



Complementary Therapy Vouchers

APPROVED PROVIDER LIST

Last Reviewed: May 2018



Hello!

I am delighted to enclose your complementary therapy vouchers. Your Assessing Worker has recommended that you would benefit from a course of 12 free complementary therapy sessions from one of the qualified therapists approved by PKAVS & PKC.

This booklet contains:

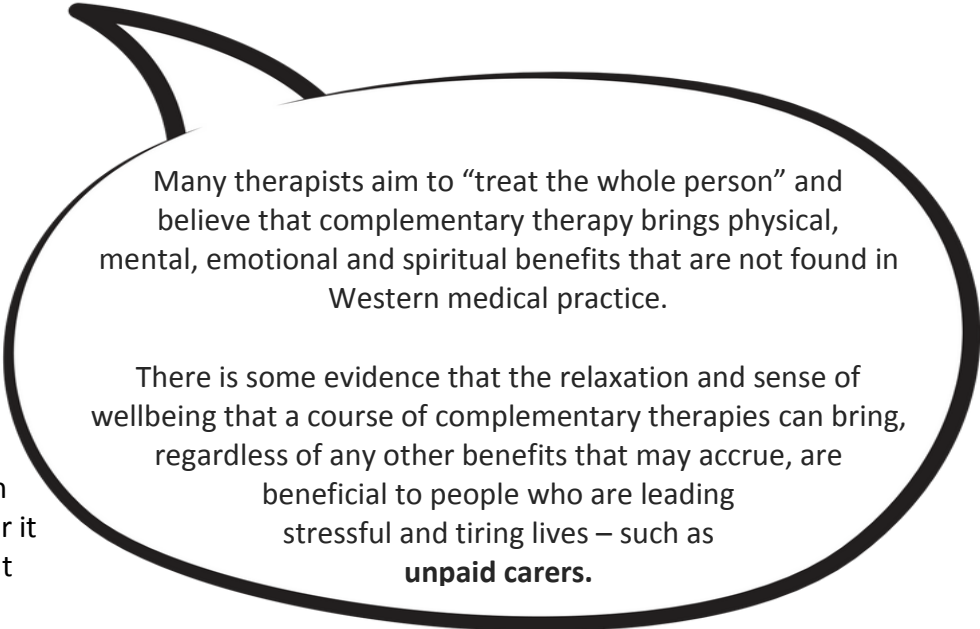
- **An explanation how to use your vouchers & FAQs**
- **A brief description of the therapies offered**
- **The contact details for all approved providers***

It is up to you which therapy you decide to use, and any questions you may have about the therapies are best answered by contacting the therapist who delivers the treatment. You do not have to use all your vouchers with the same therapist. Feel free to use your vouchers to try different therapies and therapists if you wish.

All the therapists in this list of approved providers will be happy to discuss with you what their therapy entails, what they believe the benefits to be, and whether it seems to be the right choice for you. They will also advise you how the treatment will be delivered e.g. sitting or lying down; fully or partially clothed.

We hope that you will use and enjoy your therapy sessions. As a carer you lead a busy, demanding and stressful life and your own health can suffer because of this. Complementary Therapies help you relax and look after yourself which is often beneficial for the cared-for person as well as for you. We value your feedback so if you would like to speak to anyone at PKAVS about how therapies have worked for you, or if you would like to make a suggestion for future improvement please contact:

Marthe Handling,
PKAVS Respite Development Officer
01738 567076
Marthe.Handling@pkavs.org.uk



Many therapists aim to “treat the whole person” and believe that complementary therapy brings physical, mental, emotional and spiritual benefits that are not found in Western medical practice.

There is some evidence that the relaxation and sense of wellbeing that a course of complementary therapies can bring, regardless of any other benefits that may accrue, are beneficial to people who are leading stressful and tiring lives – such as **unpaid carers.**

* Please note that this list is being constantly amended. To view the most up to date list of therapists please visit: www.pkavscarershub.org.uk/Therapies

How to use your vouchers & FAQs

I've received my vouchers, how do I use them?

You are good to go! Have a look through the Approved Provider List and pick a therapist who offers a therapy you'd like to try and phone or email the therapist directly to book an appointment. All the therapists are happy to have a friendly chat about what each therapy entails so that you have a clear idea of what to expect prior to your appointment to put your mind at ease. Make sure you tell the therapist you have the Complementary Therapy Vouchers.

Do I have to pay the therapist?

