



Do you support someone who is living with dementia?

We are providing up to 8 fully-funded counselling sessions with one of our qualified counsellors.

In addition to this, we are also offering up to 8 sessions of various alternative therapies including massage, reflexology, aromatherapy and shiatsu.

Our alternative therapists are all COVID19 secure and have risk assessments to ensure your safety. They mainly work at their own premises, however, some therapists are mobile.

Helen Gunter – Alternative Angle Healthcare

Where: Cardiff Bay

Contact: aahc.helen@gmail.com or 07960 012974

Please explain that you have been referred from Effro



Appointments are 60 minutes. Treatments are tailored to individual health needs.

Holistic Massage

Massage using natural oils. Relaxation massage, pressure from gentle to firm adapted to client's preference.

Deep Tissue Massage

Remedial massage using firm pressure adapted to clients preference.

Indian Head Massage

Incorporates upper back, shoulders, neck, and scalp working across acupuncture points.

Reflexology

Foot massage using specialised techniques, based on the theory that reflex points on the feet correspond with body organs and systems.

Myofascial Cupping Therapy

Massage treatment incorporating use of plastic cups with hand operated vacuum pump, great for areas of chronic tension.

Caithlin Tracey Therapies

Where: Penarth, Cardiff

Contact: 07737 117393

www.caithlintracey.com

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Aromatherapy

Using pure, natural high quality essential oils from Starchild in Glastonbury. Aromatherapy is usually given alongside massage and/or reflexology/ head massage. Clients not wanting hands-on therapy can request aromatherapy only sessions.

You can work with Caithlin to create your own blend of oils for relaxation/psychological purposes at home- ie in bath oil, a diffuser or for use on a cotton wool pad on the pillow at bedtime. This involves an initial consultation which offers the space to discuss holistically everything that's going on for you before agreeing on the right blend and application of oils for home use.

Reflexology

Points on the feet correspond to the organs, systems and parts of the body. This treatment can be deep or very light touch using pressure points and foot massage to create a therapeutic and deeply relaxing experience. Clients are fully clothed apart from the feet – unless combined with other treatments.

Massage

Either full body or a focus on a particular area such as back and shoulders. Often with aromatherapy. Can be combined with reflexology and/or head massage.

Head massage

Fully clothed treatment – good combination with reflexology and aromatherapy if client unsure about removing any clothing.

Caithlin may be able to offer home visits. She is fully insured and has an enhanced DBS check.



