

COMPLEMENTARY THERAPIES

Complementary therapies for relaxation and a greater sense of wellbeing.

The Staff Counselling & Welfare Service offer these complementary therapies as a means of helping staff to feel relaxed and to improve on their general sense of wellbeing.

All of the therapies we offer are intended to *complement* rather than replace medical treatment. If you have any symptoms or conditions which are causing you concern we strongly advise that you see your General Practitioner.

If you would like more information about the potential health benefits of any of the therapies we offer please contact us. Our complementary therapists are happy for you to contact them directly.

From September 2008, we will be offering two new therapies, **Acupuncture and Sports and Remedial Massage**. Please click on the individual therapies listed below to find out further information.

[Acupuncture](#)

[Appointment Schedule](#)

[HathaYoga](#)

[Indian Head Massage](#)

[Neck and Shoulder Massage](#)

[Reiki](#)

Reflexology

Sport & Remedial Massage

Hypnotherapy

Hatha Yoga classes are held in the Charles Wilson Building, main campus.

All other therapies take place in House K, Freeman's Common

Schedule: September - December 2008

for:

Acupuncture, Indian head massage, neck and shoulder massage, Reiki, reflexology and Sports and Remedial massage

Jackie Siddon is an experienced therapist, who offers Reflexology, Reiki, Neck/Shoulder Massage, Indian Head Massage and Scenar, on Thursday evenings and Friday lunchtimes at the University. She has been a fully qualified therapist since 2000 and is a member of the Association of Reflexologists and an Associate member of International SCENAR Technology Association. Jackie has been offering complementary therapies to staff for a number of years and runs a practice in Evington. She can be contacted on 0116 2418577 or at jagsid@hotmail.com.

Nicky Brading, has practised Hatha Yoga since 1980 and has taught classes since qualifying in 1983. As a qualified therapist she also incorporates some elements of Reflexology and massage into each lesson and is one of our therapists practicing reflexology and massage on Tuesday and Friday lunchtimes.

Simon Fielding has been practising acupuncture since 1991 and is a member of the British Acupuncture Council. He has taught at the London College of Traditional Acupuncture and runs a practice in Oadby. Feel free to contact Simon on 0116 221 9691 or at simon.fielding3@ntlworld.com if you have any questions you'd like to ask.

Sarah Collins LSSM (Dip)

Sarah is a graduate of the London School of Sports Massage (LSSM) where she gained a LSSM Diploma in Sport & Remedial Massage and also a BTEC Professional Diploma in Sport & Remedial Massage sarah@sdcsportsmassage.com

Date	Therapy/Treatment available:	Available appointments
Thursday 2nd October Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	Fully booked
Friday 3rd October Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	Fully booked

Tuesday 7th October Simon Fielding	Acupuncture Please contact Service for appointment details	available between 11.00 - 2.30
Thursday 9th October Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	5.20 5.45
Friday 10th October Nicky Brading	Indian head massage, neck and shoulder massage and reflexology	11.55 12.45 1.10
Tuesday 14th October Nicky Brading	Indian head massage, neck and shoulder massage, reflexology	11.55 12.20 12.45 1.10 1.35
Thursday 16th October Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	Fully booked
Friday 17th October Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	1.10
Tuesday 21st October Simon Fielding	Acupuncture Please contact Service for appointment details	available between 11.00 - 2.30
Thursday 23rd October Sarah Collins	Sports and Remedial Massage	5.25 5.50 6.15
Tuesday 28th October Simon Fielding	Acupuncture Please contact Service for appointment details	available between 11.00 - 2.30
Thursday 30th October Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	Fully booked

Friday 31st October Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	Fully booked
Tuesday 4th November Simon Fielding	Acupuncture Please contact Service for appointment details	available between 11.00 - 2.30
Thursday 6th November Sarah Collins	Sports and Remedial Massage	5.00 5.25 6.15
Friday 7th November Nicky Brading	Indian head massage, neck and shoulder massage, reflexology	11.55 12.20 12.45 1.10 1.35
Tuesday 11th November Nicky Brading	Indian head massage, neck and shoulder massage, reflexology	11.55 12.20 12.45 1.10 1.35
Thursday 13th November Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	4.55
Friday 14 November Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	1.10 1.35
Tuesday 18th November Simon Fielding	Acupuncture Please contact Service for appointment details	available between 11.00 - 2.30
Thursday 20th November Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	4.30 4.55
Tuesday 25th November Simon Fielding	Acupuncture Please contact Service for appointment details	available between 11.00 - 2.30