*No! You have been given 12 vouchers which entitle you to 12 **free** therapy sessions. Each time you go to your appointment you will need to take the therapy vouchers with you, which are included in this pack. Give a voucher to the therapist on arrival. The therapist will send these vouchers to PKAVS with their monthly invoice. **You do not pay the therapist.***

I have mobility issues and wouldn't be able to visit a therapist...

*If you are unable to visit a therapist due to your own issues or your demanding caring role these issues should have been discussed with your Assessing Worker and you would have been recommended to use therapists that offer mobile services. **Please note that the mobile service can cost PKAVS almost twice as much than if you make your own travel arrangements and should only be used where you really cannot travel.** Many carers like to visit the therapist's base because it helps them to create a physical distance between their caring duties and their 'me time'.*

What should I expect at my first appointment?

When you phone your therapist to book your first appointment you can ask what to expect, what to wear, etc. and explain your own circumstances such as any mobility problems, and whether you have any worries or reservations. The therapist will want you to be as comfortable as possible and will never force you to do anything you don't want. But if, for example, a particular treatment requires that you lie on a couch, and if you find this difficult, explain this to the therapist and they will try to find a suitable alternative treatment or method of treatment that suits you better. Many therapies can be delivered to people who are sitting, not lying down, and most do not require you to remove any clothing.

Is there an expiry date on my vouchers?

All vouchers will have an expiry date printed on them. 12 months after the issue date. The first session should take place no later than 3 months after the issue date and, ideally, the 6th session should take place no later than 6 months after the first one. This is because the request is based on a recent Carers Support Plan. Staff and therapists are aware, however, that carers can face domestic and personal difficulties keeping appointments due to their caring role, and will be sympathetic to this.

I've missed an appointment but didn't tell the therapist...

If an appointment is made and not kept (without sufficient notice and/or reason given to the therapist) then we reserve the right to allocate one of your complementary therapy vouchers to the missed appointment.

Can I get more vouchers?

Carers (with an up-to-date) Support Plan are entitled to 12 therapy vouchers in a 12 month period. If it has been a year since you were last issued vouchers you will need to contact your Assessing Worker or the Access Team on **0345 30 111 20** or by email at AccessTeam@pkc.gov.uk to request more. The need for the vouchers are based on an up-to-date Support Plan and a review of the caring situation may be necessary.

What are PKAVS Social Therapies?

PKAVS Social Therapy sessions run once a month in 5 different areas of Perth & Kinross*

Perth	11:00 – 15:00	The Gateway, North Methven Street, Perth, PH1 5PP	Last Fri of the month
Aberfeldy	11:00 – 15:00	Aberfeldy Health Centre, Taybridge Road, PH15 2BH	Last Wed of the month
Crieff	10:15 – 14:30	Crieff Learning Centre, 32 James Square, Crieff, PH7 3EY	Last Tue of the month
Kinross	09:30 – 14:30	Loch Leven Community Campus, Muirs, Kinross, PH13 8FQ	First Mon of the month
Blairgowrie	10:15 – 13:45	Adult Resource Centre, Jessie Street, Blairgowrie PH10 6BT	First Tue of the month

You can access these after you have used your 12 therapy vouchers or in between your voucher appointments to spread the benefit. Carers can book in for a **45 minute therapy session** and are encouraged to come along early for a cup of tea or coffee and the opportunity to speak to other carers and the on-duty PKAVS Carer Support Worker about any issues they may have. Carers are invited to book the week before the Social Therapy date, by phoning PKAVS on **01738 567076**. Therapies are **free of charge** for unpaid carers however PKAVS will accept donations to help with the sustainability of the project.

*Please note that the dates/venues/times of social therapies may be subject to change, up-to-date information can be found at www.pkavscarershut.org.uk

How do I give my feedback?

Feedback from unpaid carers is vital in allowing us to learn how develop and deliver therapies to best meet your needs. With this in mind we would encourage you to visit PKAVS Carers Hub Website (www.pkavscarershut.org.uk) and use the **'Tell Me'** tab to share your views not only on therapies but other carer services provided throughout Perth & Kinross.

Description of Therapies Offered

Please make sure you read these narratives closely to make sure that this is the therapy you'd like to try. Remember not all the vouchers issued need to be used for the same therapies. You could use your allocated vouchers on various different therapies if that is what you'd prefer.

Acupressure massage

Acupressure massage involves applying pressure to the soft tissues of the body, including muscles, connective tissue, tendons, ligaments, joints and lymphatic vessels. Acupuncture and Acupressure use the same points, but whereas acupuncture uses needles, Acupressure uses the pressure of hands.

