

Around Halstead

An 'Around Colchester' Magazine

2019 Edition 4



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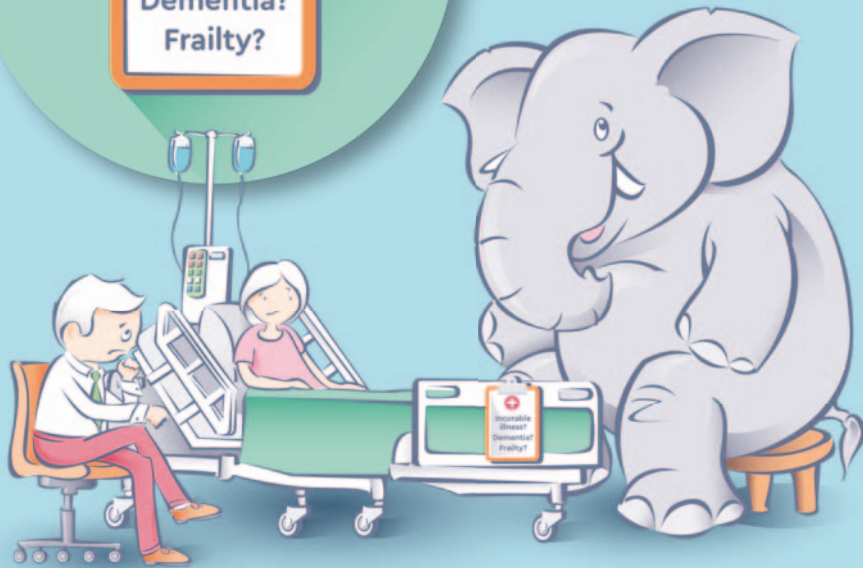
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St Helena



Is it time to start the conversation about the future, about what is important to you?

We all make plans and choices throughout our life but have you considered advance care planning? Have you thought about how you would like to be cared for should you become more unwell?

The **My Care Choices Register** is for those people in North Essex who are living with advanced illness, dementia or frailty and who wish to record their priorities for their future care. If not relevant to you, maybe someone you know could benefit?

Ask your doctor or nurse for more information.

MY CARE CHOICES REGISTER

You can also visit: www.mycarechoices.online

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Front cover courtesy of Rebecca Adams

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- 25th March **A Day in Coventry** £36.00pp
- 8th April **Audley End House** £43.00 Adult/ £41.00 Senior
- 15th April **London Museums & Knightsbridge** £30.00 Adult/Senior, £25.00 Children
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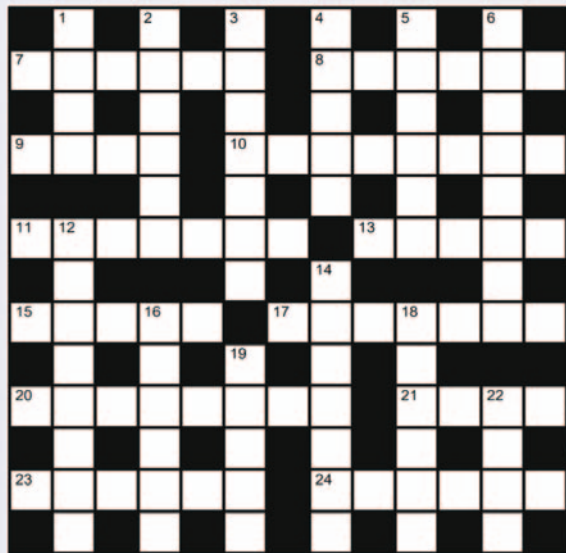
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CLUES ACROSS

7. Pitfall (6)
8. Foreigner (6)
9. Congeal (4)
10. Walkway (8)
11. Branch of Science (7)
13. Animal Trail (5)
15. Part of Soft Palate (5)
17. Wasted Energy (7)
20. An Aggressive Action (8)
21. Bough (4)
23. Recess (6)
24. Range (6)

