Welcome to the Winter edition of this newsletter. This is a time of year when those of us who enjoy winter sports relish the snow and frost but on the flip side of this there are dangers for drivers, when the roads may be slippery and also for pedestrians on the iced pavements. So far this season there has been little of the promised “bad winter”. Please take care whilst out and about if there is a cold snap.

We all have the spring to look forward to with the tops of bulbs starting to peep through—it won’t be far away and the bright colours will be once again in our gardens.

This can be a good time of year to take up new hobbies, or start exercising and there are many classes available. Details of some are in this newsletter.

This being the housing market but after a recent article in the local press we did a little more digging. Our findings are not encouraging for home-owners in the locality. (See article in Greenock Telegraph, Tuesday 17th January “Drop in house prices”)

House Prices in Inverkip dropped dramatically in 2005 compared to the rise in 2004 according to Myhouseprice.com. Inverkip prices fell an average of 15.25% overall. Although Inverclyde as a whole has been hit Inverkip has fared worse, Greenock for instance only fell by an average of 6%. Much of the Inverkip drop can without doubt be attributed to developer speculation around the village where our green spaces are in grave danger of being eroded. One resident at Hill farm said “What chance do we have, with houses in the green-belt fields below at planning and massive 400 foot wind turbines proposed fro above, it’s no wonder property prices are tumbling.”

Because blight on house prices is not a planning consideration residents have no grounds to complain, however you can still object to a development on other grounds. Letting your elected representative know your feelings may also help, remember the Liberal Democrats still hold the key to turn things around at Hill Farm.

Please send any articles of interest or items you wish published in the Spring newsletter to views@inverkip.com by 15 March 2006.

Robert 521246, Scott 522747 & Lorraine 520489 the inverkip.com team.

And Now For the Small Print……..

Please note that we do our best to ensure that adverts/articles are neither misleading or offensive, however the appearance of an advertisement/article in the Newsletter does not imply that we endorse/share the opinion of the advertiser/writer and/or their products/services.
Osteopathy for bumps, tots and toddlers!

Paediatric Specialist, Claire Marsh, comes to Inverkip.

Claire Marsh is the only female Osteopath in Scotland to hold a Diploma in Paediatric Osteopathy and she has recently joined the Sage Osteopathic Clinic. She undertook the postgraduate diploma at the Osteopathic Centre for Children in Manchester after qualifying from the British School of Osteopathy in 2002. Here she explains how Osteopathy can be beneficial for mums, newborns and growing children.

When you think of visiting an Osteopath it’s often to help with a back or neck pain but Osteopaths are increasingly being asked to treat babies and children for complaints attributable to mechanical strains acquired before or during the birth process. In addition many mums find that gentle osteopathic techniques can be beneficial during pregnancy for pain relief and preparation for labour. Post partum treatment can help as the body recovers from the changes it undergoes during pregnancy and adapts to the physical demands of caring for a new baby.

Osteopathy is an established, recognised system of diagnosis and treatment that lays its main emphasis on the structural integrity of the body. It recognises that much of the pain we suffer stems from abnormalities in the muscles, bones and soft tissue and that these are all functioning together. Cranial Osteopathy is a refined and subtle type of treatment which, using our finely developed sense of touch, gently releases stresses and tensions throughout the body, including the head. In any form of Osteopathic treatment the patient is treated holistically with great care and attention not just the ‘condition’. Paediatric Osteopathy often utilises these gentle cranial techniques to bring about changes within the child’s body that will allow their systems to work effectively and optimally and therefore maximise their potential for health.

It is a common belief that babies and children should have no structural stresses or strains because they are ‘so young’ but the reality is very different. Birth is one of the most amazing yet stressful events of our lives. The baby has to turn and twist as it squeezes through the bony pelvis and the head becomes compressed and distorted as the soft bones overlap. Normally, due to the baby’s remarkable ability to absorb these forces and the natural actions of yawning, sucking and crying, the head regains its shape in the first few days. However, when birth is complicated by being unduly fast or slow or requires intervention such as forceps or ventouse the infants head may remain this ‘moulding’. As a result the baby may have to live with some very uncomfortable stresses within its head and body. It may be likened to you or I having a dental filling or having a tooth pulled. Babies that are fractious, irritable, difficult to settle, have sickness, wind or colic or are difficult to feed all may have retained moulding causing muscular and nerve disturbances leading to their discomfort.

