

New device to kick knee pain for good



The innovative footwear device

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HAMPSHIRE patients are among the first in the country to try out an innovative footwear device, which could help kick out the agony of chronic knee pain for good.

The biomechanical appliance is attached to sufferers' shoe soles and transforms patients' lives by easing pain and keeping them active for longer.

Physiotherapists at Therapeutics in Eastleigh are among a

select number of UK medical experts certified to use the cutting edge AposTherapy appliance to combat osteoarthritis in the knee joint.

Patients usually have to undergo invasive knee surgery or a knee replacement to treat it.

But the new foot-mounted device is adjusted by specially trained chartered physiotherapists to set the body's optimal alignment, which in turn reduces pressure and strain on painful areas in the joint.

Sufferers wear it for around

an hour a day during daily activities and as they walk the appliance stimulates and retrains the muscles. The body eventually learns to retain this alignment even when it is removed.

Tests show that 85 per cent of patients experience pain reduction after the treatment – most benefitting within a month.

Kim Waters, clinical director at the medical centre in Stoneham Lane, said: "AposTherapy is a game changer for our clinic and I can see it providing many benefits."

Winter warmth project wins a community action accolade

HAMPSHIRE County Council has scooped a top award for keeping its residents warm during winter.

The council's Hitting the Cold Spots campaign won a Community Action Award and a £1,500 grant from the charity National Energy Action.

The campaign, which is now in its fifth year, offers advice and support to people who find it difficult to keep warm during winter, providing home visits and cash so that residents can repair or upgrade their heating systems or fit emergency heaters.

The money the council was awarded will help fund an event to combat fuel poverty this September.

The council's adult social care boss, Cllr Liz Fairhurst said: "This award is a testament to all those in the county council and our partners who work hard every day to ensure residents of any age in Hampshire are warm and safe during the winter months."

For more information about Hitting the Cold Spots call 0800 804 8601 or visit hants.gov.uk/cold-spots.

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Cloudy2Clear Windows – Service With A Smile!

It's been a crazy few months for Cloudy2Clear Windows. The company which specialises in repairing windows which are steamed up, broken or damaged by replacing the panes – not the frames has grown rapidly as homeowners take advantage of their services.

Managing Director Justin Friel feels that it's all about service. "Our product is simple. If your double glazing is misted up we can replace the glass at a fraction of the cost of a new window, in any type of frame, and with a new 5 year guarantee. But it's not just about saving people money, although

that obviously helps. Many tradespeople have struggled since last year and I honestly feel that during the good times a minority perhaps didn't focus on customer care as much as they should have done. We make sure we turn up when we say we will, do the job the customer requires and leave their house as clean as a whistle. I often get comments back from customers on how they really didn't expect that sort of service which, in a way, is very sad for the service industry as a whole."

Cloudy2Clear service Southampton and surrounding areas & Justin is finding that his approach is

a major factor in his success. "The truth is that it's not just the personal satisfaction that I get from doing a good job but also it makes good business sense. I get a huge amount of business from friends and family of people I've

done work for, which just goes to show how much a little bit of effort is appreciated."

So, if your windows are steamed up, broken or damaged give Justin a call for a free quotation on 0800 61 21 118 and he'll be happy to help!



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Mayor attends centre's opening

A NEW community facility has opened on a former cable works site.

Cable Works in Eastleigh has been built on the old Pirelli cable works site and the mayor of Eastleigh, Cllr Jane Welsh, and chief executive officer of Prysmian UK, Paul Atkinson, both did the honours at the official opening.

The community part of the building, which is in Tinning Way, is on the ground floor and includes a 30-place preschool run by the YMCA for the local community.

In the evenings the ground floor will be used for community hire. There is also a Learning Centre situated on the first floor which features an IT suite, training room and interview room.

This can be used for a range of activities including training courses, presentations, team building and launch events.

Eastleigh Borough Council funded the new building from developer contributions.



Mayor of Eastleigh Cllr Jane Welsh and Paul Atkinson.