CLUES DOWN

1. Gratify (4)
2. Tough Patch (6)
3. Large Building (7)
4. Pry (5)
5. Buy Quickly (4,2)
6. Butter Up (2,2)
12. Insect (8)
14. Creepier (7)
16. Personal Computer (3,3)
18. Have a Rapport (6)
19. Hoses (5)
22. Brother (4)

Answers on page 10



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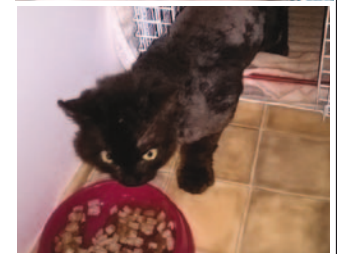
Mr. Tibbs

Clarence's story

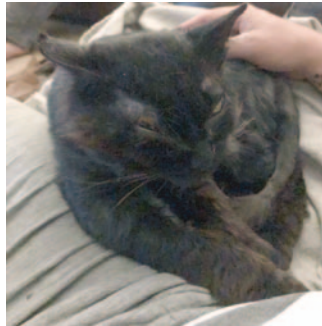
I just wanted to share Clarence with you all. He was living as a stray for at least 5 years - probably much longer, but that is how long a nice man had been feeding him and a colony of other strays and ferals. They all lived in dilapidated garages off an alleyway opposite

the man's house. He called us because one of the little cats there had kittens and he was very worried about them. A friend of WLF Rescue went out to trap them and caught 2 kittens, which immediately went into foster. The trap was reset for mummy and the other 2 kittens and, in the night, the man called to say another cat had been caught. The growling, hissing, long-haired semi-feral in the trap was so matted he was barely able to move. He had a very nasty infected and damaged eye too. We called him Clarence and got him off to the vet first thing the next morning.

Clarence was shaved which revealed several abscesses and wounds to his poor, thin body which was covered in old scars. He had a split eyelid and inner eyelid which was badly infected and broken, abscessed teeth. He was in a state. Clearly, after neutering, he couldn't be returned to the garages like that, so he went to a dear friend who had space in a holding pen whilst we tried to find somewhere permanent for him to go. Our friend worked with Clarence for 3 weeks, during which time he had several visits back to the vet and treatment for his various problems. Under her care, he went from being completely terrified and traumatised to allowing a quick stroke (whilst grumbling). She persevered and eventually, he accepted stroking (but only whilst eating) and even did the tail lift for her. He was coming round! From there he went to another of our fosterers and spent a week in her spare bedroom. He soon discovered how comfortable a big bed was. He also decided he rather liked being stroked and being fed regularly.



After a week there he began investigating the landing and upstairs of the house. In the 3rd week he descended the stairs and crept about the hallway and was often seen peering through the glass door into the lounge, watching the other cats coming and going and snuggling on the sofa. In the 4th week Clarence decided he was home and adopted the lovely family who took him in on foster. They of course adore him and he will have a home with them forever. Clarence has become the sweetest, most loving little boy who 'doesn't have a mean bone in his body'. He is now loved and cared for as he should have been all along.



And that my pals, is what rescue should be all about. I will leave you to enjoy the photos.

See you next time

Tibbsy
XXX

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Mr Tibbs Petfood available from www.mrtibbs.org.uk

PS Mummy was found to have a home locally and returned to them - they had no idea she had had kittens. The kittens are doing well.

PPS We would like to thank all the lovely people who went out of their way to help find Queenie when she went missing recently. Queenie is an 8 year old indoor only cat who had never been outside in her life before. With their help she was recovered after 3 weeks of being on the loose - very thin but completely unharmed. She had been eating bird food and scraps. Had it not been for them we do not think she would have managed on her own much longer. She is now safe with us and we are most grateful to each and every one of them. Thank you all!



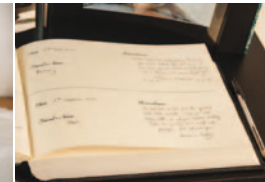
Crossword Answers



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Paula & John



Acupuncture Case Studies

In Chinese Medicine this time of year is all about the principle of storing things up for use later in the seasonal cycle. That's why it is a good time to consider coming for treatment now for those ailments that show up in the winter and spring. Coughs, colds and related breathing issues and hay fever are examples of conditions that can benefit from treatment now to reduce their impact when they do come.