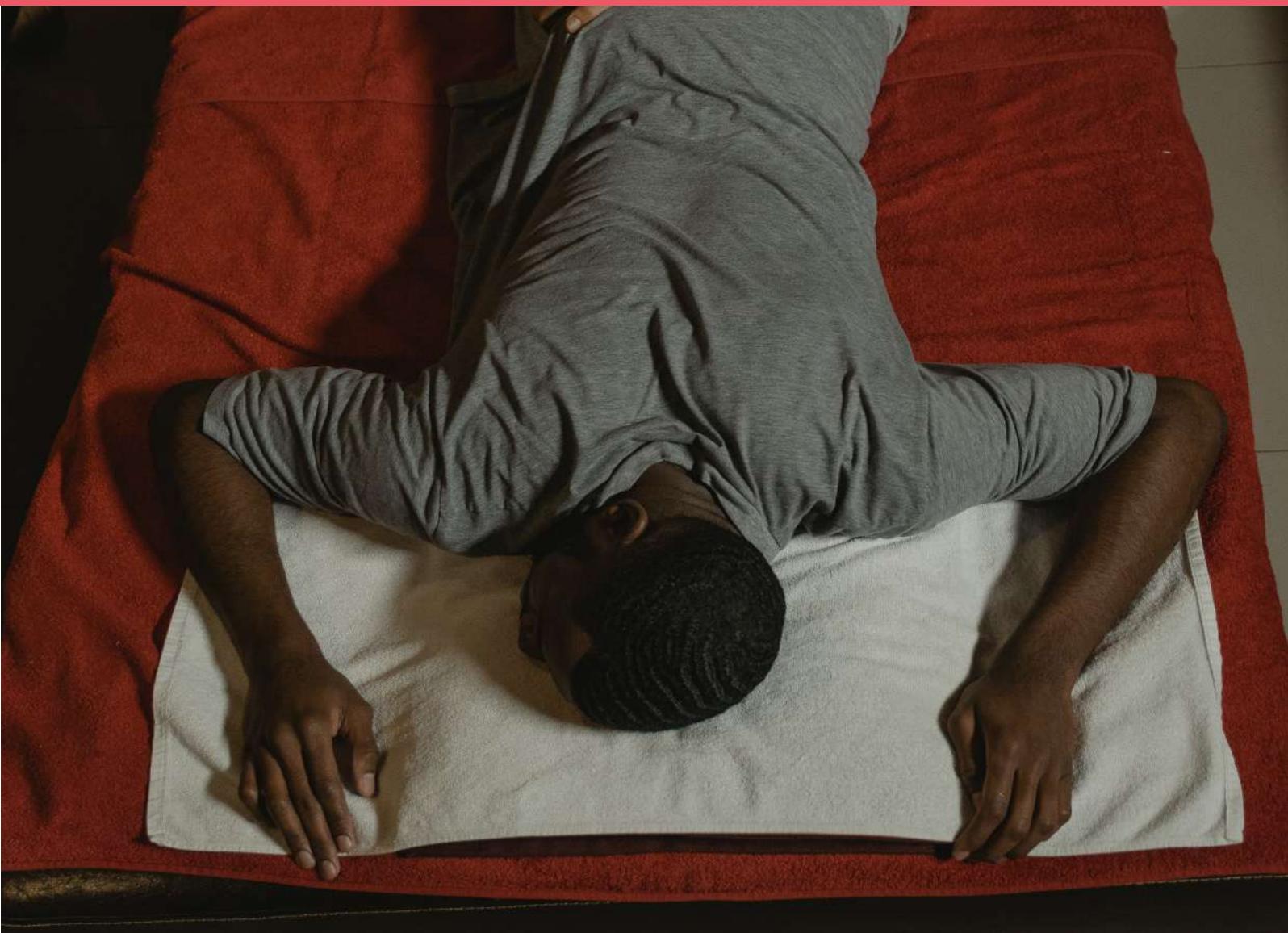
Sarah Hall - Shiatsu

Where: Newport Road, Cardiff

Contact: 07930 241409 or sehshiatsu@gmail.com

www.shiatsucardiff.com

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Shiatsu

Shiatsu can help to regulate our nervous systems which may be out of kilter due to long term stress bringing us out of a fight or flight sympathetic response into a more calm parasympathetic response improving sleep, digestion, respiratory and hormone function. Clients with anxiety and depression find Shiatsu to be very beneficial. It can be effective for releasing tension in the body which may be causing pain, stiffness and aches. It produces a sense of wellbeing and deep relaxation which supports people in their lives.

Shiatsu consists of meridian massage, acupressure points, stretches, manipulations and nourishing touch. Using Chinese medicine along with Western anatomy and physiology Shiatsu is a deeply holding treatment which embraces everything that the client brings.

Sessions last for an hour and the client remains fully clothed.

Jane Lorimer – Hand to Heal

Where: Penarth, Cardiff

Contact: 07769 774 764, or jane@handtoheal.com

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Reflexology

Reflexology is a complementary health therapy which is used in numerous countries throughout the world alongside traditional medicine. It uses gentle massage techniques directly on the feet (or hands) with no specialist equipment needed.

Reflexologists believe that the surfaces of our feet contain hundreds of pressure points, each one representing a different part of the workings of the human body. People receiving Reflexology describe it as a very relaxing and calming experience.

The aim is to assist your body's natural healing abilities and people find it helps them cope better with a whole range of health conditions, or just feel better in themselves and have a relaxing time away from responsibilities.

Jane will design a bespoke treatment based on your needs and you will be offered an initial assessment which will include discussing details of any health conditions you have, followed by a course or up to 7 more sessions, each lasting 60 minutes. The appointments would be on Weds mornings, Thursday or Friday afternoons.



Rhian Pitt – Holistic Massage and Indian Head Massage

Where: Mobile visits within Cardiff and Penarth

Contact: 07933106435 or rp.holisticmassage@gmail.com

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Holistic Massage

This is a person-centred treatment. Prior to the massage, we would have a brief consultation in which we can discuss and decide the right treatment for you on that day. It may be focussed on your physical, mental, or emotional health, or all three. It may be that you would like a massage that incorporates the whole body, or it may be that you have a specific area you would like more focus on. Either way, we can discuss this in the consultation. We can adapt the pressure to suit you. It is usually done laid down on a massage couch, but can be adapted to be done seated if that is preferable.

Indian Head Massage

Indian Head Massage is based on the above principles but will be focussed on the head, face, neck, shoulders and arms. It is usually done seated and fully clothed. It can be done with or without oil. Its origins lie within Ayurvedic Medicine.

Robbie Joseph – Positive Step Reflexology

Where: South East Wales

Contact: 07913550494, or rob18bie@live.co.uk

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Reflexology

Reflexology is a holistic therapy that can be used alongside traditional Western medicine safely. It has been practiced around the world for thousands of years.

By applying pressure and massaging particular areas of the feet or hands, reflexology can access all the body's systems. The therapy promotes deep relaxation, bringing optimum health and well-being to the client. Reflexology can help with stress, anxiety, insomnia and depression, as well as reinforcing the effects of other treatments to improve the rate of recovery.

First appointment includes a 15-minute consultation and assessment. Treatments are around 45 minutes, the client remains fully clothed except for feet.



Rachel Lewis- Reflexology

Where: Treatment rooms in Bridgend, Church Village, Pontypridd and Abercynon. Home visits available.

Contact: Call 07703684131 or email relewis212@gmail.com

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Reflexology

In addition to being a relaxing treatment that can help aid your general well-being, Reflexology can also help the symptoms of many health conditions, both physical and emotional.

Rachel has 8 years experience as a clinical reflexologist, both in healthcare and private settings.

Rachel's experience is underpinned by a First Class (Hons) Degree in Complementary Healthcare.

For the last 6 years, Rachel has worked with many clients with dementia, across a number of nursing homes in South Wales.

Treatments are around 45 minutes, the client remains fully clothed except for feet.

Haganah Ward Therapies

Where: Cwmbach, Aberdare

Contact: haganah.ward@hotmail.com

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Reflexology

Haganah is a level 5 qualified Complementary Therapist qualified in all the below therapies. She has worked closely with cancer patients and people struggling with their mental health.

Massage (Swedish & Deep tissue)

Reflexology

Hot stone

Lymphatic Drainage

Pregnancy Massage

