



# The Clinic

# NEWSLETTER

for

## Eastbourne Chiropractic Clinic

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**25 Years in Old Orchard Road**

**Newsletter no10**

Where has all the time gone? It doesn't seem possible that the Eastbourne Chiropractic Clinic having been originally in Chiswick Place in the 70's and mid 80's, Hyde Gardens in late 80's and early 90's would find its 'final resting place' at Old Orchard Road in September 1992.

It became obvious during late '91 that with patient numbers and the popularity of Chiropractor increasing we had to find larger premises that could accommodate two full time chiropractors plus other health disciplines as well. We wanted a fairly central yet quiet location and ideally close to other health professionals. A dear lady and eye specialist, Mary Simpkins (who unfortunately is no longer with us) told me of the ground floor flat at 5 Old Orchard Road being up for sale. Without hesitation the property was viewed and bought, subject to planning permission. What could be easier I thought? How wrong could I be!!

Plans were submitted via an architect and promptly rejected because it was a solely residential road and also no plans for car parking were submitted. It was therefore pointed out to the planning committee that there was a Dental Surgery next door, a care home opposite to the right, a medical practice opposite to the left and the Magistrate's Court at the end. Hence we appealed and resubmitted plans to include parking for 2 cars at the front.

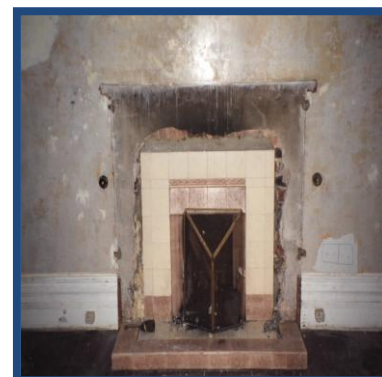


Once again planning was refused for guess what? Apparently Old Orchard Road was a green road and having parking space at the front was not in keeping with this. We now began to 'smell a rat' as the dentist next door had parking for 3 cars and the adjacent house at No.7 had parking for 2 cars plus umpteen parking spaces at the Magistrates Court.

A very good friend of mine and retired architect, Clifford Powell, immediately spotted some strange inconsistencies here and having had years of experience dealing with planners in other parts of the South East advised me not to appeal a third time to the local planning committee but to take it to the top ie Department of Environment.(DOE).

Cutting a long story short, the inspector from the DOE came down to officiate a hearing in the Town Hall. Eastbourne's chief planning officer at the time did not appear and sent someone else to represent him. Having heard and read all the information, the inspector threw out all the objections and granted planning permission for Old Orchard Road to be converted from a flat to a Chiropractic Clinic. I'll leave you to decide why planning had previously been refused!

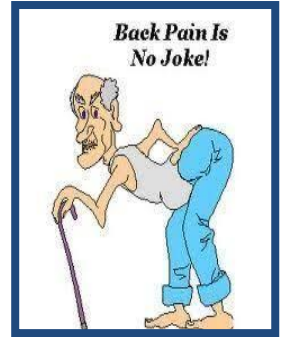
All this of course took months and because of this the flat remained empty and my worst fears were realised when squatters moved in. We eventually managed to evict them thanks to the efforts of the team of workmen who were carrying out the conversion! 😊 However not before the rooms were trashed and doors removed and used as firewood and a lovely marble fireplace smashed to pieces. 😞 However the team of workmen led by David Cranstone did a fantastic job in completing the work by the end of August and in September, 5 Old Orchard Road officially became Eastbourne Chiropractic Clinic.



Over the ensuing years the clinic became busier and busier and it was great for the Chiropractic profession to see more clinics open in Eastbourne which in turn has helped to promote our wonderful profession even more.

However none of this would have been possible without the pioneering work of Eastbourne's first recognised Chiropractor Anthony Harris. (see our Newsletter No.1, 2011).

As well as David and Hilton having been here in Old Orchard Road for **25** years we also have our Nutritionist Alison, Massage Therapist Christine and a new addition to the team is Hilton's wife Sadie who is now our Reflexologist.



Sadie qualified as a Dental Surgeon from Newcastle University and worked in general practice in Eastbourne for many years. Having received reflexology treatment herself over the years and found it to be so beneficial to her general well-being, Sadie knew it would be a therapy she would like to train in and share with others.

Sadie was awarded her Diploma in Reflexology by Greater Metropolitan College in Brighton and is now enjoying working as part of the team in the wonderful calm atmosphere at Eastbourne Chiropractic Clinic.



## Reflexology

with

*Sadie Kelly*

Member of the FHT & AOR

*Relief from Stress*

*Deep Relaxation*

*Improved Mood & Sleep*

*A General sense of Health & Well  
Being*

**£45**

*Gift Vouchers Available*

*A free  
complimentary  
Massage or  
Reflexology  
to any existing  
patient who  
recommends a  
friend or family  
member  
to see  
David or Hilton*

As well as seeing David and Hilton's patients, Sadie is more than happy to see other members of the family or friends. All you have to do is ring the clinic and speak to Suzanne, Christine or Linda and they will do the rest.

*Throughout the months of October and November we will be celebrating  
25 years of being in Old Orchard Road by reducing our*

***Initial Chiropractic Consultation Fee to £25.***

*Should you, your family or friends wish to take advantage of this then please  
do not hesitate to speak to any member of the team.*

