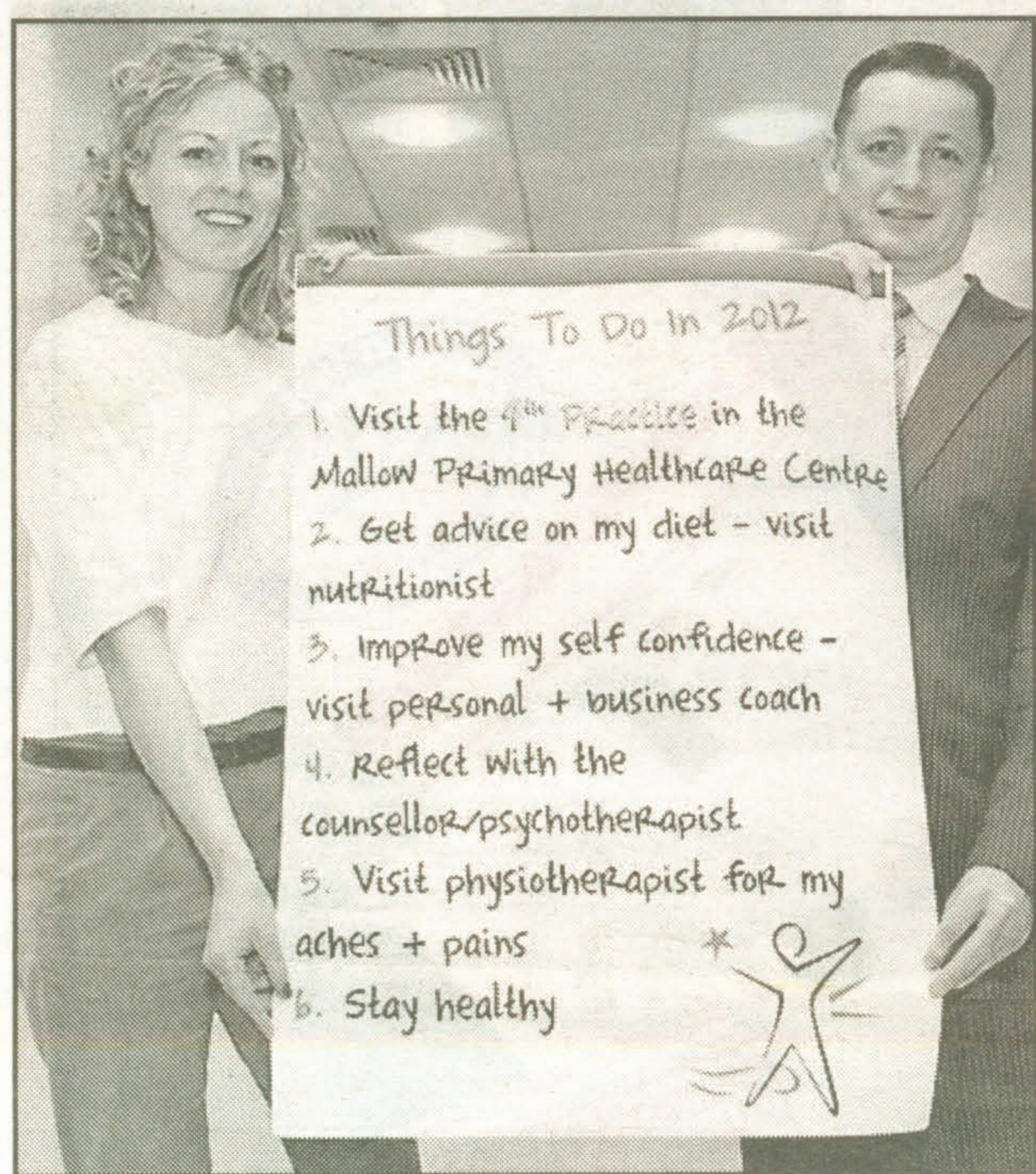




MALLOW

with Padraig Hoare
padraig.hoare@eecho.ie

Healthcare centre offering a chance to get 2012 off to a healthy start



Conor Healy, Mallow Primary Healthcare Centre (MPHC) manager, and clinical psychologist Jane McNicholas gear up for 2012 with a list of new year resolutions to improve your health and well being. Picture: Maurice Whelan

THE Mallow Primary Healthcare Centre is embarking on a *New Year, New You* programme at its Fourth Practice.

Conor Healy, Manager of the Mallow Primary Healthcare Centre (MPHC) said: "With the new year in mind, we thought the time was right to encourage people to evaluate the year just gone and perhaps have a re-think about where they see themselves in 2012."

The Fourth Practice provides a wide variety of services, from counselling and psychotherapy to business and personal coaching, and nutrition.

Jane McNicholas, a

clinical psychologist based at the Fourth Practice, feels that all the talk about the recession and the economy can be taking a toll on people.

"I believe that constantly hearing reports about financial instability and uncertainty can be unsettling for some people and while they may not want to speak openly to family or friends, speaking to a qualified professional could be extremely beneficial.

"Good mental health is an extremely precious thing," she added.

Further details about the practice are available at www.mphc.ie.

4th Practice is aiming for a 'new year, new you' in 2012

By BILL BROWNE

WITH New Year's resolutions looming Mallow Primary Healthcare Centre (MPHC) has embarked on a 'New Year, New You' programme through the centre's 4th Practice.

Staff at the practice have made out a shortlist of things to do to improve your physical and mental health in 2012 — the first being to book an appointment with them.

Centre manager Conor Healy said: "we felt this was the right time of the year to encourage people to evaluate the year just gone and perhaps have a good think about where they see themselves in 2012."

Conor said that the 4th Practice was in the perfect position to help people identify new opportunities and offer them support as the year progresses. "It encapsulates the ethos of the MPHC, which is to bring a new approach to primary healthcare," he said.

The 4th Practice comprises of a number of additional services designed to enhance

the care provided to patients outside of the three main practices based at the MPHC.

These include counselling and psychotherapy, business and personal coaching, nutritional advice and physiotherapy. Plans are also in train to expand the range of services offered to include x-rays and enhanced diagnostic procedures.

Clinical psychologist with the 4th Practice Jane McNicholas said the doom and gloom of the recession and the way it has affected communities has taken its toll on people.

"Constantly hearing reports about financial instability and the uncertainty that surrounds them can be unsettling for some people. They may not want to talk to family or friends, but speaking to a qualified professional could be the key to maintaining good mental health," said Jane.

Visit www.mphc.ie or call Elaine on 022 52944 to set the ball rolling on a new you for 2012.



Conor Healy, MPHC Manager and Jane McNicholas, clinical psychologist at the 4th Practice in MPHC gear up for 2012 with a list of new year resolutions to improve your health and well being. Photo: Maurice Whelan