As children grow problems may arise from earlier strains or traumas. Mechanical - muscular skeletal problems can lead to developmental delay such as delayed speech, educational difficulties, poor coordination or physical development. Recurrent infections, sinus or dental problems can often be attributed to problems with the movement of the face bones possibly because of a complicated birth or too much moulding! The range of symptoms that are amenable to treatment extends beyond the musculoskeletal to issues such as eczema, asthma and other allergic conditions. Even children with Cerebral Palsy, Downs’ Syndrome and chromosomal abnormalities have all benefited from treatment as the focus in any case is to help the child reach their own potential.

For many women pregnancy means having to cope with a whole range of symptoms from back pain to morning sickness. As the baby grows a mother’s posture changes and this can lead to a variety of aches and pains that can be irritating or even debilitating. Osteopathic treatment may help to reduce these pains by enabling the musculoskeletal system to accommodate to the changes as she occurs, maintaining the mothers level of fitness and keeping her comfortable right up to the time of delivery. Side effects such as heartburn, constipation, buttock, groin or leg pain can all be reduced.

Osteopathy can help mother and child in many ways such as reducing the need for medication, as well as being an effective treatment for many symptoms and complaints. It is suitable for all ages and children should have no structural stresses or strains because they are ‘so young’. Children in Osteopathic treatment are increasing. The Centre will be holding a Registration Day on Monday 13th March between 10am and 11:15am. At this point you can complete an application and registration form, as well as have a look around the Centre. Registration to any childcare provider can be completed in the Centre on that day. If you require any further information please call Alison Nugent on the above number.

Kip Nippers

(in partnership with Inverclyde Council)

We provide commissioned pre-school education places for children from 3-5 years.

Opening times: 9.15-11.45am Monday to Friday
Contact Alison Nugent on 521085 for availability of places.

As 2005 drew to a close, Kip Nippers had a busy schedule. For our Christmas outing we went to see ‘The Singing Kettle at Braehead Arena on 15th December. Forty children, five staff and various parents had a great time singing along to all the songs. We then held our Christmas Party on Monday 19th December. It was great to see lots of parents came along to help and see all the children receive a present from Santa. Later the same week, we held our nativity play. Mary was played by Millie MacArtney, Joseph by Manor Kiirakakis and donkey by Dylan Murphy. We had a huge turnout of parents and grandparents, all of whom appeared to have a great morning.

Now that 2006 is here we have plenty of events scheduled, the most exciting of which is our participation in the Inverclyde Music Festival. We will be singing “Old Joe Badger” at 10am on Tuesday 31st January. We expect a large contingent of parents to come and see the children singing their little hearts out.

The Centre will be holding a coffee morning on behalf of Alzheimer Scotland and Kip Nippers on Monday 6th February at 10am in the Church Hall. During this event we will be selling wrist-bands from Alzheimer Scotland for £2 each. £1 from the sale of each band will go directly to Kip Nippers funds. If you cannot come along on the morning, wristbands can be purchased from Alison Nugent on 521085.

If you have a child who reaches 3 years of age before 28th February 2007, you are advised to register them for pre school education. The Centre will be holding a Registration Day on Monday 13th March between 10am and 11:15am. At this point you can complete an application and registration form, as well as have a look around the Centre. Registration to any childcare provider can be completed in the Centre on that day. If you require any further information please call Alison Nugent on the above number.

Bad feelings are being expressed about the indiscriminate and irresponsible parking which is taking place not only around Inverkip Primary School when the children finish for the day, but also on Langhouse Road and at the crossing in Main Street. Some alleged altercations have taken place between house owners and parents or relatives of the kids and this is not the type of atmosphere we want to create.

PARK CONSIDERABLY LIVES DEPEND ON IT

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For further information or advice please contact: The Sage Clinic, Ivy Cottage, Main Street, Inverkip. 01475 522861

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