

Amanda Burnham is backing carers during Back Care Awareness Week

Back Care Awareness Week (7 – 11 October 2013) is focusing on Caring for the Carers and Amanda Burnham at the Centre for Holistic Health, 5A York Place, is supporting local carers by offering one 'Carers Care Package' of alternative therapies focused on back care. Treatments will be tailored to the winning carer's needs. If you know a carer who deserves this care package, nominate them by email info@centre4holistichealth.co.uk.

There are around 6.5million unpaid carers in the UK who frequently put the needs of others before their own, sometimes sacrificing their own health and wellbeing. In a recent survey 83%2 of carers reported that their caring responsibilities had affected their physical health, which includes injuries sustained through manual handling. A report by Carers UK and the University of Leeds calculated that carers' willingness and ability to provide care saved the NHS and social services around £119bn3 a year. But a carer's ability can be compromised if they suffer an injury or develop pain that isn't treated.

Through gentle manipulation of the body Osteopaths can help to heal injuries and relieve pain caused by imbalances, stress or the awkward movements that are sometimes needed when caring for another person. They can also offer advice on how to manage pain and look after your back to prevent problems from developing. Speaking about Back Care Awareness Week Amanda Burnham said, 'Carers have a vital role in looking after the wellbeing of others, often to the detriment of their own health. We at the Centre for Holistic Health wanted to help carers look after their own backs for a change.'

If you are a carer or know a carer you would like to nominate for our 'Carers Care Package,' please email the Centre for Holistic Health info@centre4holistichealth.co.uk or pop into our Centre at 5a York Place, Edinburgh EH1 3EB.

Submitted by [Centre for Holistic Health](#)

