

Hope you stay safe at this time!

[View online version](#)

Hi Martin

I hope you are managing well with lockdown, or staying safe while continuing your essential work! Either way, thank you for doing the right thing for us all! Appreciated!

It is looking increasingly likely that professional massage and bodywork will not be possible for a long time to come, so we all will have to develop other strategies for health and wellbeing. (please check the STOP PRESS article below, however).

I have found some useful reading for you to thrive at this difficult time. Check out the articles below!



Lockdown Advice

By now, You have gone through the fridge, the Netflix catalogue and now only fit your elasticated joggers. You have lost the list you wrote of self development projects to complete. You have even discovered the reason you don't do much housework is not because you don't have time

because you don't have time....

Well, to get you back on track I have some leaflets for you! These leaflets have been produced in consultation with expert physios.

- [Staying Positive & Sane when times are challenging](#)
- [12 Practical Strategies for surviving lockdown](#)
- [Morning Stretch Routine](#)
- [How to recognise a Weakened Immune System - and what to do about it](#)
- [Eating your way to a stronger immune system](#)
- [10 Tips for Staying Comfortable & Sane in a home workspace](#)
- [Optimal Desk Posture](#)

By now you must have worked out most of them but there may be one or two things of interest to keep you happy

Contact me 07710 314432



Tips for Essential Workers

If you are rushed off your feet at the moment, and noticing aches and pains, don't neglect yourself and assume it will just go away on its own!

Check out my [Resource Library](#) for tips on regaining your health!

Contact me and I may be able to point you to the most relevant

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*** STOP PRESS * STOP PRESS * STOP PRESS ***

[The Professional Standards Authority for Health and Social Care](#) has written to the governments of the UK, asking that therapists on one of their accredited registers be classed as Key Workers as we might help mitigate the adverse impact of isolation on the mental and physical wellbeing of the nation.

I am registered with the CNHC (see below) which is accredited with the PSA.

However, I am reluctant to start working again until I can be assured that I can minimise the risk of being a vector for COVID-19 infection. My current assumption is that though I normally would come into contact with fewer people than anyone in a tube carriage, an hour-long massage session may risk people to exposure to a high viral load if either therapist or client is infectious.

I will keep you up to date on developments.

Some other helpful links for this time!

[A thoughtful article](#) from the NY Times about COVID-19 which recommends a little gizmo that may help you know when you really need hospitalisation if you are unfortunately having symptoms.

Pulse oximeters are available on Amazon £20-£50 if you have some cash to spare. Seemingly very useful.

Hate Amazon? Some shopping tips [if you don't want to use Amazon](#)

And of course, some ever useful tips from [the Daily Mash!](#)

Contact me for details on 07710 314432



I am sorry but I am not working at this time, but feel free to phone me on 07710 314432

My Therapies

Sports Massage

Remedial Massage
Soft Tissue Therapy
Therapeutic Massage

My Locations

- * Holborn clinic
- * South Ealing studio

My Prices

One-off fee is £70 in town and £60 in west London.

- * 6 for the price of 5 if you pay in advance!
- * Just £60 if you see me in Holborn monthly & pay by Standing Order!
- * £50 in South Ealing!
- * **£40 introductory offer in South Ealing! Tell your friends!**

Opening Times

weekdays 8am-9pm

sat morns and sun eves

My Calendar

Click [here](#) to see my calendar

Cancellations at less than 24 hours unfortunately incur the full cost of the session. This is usual business practice.

My Reviews

"Brilliant Service. If you have muscular injuries/pains - Martin is your man. "

" I try to see him at least once a month and as a result I'm pain free. "

"Knowledgable, calm and peaceful setting."

"The calm ambience is a bonus"

Did you like this newsletter? Tell me what you want to read about! As you know I am a keen researcher and interested in learning more myself.

Do 2 people a favour! Forward this newsletter to a friend who you think should see me!

Martin Kingston McCloghry MSMA MISRM *registered with CNHC*

Sports & Remedial Massage and Soft Tissue Therapy **07710 314432**



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