Recent cases from my clinic include these:

The first concerns a man who has been operated on surgically a number of times, in one instance going in through the scar tissue from a previous operation on his abdomen. This had left him with painful adhesions where scar tissue had formed internally causing 'off the scale' pain spasms and difficulty sleeping as a result. The treatment recommended by the doctor was opiate based painkillers as and when necessary, with other uncomfortable side effects, or yet another operation. Neither of these appealed to my client who wanted to explore other ways of treating the discomfort.

The main focus of the treatment was around the surface scar; here I used electro-acupuncture to bring the body's focus to the area, helping it to recognize that there was a problem in that zone. I also used suction cups to gently lift and separate the affected tissues. This resulted in much less discomfort and after the second treatment we felt that a week's interval between sessions might be appropriate. He was good for several days but then was 'flattened' by the pain for a couple of days. After five treatments, which ended 6 weeks ago he had no further pulling or pain in the affected area.

Another problem I have dealt with a couple of times recently involved an injury to the wrist

in two women I had seen through pregnancy and who had recently had babies; apparently this injury is not uncommon in new mothers, resulting from picking their child up around the torso. My suspicion is that in trying not to exert too much force on the baby a tension develops in the arm. By isolating the affected muscles in the arm I was able to release the discomfort and bring normal functionality back to the limb. One case was resolved in one treatment and the other in two.

A cyclist came to see me complaining of sciatic type pain running down the side and back of his leg. This had come on suddenly leaving him unable to sleep properly or move much. We managed to get him on a couch. Work on his low back and buttock brought quick relief and much to his astonishment he was able to walk out without pain. He followed an integrative approach and saw an osteopath as well. He was good for 3 days but when he came in for follow up treatment a week later it was starting to ache again. Two more treatments over two weeks had him back on his bike with no further difficulties to date.

Don't make acupuncture your last resort! Come and get a drug free treatment for your ailments. Call Rupesh now for an appointment. Tuesdays & Fridays by appointment in Halstead, or at Colchester Community Acupuncture on Mondays & Thursdays



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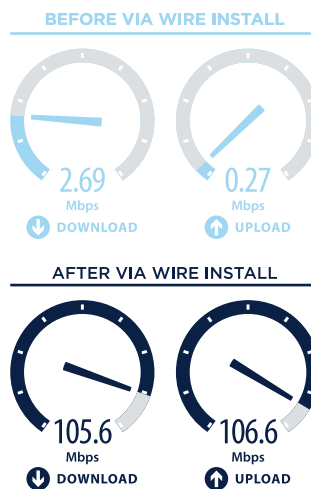
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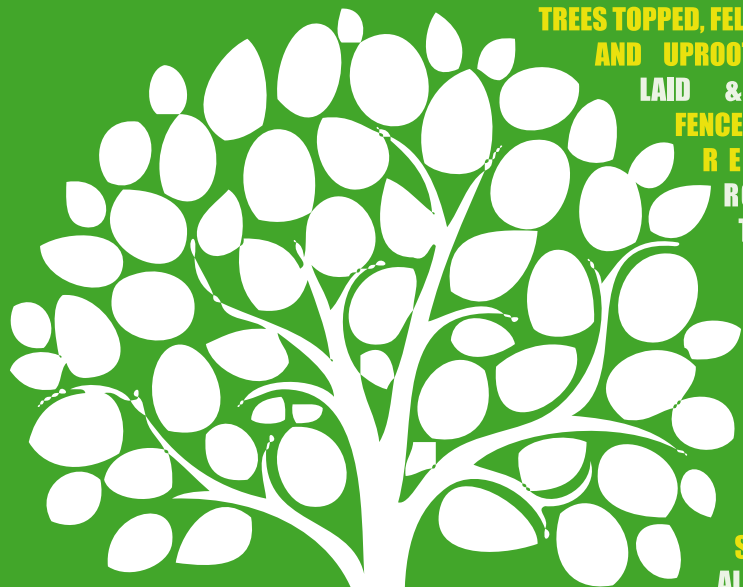


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