



COMPLEMENTARY THERAPISTS

APPROVED PROVIDER LIST

DATE June 2017

Introduction

Why have you received this pack?

Your Assessing Worker has recommended that you are entitled to access 6 free sessions of complementary therapies from one of the qualified therapists approved by PKAVS & PKC. Please find contained details of all therapists on the Approved Provider list and their contact details. Your 6 numbered vouchers are also enclosed and these **MUST** be taken each time you visit a therapist for a treatment.

A complementary therapy is so called because it complements treatments provided by traditional western medical practice. 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 therapy can bring, regardless of any other benefits that may also accrue, is beneficial to people who are leading stressful and tiring lives - such as unpaid carers.

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 its 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.

Description of Therapies Offered

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.

Back, neck and shoulder massage

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

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.

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.

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 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, dependant 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 client's needs.

Therapies offered at PKAVS in a Social Setting

For a number of years now PKAVS has offered complementary therapies to unpaid carers and these are delivered in a more social environment than one to one therapy sessions. Carers who receive these PKAVS therapies are encouraged to come along early for a tea or coffee and get a chance to mix with other carers and also PKAVS carer support workers. All these therapies are delivered by therapists on the Approved Provider list.

Accessing these social therapies (once your 6 vouchers have been used) means you can continue to enjoy some time away from your caring role. These social sessions are subject to availability and because these currently aren't funded a £5 donation is suggested to allow us to continue to fund these sessions.

To clarify as a carer you can

1. Use the 6 vouchers allocated to source therapies of your choice on a one to one basis with therapists on the Approved Provider List.
2. If you choose not to use these vouchers you could still access PKAVS social therapies.
3. If after you have used your 6 free complementary therapy vouchers you are welcome to come to PKAVS social therapies which are held once a month in 5 different parts of P&K.

The complementary therapies offered by PKAVS are delivered once a month in 5 areas of Perth & Kinross at present. These are in Perth, Crieff, Aberfeldy, Kinross and Blairgowrie. If you would like to know more about these then please call 01738 567076 and ask to speak to someone in the Adult Carers team.

How to book your therapies

You will have already spoken to one of PKAVS Carer Support Worker prior to receiving this information. To reiterate there are 2 ways you can book your therapies:

1. Identify a therapist who delivers a therapy you'd like to try and phone or email the therapist direct and make arrangements. If you are unable to take up your allocated therapy sessions because you cannot get to the therapists base, you should choose a therapist who is mobile and can do home visits. ***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.*** The therapist will check your circumstances to establish if it is fair for you to receive a home visit. It is worth stating that 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'.
2. If you wish to attend the PKAVS social therapies delivered in your local area then you can either telephone the Adult Carers team at PKAVS on 01738 567076 to check availability and book a session.

It should be noted that 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 complimentary therapy vouchers to the missed appointment.

Each time you go to your appointment you will need to take the therapy vouchers with you which are included in this pack. You give a voucher to the therapist on arrival. The therapist will send these vouchers onto PKAVS at the end of each month to get paid for the treatments they have delivered. **You do not pay the therapist.**

What to expect at your 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.

There is a narrative for each of the therapies available above. 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.

Evaluation

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.pkavscarershub.org.uk) and use the 'Tell Me' tab to share your views not only on therapies but other carer services provided throughout Perth & Kinross.

And finally.....

PKAVS hopes that you will use and enjoy your allocated complementary 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, value yourself and look after yourself. This 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 out for you, or if you are dissatisfied with the service and would like to make a complaint or a suggestion for future improvement, please contact:

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

LIST OF ALL THERAPISTS				
Name	Address	Contact Details	Therapies Offered	Mobile Yes / No
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
Irma Brown	64 Tay Street Perth PH2 8NN (within Accentto)	Tel: 01738 444422 (Accentto Reception) Mob: 07709864479 Email: info@irmabrown.com	<ul style="list-style-type: none"> • Reiki • Indian Head Massage • Eastern Face Massage • Thai Foot Massage • Thai Hand Massage • Relaxation 	No
Karen Brennan	Broomy Court Ruthvenfield Perth PH1 3JP	Tel: 01738 580041 Mobile: 07940760138 Email: karen@flawlessbykarenb.co.uk Web: www.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: 07388014345 Email: john@success.scot Web: www.reflexology.success.scot	<ul style="list-style-type: none"> • Bowen Therapy • Reflexology 	Yes

