - it was a great hit. Thanks to everyone who came along. We had a great time chatting with you all and enjoying a glass or two of bubbles. We'll keep you posted for our next event.



The **Charity Day** for Loose Ends was also a huge success down to our wonderful community. The shelter in Newbury was overwhelmed by our generosity - thank you, thank you, thank you!



The HCH team put up their very first Christmas tree! Thank you so much to everyone for your Christmas cards & generous gifts - we were overwhelmed!

New Years Refurb

Not content with resting over the Christmas break the team were busy bees - decorating, building furniture and re designing the layout of our Welcome Area. The clean white walls, and vibrant new colours are all inline with our new Centre vibe. There is still plenty more to do, but we hope you love the new look as much as we do!



Recipe of the Month

Make sure you are getting enough veggies each day with Heidi's 'green smoothie' recipe. One of her New Years goals is to have one of these each morning.

A handful of spinach

A handful of kale

1 stick celery

$\frac{1}{2}$ avocado

Juice 1 lemon

Fresh ginger (amount depends on personal taste)

Some banana for sweetness (start with $\frac{1}{2}$ and reduce when you can)

You can also add a tbsp of hemp seeds and chia seeds and a tsp of coconut oil.

Put into your blender, blitz & enjoy!



A bit of Gossip

As you may well see on our Facebook page we are advertising for a Centre Manager...."why" I hear you ask? Our current Practice Manger Nicola is expecting her first baby! Nicola will continue to work at the Centre in a different role to allow for the required time off. If you know anyone vibrant & driven to fit into our team send them to our Facebook page for more details: www.facebook.com/HungerfordChiropracticHealthcare/

Introducing Practice Member of the Month

With the introduction of Membership and a strong sense of community within the Hungerford Chiropractic Centre we thought it was time to start celebrating you more & thanking you for all that you do. We are so blessed with such fabulous Practice Members that it was difficult to know where to start this month!

Each month the team will vote on who gets the title for a month. Their photo and a few words will be included in each month's newsletter, on Facebook and also up in the Practice...as well as receiving a little prize.

Our first Practice Member of the Month is awarded to Matt Stroud, one of our diamond members.

"I was delighted to receive the call that I have been selected as the first ever Practice Member of the month. I really enjoy my appointments at HCH and the information on nutrition, exercise and reducing stress has been invaluable in guiding me on my path through wellness. Decorating at the Centre was just part of my thank you for the teams time and knowledge over the past few years." Matt Stroud

Over the past 2 years Matt has transformed his health and nutrition, and recommends us to all his friends. As well as all of this, he has been instrumental in our practice refurb efforts, giving up his weekends to build shelves, put up curtains, paint....we just can't thank him enough!

New Year New Us

With the New Year upon us the HCH team have each set themselves health goals for 2016. We hope this inspires you do to the same.



You can pick up a hand-out in the Welcome Area at the Practice - here is an overview in the meantime:

- When setting goals it's vital to 'begin with the end in mind' (Stephen Covey)
- What are the 5 things that need to happen this year for it to be a success?
- What areas of life might you want to include? (e.g. work, finance, family and friends, lifestyle: nutrition, exercise, and relaxation).

Once you have come up with your goals, you need to ensure that you follow through on them so they are actually goals rather than just dreams. Setting SMART goals is a great way to do this (Specific, Measurable, Achievable, Relevant, Time).

Remember, the things that get scheduled are the things that get done. Divide your goals into quarterly goals, and then write out individual action steps for each. Plan the week ahead every Sunday, and spend a few minutes at the start of each day clarifying your objectives (3 minutes of planning will save you 30mins during your day!)

If you don't know where to start with your goals you can pick up our guide to the Minimum Health Requirements leaflet in the Welcome Area. You can use this to see where the gaps are in your health and wellbeing and use those as focus areas for goal setting....such as taking a daily omega oil supplement, a daily 20 minute walk, sleeping at least 7 hours a night.