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Welcome to our Spring Newsletter 2023

The Osteopathic Centre for Children is here to support babies, children up to the age of 18 and pre- and post-natal mothers. We are a registered charity and treat on a donate what you can basis. We welcome all to our three wheelchair friendly [London clinics](#).

Call 020 8875 5290 to book an appointment.

Please support our work with a donation



OUR MISSION

Our mission is to [provide excellent paediatric osteopathic](#) care for babies, children, pregnant and post-natal women in our three London clinics. We always treat holistically to help restore, maintain and support health & well-being and treat all patients, regardless of their ability to donate towards their treatment.

We also teach graduate osteopaths in our clinics to qualify for their [postgraduate in Paediatric Osteopathy](#), as well as research osteopathy for children.



KINDNESS PRINCIPLE

We believe that kindness is inherent in the good practice of osteopathy. It takes many forms, from really giving our patients our full caring attention when listening to their health issues, to offering our services and asking families only to [donate what they can](#) to support our work. Many of our skilled osteopaths kindly volunteer their skills to benefit those who are less fortunate and can't access osteopathy in private practice.

Visit our website

OSTEOPATHY

Osteopathy is a form of diagnosis and treatment for a wide range of medical conditions. It works with the structure and function of the body, and is based on the principle that the wellbeing of an individual depends on the skeleton, muscles, ligaments and connective tissues functioning smoothly together.



PAEDIATRIC OSTEOPATHY

This is the specialism of using gentle osteopathic techniques specifically for treating babies, children, teens and perinatal mums. Our paediatric osteopaths look beyond conditions and take a holistic approach to a

patient, using manual techniques to restore, maintain and support health and wellbeing. We don't use any single osteopathic technique in our clinics, we draw on the relevant approaches that are gentle enough for babies and children, providing treatment that's as individual as the patient. In young patients, the methods used are nearly always very gentle, but nonetheless powerful, requiring specialist skill and knowledge.

Follow us on social media



FUNDRAISE

[No matter what the extent](#) of your support, we are always grateful to you and your support will always make a difference.

The ways you can support our work are limitless – in the past, our supporters have organised bucket collections, coffee mornings, opened their garden to the public, hosted a themed dinner, jumped out of planes, run/biked/swum great distances.

You don't have to be an experienced event organiser – we'll help you to get the most out of your event. If you have an idea or event in mind that could help us raise money to keep treating our young patients, please get in touch with the fundraising team on 020 8875 5295 or email marketing@occ.uk.com.

WHERE WE PRACTICE

The OCC's dedicated paediatric osteopathy clinics, provide specialist treatment delivered by highly qualified osteopaths. Each day, a senior clinical team leads a [team of qualified osteopaths](#) who are developing their specialism in paediatrics to graduate to either a Certificate in Paediatric Osteopathy (CPO) or a Diploma in Paediatric Osteopathy (DPO).



The Osteopathic Centre for Children clinics are in [Warren Street, W1T 6QG](#) on Tuesdays, [Shoreditch N1 6NP](#) on Thursdays, and in [Southfields SW19 6TF](#) on Fridays. We also send a specialist osteopathic team into the [Starlight Neonatal Unit at Barnet Hospital 5EN 3D](#).

We deliver around 12,000 treatments to babies, children and women in the perinatal period each year. Our open-plan, warm and friendly clinics create a relaxed atmosphere that's especially reassuring for children. A new patient appointment takes about an hour, giving our osteopaths plenty of time to talk through your concerns. They will observe your child's movement and posture, and will then give a gentle manual treatment. Your osteopath will go through any necessary exercise's to do at home, and will advise you when to return for a follow-up treatment (half an hour).

Please support our work with a donation



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