Aromatherapy massage

Aromatherapy massage is a type of massage therapy but with highly concentrated plant oils, called essential oils, added to the massage oil or lotion.

Alexander Technique

The Alexander technique teaches improved posture and movement, which is believed to help reduce and prevent problems caused by unhelpful habits.

Back, neck and shoulder massage

Back, neck and shoulder massage involve applying pressure in these areas.

Bowen therapy

Is a non-invasive, complementary holistic therapy. It targets certain points on the body with gentle rolling movements to help it balance, repair and reset itself. Clients are believed to experience energy recovery, a reduction in pain and an improvement of function.

Colour Therapy

Colour Therapy is a very relaxing therapy working with the seven rainbow colours plus rose pink, magenta and white. Included in the session is an optional light massage of hands and arms, head and shoulders, feet and lower legs.

Craniosacral Therapy

Craniosacral Therapy is an exceptionally gentle yet extremely powerful form of treatment, which engages with the deepest inherent healing forces within the body in order to enable integration of the whole body-mind.

Crystal Ascension Therapy

The client reclines comfortably in a supportive environment whilst having specially selected crystals placed on and around their body. This allows any blockages in energy flow to be identified

Dru Yogo

Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit to rejuvenate your whole being.

Eastern facial massage

The East has a strong tradition of using facial massage, using techniques of rubbing, stretching, stroking and pumping to help improve the complexion.

EMMETT Technique

Is a unique form of body therapy for both people and animals that involves the application of light finger pressure at specific points to release the tensions in muscle groups.

Facial massage

Using gentle pressure this massage is carried out on the face, neck and shoulder area (and can include the scalp too). The face has many muscles and massage this area can result in a great sense of relaxation, reducing tension.

Foot and hand massage

A gentle and soothing massage of the feet, ankles and lower legs and hands with or without a choice of essential oils.

Hot stone massage

Hot Stone Massage uses smooth, heated stones. Some are placed onto specific points on the body (such as the back, hands, etc.) and others are held by the massage therapist and used to work the muscles.

Indian Head Massage

Indian head massage is a massage of the head, scalp, face, neck, shoulders and arms. The pressure points on the face are also gently stimulated and stroked.

Massage

Massage involves applying different types and levels of pressure to different parts of the body including muscles, tendons, ligaments, skin, and joints.

Reflexology

Reflexology is a soothing and very relaxing therapy that aims to encourage the body to relax and work naturally to restore its own balance. Reflexology is based on the belief that all parts of the body are reflected in the feet and hands and by massaging and applying gentle pressure to these areas, it is hoped to have an effect on the corresponding part of the body and thus restore balance.

Reiki

Reiki is a deeply relaxing therapy for body and mind, dissolves energy blocks, detoxes and increases energy levels. This takes place fully clothed on a treatment table with hands lightly placed on the body's main chakras, (energy centres) from head to toe.

Relaxation therapy / Stress Management

Relaxation therapies may use a variety of techniques such as guided meditation, breathing techniques, to achieve calmness and relaxation. Sessions can teach clients to use these techniques themselves to help them through times of stress and anxiety. Stress Management helps people identify their stress-triggers, and how to deal with them. It is possible to combine Relaxation Therapy and Stress Management.

Remedial massage

Remedial massage is used to treat strains, sprains, broken bones, bruising or any injury where the skin is intact.

Shiatsu

Shiatsu literally translates as 'finger pressure' and involves a range of techniques including the application of pressure, stretches, touch and manipulative techniques. Sessions are either carried out on a futon, in seated position or on a couch, dependent on location and fitness levels of the receivers.

Swedish massage

The therapist will apply oil or massage balm to whichever area of the body is being massaged to allow their hand to glide gently over the client applying pressure to stroke, knead and stretch the muscles to alleviate tension and reduce stress. This therapy can be gentle or deep depending on the individual.

Thai foot and hand massage

Thai Massage involves hands on stretching and massage, along with the stimulation of the reflex points.

