

Abbey View Complementary Clinic

APPOINTMENTS

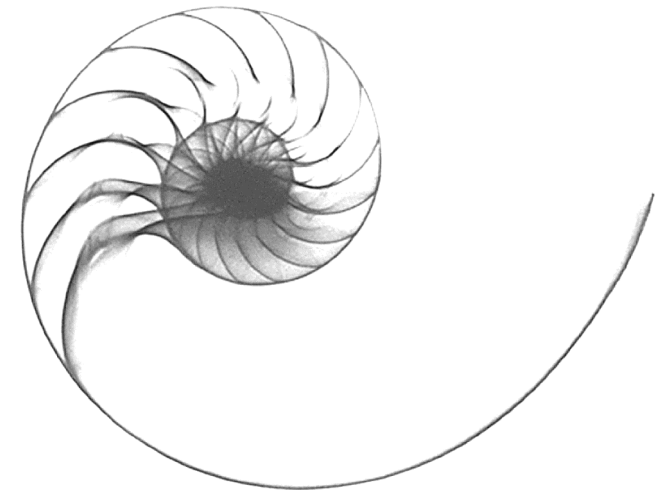
If you are unable to keep an appointment please telephone to cancel or re-arrange it.

Non-attendance or late cancellation will incur a charge of 50% of the appropriate fee.

We regret that we are unable to accept credit or debit cards on some treatments.

Should you require any further advice or information do not hesitate to call or pop in to our reception area which is on the first floor of the Medical Centre.

RECEPTIONISTS: Sandra and Ali



Abbey View Medical Centre

SHAFTESBURY

Dorset SP7 8DH

Phone:

01747 856719

Email: abbeyviewcc@gmail.com

PHYSIOTHERAPY

Jullia Stewart MSc MMACP PGCE AACP APPI

Anna Leigh BSc(Hon) PGDip(Nutrition) AACP APPI

Lucy Hughes BSc(Hon) AACP APPI

Physiotherapy is a science-based profession and takes a 'whole person' approach to health and wellbeing, which includes the patient's general lifestyle

Physiotherapy helps with back pain or sudden injury, managing long-term medical condition such as arthritis, recovery post-surgery or simply to improve the quality of your life

The Abbey View Physiotherapy team is dynamic, friendly and highly motivated. They are so much more than just sports injuries and back pain.

Both Anna and Julia are passionate about helping you to live a more active life, whether it be simply putting your coat on without wincing or wanting to run the London Marathon they can help you. Together they have over 30 years experience in physiotherapy and offer a wide range of treatments, assessments and advice.

Pop in and see us, or call **Julia on 07894 671225** or **Anna on 07780 902890** or **Lucy on 07932 064712** check out our website www.abbeyviewphysiotherapy.com

They are also not satisfied with a quick fix approach to your problem but strive to get to the root of the issue to avoid recurrence.

Irrespective of age or ability they know and understand how important it is to be able to move pain free.

We believe that prevention is better than a cure and our functional movement screening and analysis approach helps us to help you. Returning you to your optimum function enabling you to become more efficient and effective in your movement.

We also have Pilates classes for you to take control of you body and break poor movement patterns down to ensure you are working evenly and help you stay injury free.

CHIROPODY – PODIATRY

Julie Smart BSc(Hons) SRCh DPodM MChS

Judith Travis BSc SRCh MChS

- * Palliative Care – from treatment of potentially painful lesions of the feet (corns and callus) to ulceration caused by various pathologies (e.g diabetes)
- * Screening and Care of 'At Risk' patients (impaired blood supply, diabetes for example)
- * Biomechanical assessment – the complete lower limb.
- * Design and manufacture of corrective orthotics and pressure redistributive insoles.
- * Monitoring and advice on the development of young feet and treatment of verrucae.

YOGA – One to One

Kristy McBurney RYT200 (Yoga Alliance)

Yoga is increasingly being recognised for its therapeutic and healing capabilities. It combines gentle movement with simple breathing techniques and basic meditation practices that are adapted to the individual needs.

Yoga improves mobility, develops balance, reduces pain and anxiety. It improves circulation, correct posture and combats fatigue.. It improves concentration, expands lung capacity and improves quality of breathing, aiding those who suffer with chronic pain - skeletal muscular, asthma, diabetes, anxiety, cancer, high blood pressure, migraine, addition and much more.

THERAPEUTIC MASSAGE

Rebecca Bruce LCM(Dip) CThA

Therapeutic massage involves different pressures and strokes being applied to the skin, muscles, tendons and ligaments using the hands, fingers, thumbs and forearms, stretches are also incorporated to help relieve pain and stiffness in the joints.

Benefits can include: gentle release of muscle tightness and tension, improved mobility and an increase in physical and emotional well-being. Also on offer is Hawaiian Massage, Indian Head Massage and seated acupressure (known as On-Site Massage)

PRIVATE HEARING AID AUDIOLOGY

Aaron Layton M.S.H.A.A

www.amplifon.co.uk

Providing bespoke hearing solutions to suit all patients and hearing losses, from the very mild to the profoundly impaired. Offering a professional and friendly service that covers all aspect of hearing health.

Servicing and repair to all makes of hearing instruments. Utilizing the latest equipment and technology we can even link hearing instruments to mobile telephones, televisions and computers!

