



Reading: Finding My Virginity by Richard Branson

First record: I'm Not In Love by 10CC / Film last seen: The Lady in the Van

Favourite place in Suffolk: Southwold

Top of Bucket List: Buying a campervan and travelling around Europe with her dog

Favourite holiday destination: Cornwall, particularly Carbis Bay

All this, when not hands-on at the helm of the burgeoning and regional Hearing Care Centre. This growing business has received a whole host of awards and in October they celebrate 20 years of service.

To celebrate they are having a grand party with a cross-section of patients.

In Suffolk, there are an estimated 70,000 people with hearing loss and whilst we tend to be good getting eyes and teeth checked, people do tend not seek help with their hearing.

Karen is passionate about giving everyone an affordable and accessible route for hearing screenings which highlight any issues and when repeated every two years, can catch the often missed and slow deterioration. When this happens the brain compensates and can affect cognition. Easy to know that our hearing is maintaining its strength -- take a regular assessment? The assessments in Hadleigh (Health By Design) are thorough and cost just £20.

Hadleigh has also become home for a new enterprise for Karen. This came about through Karen's mum becoming poorly. Taking her to all the different health-based appointments proved challenging and it sparked an idea. How about providing a comprehensive range of care all under one roof? Karen remembers when young, her mother's Saturday morning trips to somewhere special. "Hadleigh was always featured on the hit list. Such lovely people and still all the independence on the High Street. These days when visiting I love to take my dog down by the river".

Karen felt Hadleigh suited her new one-stop operation, now known as Health By Design. After a year there are now 11 therapists working among 20 different disciplines. I asked Karen about her expansion and she tells me how careful she is in taking on the right providers. I get the sense she doesn't intend to get caught compromising quality for growth. A key seems to be tending and nurturing the team for highest skills and as holistic as possible. Rooms are set-up to adapt and manage the demands and atmosphere for different uses. This includes state of the art equipment to provide the best care available. All in all another great asset for Hadleigh!



Health 
By Design

**14 High Street, Hadleigh
IP7 5AP**

01473 829025

info@health-by-design.co.uk

health-by-design.co.uk

