

Feel Great!

PREMIERPHYSIO NEWSLETTER | SEPTEMBER 2025

Perimenopause & Pain



Muscles, Joints and Mood Swings!

Did you know that the decline in oestrogen when in the perimenopausal phase can significantly affect joints and muscles. Oestrogen acts as an anti-inflammatory, so when levels of this hormone fluctuate the joints and surrounding tissues can become inflamed.

Perimenopause, the stage before menopause, is likely to occur in women between the ages of 45-55 years old and can last from months to years. There are numerous symptoms such as;



Headaches/dizziness
Change in menstrual cycle
Hot Flashes/night sweats
Difficulty sleeping
Depression and mood swings
Decreased sex-drive
Memory issues – sometimes called ‘brain fog’
Sore muscles and joints



...just to name a few!

There are things you can do to help ease these symptoms like;

Trying to avoid too much alcohol and caffeine as these can trigger hot flashes
Eat a balanced diet
Manage stress with yoga/meditation and breathing exercises
Wear cool/loose clothing
Keep active
Keep hydrated
See your GP if symptoms become worse

Here at PremierPhysio we can help with joint/muscular issues you may be experiencing due to perimenopause – our physios will always be happy to see you. Alternatively, if you'd like a treatment to reduce stress and mild aches and pains then book in to see one of our lovely holistic therapists, who not only give wonderful relaxing treatments such as massage, Indian head massage and reflexology, they are great listeners too! Go on...you're worth it!



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More Than Just
Medicash

Visit our website for all
of
our services
www.premierphysio.com



Mix of Emotions

Lovely Lisa, one of our massage therapists has developed the perfect blend for any ladies looking to reduce the symptoms of the menopause.

She recommends Ylang Ylang, Rose and Jasmine. This combination produces a gorgeous aroma to calm the senses and help reduce anxiety, promote sleep and regulate the nervous system. This combination has the added bonus of improving the appearance of hair and skin. What's not to love?!



Did you know we now offer Verruca Needling?



Verruca needling is a treatment for verrucae that have not responded to other treatments. It involves repeatedly puncturing the verruca with a sterile needle, causing a controlled inflammatory response. This stimulates the body's immune system to recognise and fight off the viral infection.

You will need to have attended for an assessment first, so that we can confirm the diagnosis and discuss the best treatment options for you - please contact us for further information.



Meet The Clients



Meet Yvonne...

Our amazing client, Yvonne created a cancer support group to give people with cancer, or who have had cancer, a place to feel understood and supported by like-minded people.

Yvonne says... "I started the group 2 years ago, because I was looking for a group to join. I needed the support and there wasn't any groups for us cancer patients. The purpose of the group is to help and support each other when going through cancer."

I retired from work when I was going through my cancer treatment. My cancer was 3 years ago now and I suffer with my mental health. We need support groups like this to get us through life. After each session I feel rejuvenated, and I know the others do as well. I also run a WhatsApp for the group. Just so we can keep in touch with each other, and anyone can reach out for support whenever they feel they need it."

Connect, Cake and Coffee Support Group

For all patients who are on their cancer recovery journey and would like to talk to others who have been through similar



If you feel you would benefit from being part of this group we meet up in the Delamere Centre

Held on the first Friday of every month 2pm-3.30pm

please call or email to confirm attendance 01928 753502 or 753501
whh.macmillandelamercancercentre@nhs.net

If you would like more information please contact
whh.macmillandelamercancercentre@nhs.net

Meet Graham...

Our clever client, Graham likes to produce decorative slates for the home or garden in his spare time.

Graham said *"I started slate decorating because it relaxes me. I use it as a way of unwinding. The slates take different times depending on each design. Some are 2 hours others are 4/5 hours."*



Here are just few pictures of Graham's brilliant designs...



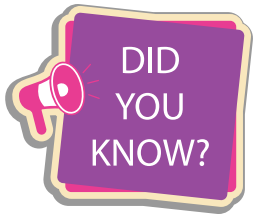
Meet Steve...

Meet Steve... We have our very own Mr Motivator, one our of clients, Steve! Steve is very active and loves to swim and attend the gym. He visits Neil one of our Physios, for a monthly maintenance check. Steve said *"Focusing on my physical health definitely gives me a better standard of life and keeps my mental health in check too. I like to know I have my monthly follow up session booked with Neil, just so I know I have someone to help me maintain my active lifestyle."*



Read All About it!

The 6th September marks 'National Read a Book' day. So if you find it difficult to visit the library, or are restricted for time, then Halton Libraries can help. They offer a home delivery service. For more information check out their website www.halton.gov.uk/libraries



You are 2 and a half times less likely to develop alzheimer's or dementia just reading 30 mins a day.

Reading is a low cost hobby that can reduce social isolation and loneliness. People can join online book groups or visit their local library regularly, where there are often various events planned available to attend.



More than just Mediacash



Did you know about the other benefits you have with Mediacash? You can access free mindfulness and meditation courses, as well as fitness and yoga videos:

<https://www.medicash.org/customer-service/improve-yourself/>

Can Mediacash cover your treatment?

Depending on the level of your policy, you can also use Mediacash for some of our other services; including acupuncture, sports massage, reflexology, reiki, indian head massage, and chiropody. All you need is a printed receipt from us to send off to Mediacash.

Please note these can only be obtained once you have attended your appointment.

Read this like your plans depends on it, because they do!



Once we have emailed your booking confirmation please read the details to ensure you have received the correct time, date and preferred therapist. If anything is amiss contact us straight away to rectify the issue. It is extremely important to us that you receive the treatment you have chosen at the time you have requested to feel the full benefit of the services we offer.

Don't forget we offer a text service too, reminding you of your appointments up to two hours before you are due to attend. Please ask at reception for more details.

Written by Sharon Carey