All our patients benefit from our unrivalled Lifetime Aftercare included as standard on all hearing systems.

REFLEXOLOGY

Elizabeth Williams FHT

www.divinelybalanced.co.uk

Reflexology is a therapy that treats the feet in order to balance the whole body. Our feet are like mini-maps of our body, any system of our body can be accessed and stimulated by applying pressure to the corresponding area of the foot.

Reflexology is deeply relaxing and has been effective in treating many conditions. It activates the body's self healing, promoting health and harmony

REIKI & HOPI EAR CANDLING

Juliet Windspeaker MASC (Relax)

Reiki is a gentle form of hands on healing and energy balancing. It encourages patients own body to regulate and balance itself bringing a sense of well-being to mind, body and spirit.

Hopi Ear Candling is a relaxing therapy which helps to balance and ease sinus problems, tinnitus and migraines.

ACUPUNCTURE *Safe, Professional, Holistic*

Beverley Lawton Msc DipAc

Acupuncture as practised by members of the British Acupuncture Council (BAcC) is a tried and tested system of healthcare originally developed in China and other cultures.

Many people have acupuncture for help with specific symptoms or conditions and some because they feel generally unwell but have no clear diagnosis. Others choose acupuncture to enhance their feeling of wellbeing. Acupuncture is suitable for all ages including babies and children. It can also be used very effectively alongside conventional treatment.

Acupuncture is used in the treatment of digestive and bowel disorders, insomnia, allergies, sinus and respiratory problems, migraine and headaches, neurological disorders, musculo-circulatory problems, arthritis, anxiety and more.

Acupuncture is deeply relaxing, reduces stress and is effective in supporting people living with painful chronic conditions. A detailed medical history is taken and dietary and lifestyle advice may be given. The needles are disposable and so fine that little or no discomfort is felt. For those with a fear of needles, acupressure may be substituted.

HYPNOTHERAPY

Nikki Hutchinson AdvDipC DHP NPD MNCH MAR

www.nikkihutchinson.co.uk

Clinical Hypnotherapy combines psychotherapy and Solution Focused Techniques with hypnosis. These techniques help to move you forwards and focus on finding solutions to problems, setting and achieving goals and changing your life to how you want it to be.

FREE ASSESSMENT

I have a client base where I work with people who are experiencing difficulties with

- anxiety/stress
- low confidence/self-esteem
- phobias, including social phobias
- irritable bowel syndrome
- insomnia
- public speaking/presentations
- Fertility and much more!

I also have completed further training in Hypnotherapy for fertility, pregnancy and for working specifically with children. I feel it is a privilege to work with people who want to change their lives and it is wonderful to have found a therapy which is so positive and helps to promote lasting change.

COUNSELLING

Claire Wootton-Woolley MBACP (Snr Accred) UKRCP

www.clairewootton-woolley.counselling.co.uk

Michelle Woods Dip Couns, Reg. Member MBACP

www.michellewoodscounselling.co.uk

Counselling offers a safe, therapeutic environment to help you explore situations causing emotional distress.

The aim is to help you work towards making positive changes to improve your mood, gain new insight, develop more self-confidence and make positive plans for the future.

Counselling can be short-term, solution focused, or involve more long-term, in-depth work.

Areas where counselling can help:

Abuse
Adjustment to Change
Anxiety
Anger Management
Assertiveness
Bereavement
Career Choices
Communication Issues
Decision Making
Depression
Domestic Abuse
Employment Issues
Exam Stress
Family Relationships
Guilt
Health Related Problems
Confidence
Lethargy/Lack of Motivation

Life Stage Transitions
Loss
Low Mood
Low Self Esteem
Panic Attacks
Parenting Problems
Perfectionist Tendencies
Personal Growth
Post Natal Depression (PND)
Procrastination
PTSD
Relationship
Sleep Problems
Social Anxiety
Stress
Tiredness
Traumatic Life Events

OSTEOPATHY & ACUPUNCTURE

Michael Brown *Most*

Do you suffer with any of these?

- ✓Back / neck pain ✓Muscle / joint / ligament pain
- ✓Sciatica / trapped nerves ✓Arthritic pain ✓Hip / knee osteoarthritis
- ✓Shoulder pain ✓Work strain ✓Headaches ✓Restless leg syndrome

If so, why not come to see Michael?

Master of Osteopathy – Fully qualified Acupuncturist

Michael will carefully apply physical techniques to help remedy your problem. Treatment will target the cause of your symptoms and will be specific to you and your condition. Michael also provides exercise and lifestyle advice in order to reduce the number of visits required.

Unsure?

Why not book a **FREE** assessment? – no obligation to undergo treatment

NUTRITIONAL THERAPY

Fiona Waring BSc Hons Dip NT MCTLA

www.fionawaring.com

Nutritional Therapy is the treatment or prevention of disease using dietary and supplements, rather than pharmaceutical drugs.

At your first appointment you will be asked detailed questions so Fiona can establish the underlying cause/problem rather than dealing with the symptoms.

A treatment protocol will then be compiled to suit your individual aims. Fiona is always available via email and phone between appointments.

Aiming to make nutrition understandable, enjoyable, practical and adaptable to an individual's lifestyle and needs.

Fiona also runs workshops and organises talks on various subjects. Please see her website for more details.