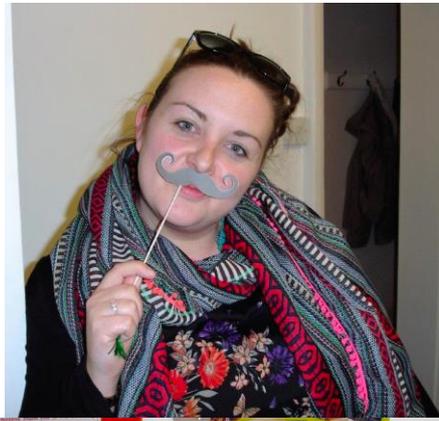


Hungerford Chiropractic Healthcare November 2016 Newsletter

**Did you know 13 November is World Kindness Day..
What are you going to do to help put a smile on another's face?**



This month we are celebrating Movember in aid of The Movember Foundation, which raises awareness of men's health issues. We've been busy taking snaps of some of our Practice Members with 'their moustaches'. If you'd like to have your photo taken to join in the fun and support Movember please ask one of our CAs...if we don't ask you first! We are also collecting any donations for the Movember Foundation.



Send us your men!

Please ask the CAs for a voucher & let your man know that in support of Movember we're offering a half price initial consultation for your male friends and family during November (subject to availability.)



Our Charity Work continues in December when we hold our annual collection day for Loose Ends in Newbury to help local people in a crisis. We will be accepting donations from early December with the main event being held on Friday 9 December at Hungerford Chiropractic Healthcare.

The whole team will be in and serving mulled wine, non-alcoholic punch and mince pies throughout the day - so pop in with your donations and have a natter with us!

Suggested items:

Food

- Tins of soup
- Tinned fish, tinned fruit, tinned vegetables
- Pasta / curry sauces, jam / marmalade

Toiletries

- Deodorant
- Shampoo, Shower gel, Shaving foam, Flannels

Essentials

- Tin openers
- Socks, Bedding (blankets, duvets)

PLEASE NOTE: The charity can only accept donations which are freshly bought, unopened and undamaged and that are still within their 'use by' date (no less than 6 months)

The **loose ends** Charity in Newbury provide emergency support to vulnerable and homeless people in our Community. It is run solely by volunteers and survives by the kindness of the local community.



Our New Centre Manager - Simon Wooldridge



We would love to welcome Simon Wooldridge to our team. You may have already met him in the Centre at one of your recent appointments!

Simon has joined the team to take over the role of Centre Manager, with Nicola reducing her hours to pursue her other hobbies. We are delighted to have a new leader 😊

"I grew up and still live in Newbury. I have always had a keen interest in Health and Fitness and keeping active, which led me to study Sport Science at the University of Winchester. I went on to pursue a career in Leisure Management and Personal Training, before joining the fantastic team at Hungerford Chiropractic Healthcare. I am looking forward to getting to know all of you and being a part of your journey to health."

Pumpkin Competition

Thank you everyone for donating your loose change towards your favourite pumpkin, in our team carving competition. Annarita's magnificently carved wolf won! The money collected will be given to Loose Ends as part of the December donations.



Gluten Free Mince Pies

Ingredients

- 100g/3½oz raisins
- 100g/3½oz sultanas
- 100g/3½oz currants
- 50g/2oz cherries (if you use dried cherries they will not have any extra sugar, but glace cherries will have sugar)
- 1 tsp ground ginger
- 1 tsp ground nutmeg
- ½ tsp ground mace
- 2 tsp ground cinnamon
- 50g/2oz vegetable suet (optional)
- ½ Bramley cooking apple, cored and chopped but not peeled
- 1 lemon, cut into small pieces but not peeled
- 1 orange, cut into small pieces but not peeled
- 120ml/4fl oz brandy or whisky

For the pastry

- 375g gluten-free and wheat-free flour with xanthan gum OR 200g chickpea (gram) flour with 175g rice flour
- 150g/5oz butter
- 1 egg (optional)

Method

1. Mix all the dried fruits with the spices and suet if you are using it.
2. Put the apple, orange and lemon pieces in a food processor and purée.
3. Add this mixture to the dried fruit along with the brandy or whisky.
4. Mix well, cover and set aside for anywhere between two hours and 24 hours. Alternatively, you can place in sterilized jars and store for later use.
5. To make the pastry, mix the flour and sieve into the bowl of a food processor.
6. Cut in the butter and blend until it forms crumbs.
7. Add 8-10 tablespoons cold water. Mix to a dough and blend until it forms a ball.
8. Remove from the processor and chill for 30 minutes.
9. Pre-heat the oven to 180C/Gas 4. Grease and flour your mince pie tins.
10. Remove the pastry from the fridge, and roll out to a thickness of about 5mm. Cut the pastry in circles with a cutter slightly larger than the size of each pie, and line your mince pie tins with it, pushing the pastry up the edges.
11. Spoon the mixture into each pie then rollout lids and top each pie, wetting the edges of the dough and pressing it together with your fingers.
12. If you are using the egg, beat it in a bowl and brush the lid of each pie generously.
13. Bake for around 20 minutes or until the pies are lightly browned and the pastry cooked.
14. Remove from the oven and sprinkle with sugar if desired. Cool slightly before carefully lifting them out of the tins (running a sharp knife round the edges to loosen them helps) and cooling on a rack.
15. When cold store in an airtight tin. Serve warm or cold.



Just a quick note to let you know the centre will be closed on Tuesday 29th November & Wednesday 30th November for team training days.

Practice Member of the Month Thomas Cardwell

"I was surprised, but pleased to be chosen as practice member of the month. Since being away from the practice at university, I noticed how important regular adjustments are for me, as I felt the need for one as soon as I got home after 2 months away. Having been at HCH for many years, my body knows well when I need an adjustment to make me feel 100 % again alongside the nutritional information given to me by the chiropractors."

Thomas



"Thomas was initially introduced to HCH suffering with heavy regular nosebleeds when he was younger. These soon reduced, but he continued to see the value of care when playing contact sports at secondary school. He embraces the whole chiropractic philosophy and has taken these values to university, where he has educated roommates on nutrition, exercise and the value of regular adjustments - Well done Thomas!"

Heidi & Clare