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Name	Address	Contact Details	Therapies Offered	Mobile Yes / No
Gillian Dale	Dunning	Tel: 01764 684769 Mobile: 07742 876457 (call first) Email: harmonyandflowtherapies@gmail.com	<ul style="list-style-type: none"> Swedish massage Hot stone Therapy combined with Swedish Massage Seated Acupressure Massage 	Yes
Fiona Dickson	1 King Duncan's Place Birnam Perthshire PH8 OQD	Tel: 01350727850 Mobile: 07939240270 Email: fmckail@btinternet.com	<ul style="list-style-type: none"> Indian Head Massage Reiki (Heart of Scotland Rainbow) 	No
Rhona Gethins	10 St Marys Drive PERTH PH2 7BY	Tel: 01738 624917 Mob: 07904 976 273 Email: rhonagethins@btinternet.com Website: www.hypnosis-perth.co.uk	<ul style="list-style-type: none"> Reiki 	No
Hilary Gillies	The Zen Zone 20 New Road Milnathort KY13 9XT	Tel: 01577 864455 Email: hilarygillies@btinternet.com Website: www.thezenzone.co.uk	<ul style="list-style-type: none"> Aromatherapy Hot Stone Massage Indian Head Massage Reflexology Swedish Massage 	No
Harry and Andrea Holbrook	h2 Natural Health Fairwinds Hay Street Alyth PH11 8DQ	Tel: 01828 633033 Email: h2@cooltide.plus.com Website: www.h2hypnotherapy.co.uk	<ul style="list-style-type: none"> Massage (Back, Neck, Shoulder, Hand and Foot) Reflexology Relaxation and Stress Management 	No

LIST OF ALL THERAPISTS					
Name	Address	Contact Details		Therapies Offered	Mobile Yes / No
Helen Kennedy	Midfield Perth Road Abernethy Perth PH2 9LW	Tel: 01738 851162 Mobile: 07968890071 Email: helenkennedy00@yahoo.co.uk		<ul style="list-style-type: none"> • Colour Therapy • Reiki • Crystal Ascension therapy 	Yes
Leila Mayne	Perth City Osteopathy 12 St. Pauls Square Perth PH1 5QW	Mobile: 07910553321 Email: Leila.herbalist@gmail.com Website: www.leilaherbalist.webs.com		<ul style="list-style-type: none"> • Holistic Massage • Aromatherapy Massage 	No
Rosemary McLean	West End of Dundee	Tel: 013822 668467 Mobile: 07926086705 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 Mobile: 07729 888963 Email: lynnmcc64@aol.com Website: 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 Mobile: 07793730758 Email: info@lynne-mcdonald.co.uk Website: www.lynne-mcdonald.co.uk		<ul style="list-style-type: none"> • Aromatherapy Massage • Indian Head Massage • Reflexology • Reiki • Thai Foot Massage 	No

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Name	Address	Contact Details	Therapies Offered	Mobile Yes / No
Suzanne Barclay MacEachen	Westmill Farm House Haugh Road Ratray Blairgowrie	Tel: 07979466958 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 Mobile: 07732916520 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
Lesley Quinn	Lesley Quinn Therapies Accentto 64 Tay Street Perth PH2 8NN	Tel: 01738 444422 Mobile: 07917696960 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 Mobile: 07504488873 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 Mobile: 07745375210 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

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Name	Address	Contact Details	Therapies Offered	Mobile Yes / No
Kirstie Smith	Rose Cottage Monzie Crieff PH7 4HE	Mobile: 07986229038 Email: kirstiesmith@goodchi.co.uk Website: www.goodchi.co.uk	<ul style="list-style-type: none"> • Dru Yoga • Reflexology (Hand and Foot) • Reiki 	Yes
Penny Thomas	Wellbeing Massage 62 Commissioner Street Off King Street CRIEFF PH7 3AY	Mobile: 07958789876 Email: pthomasterapies@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 Website: www.perth-city-osteopathy.com	<ul style="list-style-type: none"> • Alexander Technique • Aromatherapy Massage • Swedish Massage • Remedial and Sports Massage 	No