Penny qualified as an Osteopath over 30 years ago from the British College of Osteopathic Medicine in 1987. Since then she has held practices in Essex and the City of London.

Also as a registered Naturopath, Penny has an ongoing interest in Natural Health Care and Nutrition. Her interests are varied and include osteoarthritis and joint health, jaw dysfunction, headaches and spinal pain. Penny likes to treat people of all ages.

Penny has been a manual handling and client handling trainer in the Health and Safety industry, working in London and other areas of the UK, helping people in the workplace. She also has experience as a Display Screen Equipment assessor and trainer, assessing people at their desks, helping to reduce the risk of injury and cumulative strain.

Penny is covered by most major insurance companies including Bupa, AXA/PPP, Simply Health, WPA and Aviva.

Her interests are art, music, gardening and running.