Approved Provider Contact Details

Name	Address	Contact Details	Therapies Offered	Mobile
Susan Anderson	New Beginnings Ethiebeaton High Street Errol Perth PH2 7QE	Tel: 01821 642110 Email: susan.a@talktalk.net Web: www.susan-newbeginnings.co.uk	<ul style="list-style-type: none"> • Aromatherapy (back) • Aromatherapy (full body) • Aromatherapy (facial) • Indian Head Massage • Reflexology • Reiki • Swedish Back and Full Body • Crystal Healing 	Yes
Wanda Band	32 King Street Perth PH2 8JB	Tel: 01738 440946 Email: wanda.band@btinternet.com	<ul style="list-style-type: none"> • Reflexology • Reiki 	Yes
Karen Brennan	Broomy Court Ruthvenfield Perth PH1 3JP	Tel: 01738 580041 Mob: 07 940760138 Email: www.flawlessbykarenb.co.uk Web: karen@flawlessbykarenb.co.uk	<ul style="list-style-type: none"> • Indian Head Massage 	Yes
John Cooper	Norwell Health & Training Centre Unit 73, Norwell Drive Perth Airport Scone PH2 6PL	Tel: 07 388014345 Email: john@success.scot Web: www.reflexology.success.scot	<ul style="list-style-type: none"> • Bowen Therapy • Reflexology 	Yes
Gillian Dale	Dunning	Tel: 01764 684769 Mob: 07 742876457 (call first) Email: harmonyandflowtherapies@gmail.com	<ul style="list-style-type: none"> • Swedish massage • Hot stone Therapy combined with Swedish Massage • Seated Acupressure Massage • Natural Life Facial Massage 	Yes
Fiona Dickson	1 King Duncan's Place Birnam Perthshire PH8 OQD	Tel: 01350 727850 Mob: 07 939240270 Email: fmckail@btinternet.com	<ul style="list-style-type: none"> • Indian Head Massage • Reiki (Heart of Scotland Rainbow) 	No

Name	Address	Contact Details	Therapies Offered	Mobile
Fiona Foster	A Change of Pace 187 Glasgow Road Perth PH2 0LZ	Mob: 07 849861966 Email: fionajfoster@virginmedia.com	<ul style="list-style-type: none"> Aromatherapy Massage Swedish Massage Reflexology Maternity Reflexology Sports Massage 	Yes
Rhona Gethins	10 St Marys Drive PERTH PH2 7BY	Tel: 01738 624917 Mob: 07 904976273 Email: rhonagethins@btinternet.com Web: www.hypnosis-perth.co.uk	<ul style="list-style-type: none"> Reiki 	No
Beth Gibson	81 Lathro Park Kinross KY13 8RU	Mob: 07 979904227 Email: bethanyg@hotmail.co.uk Facebook: www.facebook.com/BethGibsonBeauty/	<ul style="list-style-type: none"> Swedish Massage Reflexology Indian Head Massage Hot Stone Massage Aromatherapy Sports Massage 	Yes
Harry and Andrea Holbrook	h2 Natural Health Fairwinds Hay Street Alyth PH11 8DQ	Tel: 01828 633033 Email: H2@cooltide.plus.com Web: www.h2hypnotherapy.co.uk	<ul style="list-style-type: none"> Massage (Back, Neck, Shoulder, Hand and Foot) Reflexology Relaxation and Stress Management 	No
Helen Kennedy	Midfield Perth Road Abernethy Perth PH2 9LW	Tel: 01738 851162 Mob: 07 484242408 Email: Helenkennedy00@yahoo.co.uk	<ul style="list-style-type: none"> Colour Therapy Reiki Crystal Ascension therapy 	Yes
Diana Kemp	49 Abbey Park Auchterarder PH3 1EN (on Wednesday therapist works from base in Dundee)	Mob: 07 507867233 Email: diana@oppo.com Web: www.opoppo.com	<ul style="list-style-type: none"> Indian Head Massage Reiki 	No
Rae Lamond	Currently only offers a mobile service	Mob: 07 940131904 Email: raelamond9@gmail.com	<ul style="list-style-type: none"> Swedish Massage On-site Massage Remedial and Sports Massage 	Yes
Leila Mayne	Perth City Osteopathy 12 St. Pauls Square Perth PH1 5QW	Mob: 07 910553321 Email: Leila.herbalist@gmail.com Web: www.leilaherbalist.webs.com	<ul style="list-style-type: none"> Holistic Massage Aromatherapy Massage 	No

