



## **Western Counties Society of Osteopaths**

### **Jonathan Palmer & Jack Boulter**

Jonathan is a consultant musculoskeletal Podiatrist and Medical Director at Northernhay Clinic in Exeter, Devon. For 20 years he treated a young, active demographic exposed to extreme training programmes at HM Royal Marines Commando Training Centre. Systematic and disciplined examination of these individuals and their pathology (often alongside imaged diagnoses) has given Jonathan great insight into structure, function & dysfunction, movement patterns and lower limb overuse injuries.

Because of his contribution to HM Royal Marines, together with his expertise in private practice, Jonathan was awarded a Fellowship of the Faculty of Podiatric Medicine, Royal College of Physicians and Surgeons of Glasgow.

Jack Boulter is a musculoskeletal Podiatrist at Northernhay Clinic, Exeter. With a background in strength & conditioning, Jack trained in Podiatry after being successfully treated by Jonathan some years ago. As a very active individual, Jack enjoys using Gait Analysis as an educational tool to help patients understand the aetiology of their injury and how it might be treated.

### **Elizabeth Gunn**

Liz has worked as a midwife for 20 years. She is passionate about supporting positive birth and feeding experiences. After the birth of her first child 15 years ago she trained with the NCT as a breastfeeding counsellor recognising how vital support for new families was. She then went on to become an International Board Certified Lactation Consultant in 2010. For the last eight years Liz has been the infant feeding specialist midwife at Taunton hospital and now leads on the frenulotomy service and has a team of midwives and nursing associates. As a tongue tie practitioner she became skeptical about the number of procedures being carried out and the amount not resulting in fixed breastfeeding challenges so she wanted to explore the ways bodywork could help. Five years ago Liz embarked on her level 1 Craniosacral therapy training and more recently she has been working on the level 2.

When Liz is not at the hospital she runs a social enterprise in Mid Devon called Healthy Babies UK (HBUK) and uses all her experience and qualifications to offer a holistic private clinic for new families. HBUK is also a training centre and depot donor milk bank.

### **Catherine Jones (S.T.A.T.)**

Catherine has been teaching the Alexander Technique for over 25 years. It was whilst being a specialist musician at Wells Cathedral School that Catherine managed to

overcome severe back pain – through playing the piano and double base incorrectly – by lessons in the AT.

Despite continuing her piano at the Royal Academy of Music and consequent studies with Albert Ferber, she went on to be trained at the Victoria School of the Alexander technique. The three year training was led by Patrick Macdonald and Shoshana Kaminitz. Catherine has been in full time practice since 1985 working with musicians, educators and people from all walks of life. Her passion is teaching young people to learn how to create mental health and resilience in an ever more challenging and complex world. The Alexander Technique can help anyone perform to the very best of their capability in their chosen art or profession. The Alexander technique finds its place in teaching us how to create physical freedom, mental health and emotional resilience.

### **Chris Styles**

Chris studied Pharmacy at Nottingham. He did a Post grad with Boots , firstly on IOW , before moving to London. He worked in Woolwich, Peckham, Eltham as pharmacy manager .Then as Area manager across Kent before deciding on a change of direction. He worked as a consultant to the PCT , independent Pharmacy contractors around service development.

Eventually he decided to move to the south west to be able to spend more time with partner .Thus ended up working as Locum in Devon and Cornwall.