Name	Address	Contact Details	Therapies Offered	Mobile
Sandra MacDonald	86 Cavendish Avenue Perth PH2 0JU	Tel: 01738 624160 Email: Sandramacdonaldandskye@btopenworld.com	<ul style="list-style-type: none"> • Massage • Facial • Hot Stone Massage • Reiki • Indian Head Massage 	Yes
Rosemary McLean	West End of Dundee	Tel: 01382 688535 Mob: 07 926086705 Email: Rosemaryemclean56@gmail.com	<ul style="list-style-type: none"> • Holistic Massage • Reflexology • Indian Head Massage • Reiki 	Yes
Lynn McCourtney	The Beauty Room 62 Preston Watson Street, Errol Perthshire PH2 7UR	Tel: 01821 642783 Mob: 07 729888963 Email: Lynnmcc64@aol.com Web: www.errolbeauty.com	<ul style="list-style-type: none"> • Aromatherapy Massage • Hand and Foot Massage • Indian Head Massage • Relaxing Facial and Massage • Swedish Massage 	No
Lynne Mcdonald	(Lynne Mcdonald Therapies) 1 Braeside Gardens Perth PH1 1DB	Tel: 01738 564328 Mob: 07 793730758 Email: info@lynne-mcdonald.co.uk Web: www.lynne-mcdonald.co.uk	<ul style="list-style-type: none"> • Aromatherapy Massage • Indian Head Massage • Reflexology • Reiki • Thai Foot Massage 	No
Suzanne Barclay MacEachen	Westmill Farm House Haugh Road Rattray Blairgowrie	Tel: 07 979466958 Email: Suzy_barclay@yahoo.co.uk	<ul style="list-style-type: none"> • Reiki • Hot Stone Massage • Indian Head Massage • Sports Massage • Thai foot Massage 	No
Pauline McIntyre	29B South William Street Perth PH2 8LS	Tel: 01738 445610 Mob: 07 732916520 Email: newhorizon@hotmail.co.uk	<ul style="list-style-type: none"> • Indian Head Massage • Remedial • Swedish Massage • Acupressure On-site Massage • Back, Neck and Shoulder Massage • Foot and Hand Massage 	No
Suzy M Therapies	Accentto 64 Tay Street Perth PH2 8NN	Tel: 01738 444422 Mob: 07 711375144 Email: suzymcarthur@hotmail.com	<ul style="list-style-type: none"> • Facial • Indian Head Massage • Swedish Massage • Sports Massage • Pregnancy Massage 	No
Nikki Murdoch	Railway Road, Welton Industrial Estate Blairgowrie PH10 6DD	Tel: 01250 886768 Mob: 07 546598963 Email: nikkimurdoch@live.co.uk	<ul style="list-style-type: none"> • EMMETT Technique 	No

Name	Address	Contact Details	Therapies Offered	Mobile
Lesley Quinn	Lesley Quinn Therapies Tay Medispa 53-55 York Place Perth PH2 8EH	Tel: 01738 451567 Mob: 07 917696960 Email: Lesleyquinn@hotmail.com	<ul style="list-style-type: none"> • Craniosacral therapy • Massage 	No
Alison Robb	Cairneyhill 13 Well Brae Pitlochry PH16 5HH	Tel: 01796 473063 Mob: 07 504488873 Email: nosila20032003@yahoo.co.uk Web: www.hielanhands.co.uk	<ul style="list-style-type: none"> • Reflexology • Foot and hand massage 	Yes
Katie Russell	KT's 13 Den Park ABERNETHY PH2 9JF	Tel: 01738 850859 Mob: 07 745375210 Email: Katie.russell40@hotmail.co.uk	<ul style="list-style-type: none"> • Swedish Back, Neck and Shoulder Massage • Facial Massage (can include head) • Swedish foot and hand massage • Reflexology • Reiki 	Yes
Kirstie Smith	Muirhead Farmhouse Muthill Crieff Perthshire PH5 2BX	Mob: 07 986229038 Email: kirstiesmith@goodchi.co.uk Web: www.goodchi.co.uk	<ul style="list-style-type: none"> • Dru Yoga • Reflexology (Hand and Foot) • Reiki 	Yes
Pauline Tanbini	Blairgowrie	Tel: 01828 670488 Mob: 07 786063827 Email: Paulinetanbini@hotmail.com	<ul style="list-style-type: none"> • Reiki • Indian Head Massage 	Yes
Penny Thomas	Wellbeing Massage 62 Commissioner Street Off King Street Crieff PH7 3AY	Mob: 07 958789876 Email: pthomastherapies@aol.com Web: www.wellbeingmassages.co.uk	<ul style="list-style-type: none"> • Swedish Massage 	No
Siobhan Wilson	Perth City Osteopathy 12 St. Pauls Square Perth PH1 5QW	Tel: 01738 248090 Email: info@perth-city-osteopathy.com Web: www.perth-city-osteopathy.com	<ul style="list-style-type: none"> • Alexander Technique • Aromatherapy Massage • Swedish Massage • Remedial and Sports Massage 	No

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