Thursday 27th November Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	4.30 4.55
Friday 28th November Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	1.35
Tuesday 2nd December Simon Fielding	Acupuncture Please contact Service for appointment details	available between 11.00 - 2.30
Thursday 4th December Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	4.30 4.55
Friday 5th December Nicky Brading	Indian head massage, neck and shoulder massage, and reflexology	11.55 12.20 12.45 1.10 1.35
Tuesday 9th December Simon Fielding	Acupuncture Please contact Service for appointment details	available between 11.00 - 2.30
Thursday 11th December Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	4.30 4.55 5.45
Friday 12th December Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	1.35
Tuesday 16th December Simon Fielding	Acupuncture Please contact Service for appointment details	available between 11.00 - 2.30
Thursday 18th December Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	4.30 4.55 5.20 5.45

Friday 19th December Jackie Siddon	Indian head massage, neck and shoulder massage, Reiki, reflexology	11.55 1.35

Please note that during an Indian Head Massage oil is applied to the scalp and hair. If you book a 40 minute session you can have both a Neck and Shoulder Massage and an Indian Head Masage.

Cost: £10 per 20 minute session and £20 per 40 minute session

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Please email Chris Wilson at: staffcounsel&welfare@le.ac.uk to book an appointment.

All of the complementary therapies we offer are generally safe for most people, but if you have any particular health concerns, it is advisable to consult your G.P. before attending.

You will be asked to complete a short confidential medical form before you attend your first session.

Please let us know when you book an appointment if you are unable to use stairs.

The University of Leicester Staff Counselling & Welfare Service shall not be liable for any damage of any kind arising out of or related to the services of any of the complementary therapists or treatments listed here.

Acupuncture



ACUPUNCTURE

Acupuncture is a traditional system of medicine which originated in China and is now used widely throughout the world. It is holistic, which means that it is not just about getting rid of unpleasant symptoms but with improving your overall health. It can be used simply as an effective way to promote relaxation and give a feeling of well-being. For further information about the benefits of acupuncture, please contact Chris at staffcounsel&welfare@le.ac.uk

What can I expect when I come for an acupuncture treatment?

Your first session is going to be longer than the others because our acupuncturist will give you a consultation first, followed by a treatment.

How does acupuncture work?

Most people already know that acupuncture involves the use of needles. The needles are very fine and don't cause pain. They are inserted quite

superficially. Sometimes the acupuncturist will apply gentle warmth to the needles, or perhaps use electro-acupuncture. He will apply the needles at certain points which points lie on different *channels*, or *meridians*, each of which affects a certain area of the body, such as the head, or a particular body-system, such as digestion. Each point moves your energy, traditionally called *chi*, in a unique way to produce a particular effect.

Who will give me my treatment?

The acupuncturist working at the Staff Counselling and Welfare service is Simon Fielding. He has been practising acupuncture since 1991 and is a member of the British Acupuncture Council. He has taught at the London College of Traditional Acupuncture and runs a practice in Oadby. Feel free to contact Simon on 0116 221 9691 or at simon.fielding3@ntlworld.com if you have any questions you'd like to ask.

How much will my treatment cost?

Your first session will last 1 ¼ hours and will cost £45. Follow-up sessions will last ¾ hour and cost £35.

When and where can I have acupuncture?

Simon will be in House K on most Tuesdays between 11.00am - 2.30pm (See schedule)

Please contact Chris Wilson at staffcounsel&welfare@le.ac.uk to make an appointment or find out more information.

Please let us know when you book an appointment if you are unable to use stairs

Hatha Yoga:

Dates of next classes:

WEDNESDAYS 6.00pm - 7.30pm	THURSDAYS 6.00pm - 7.30pm
Improvers/Intermediate Level	Beginners Level - FULLY BOOKED
1st October - 29th October	2 October - 30th October
Fee £20 for 5 week course	Fee £20 for 5 week course
5th November - 3rd December	6th November - 4th December
Fee £20 for 5 week course	Fee £20 for 5 week course
Classes take place in Charles Wilson Building, main site	

The name Hatha comes from Ha meaning Sun, your outgoing public face, and Tha meaning Moon, your inner, private self. Hatha Yoga sets out to bring harmony in your life by balancing these two faces through exercises (postures) and deep breathing.

Your teacher, Nicky Brading, has practised Hatha Yoga since 1980 and has taught classes since qualifying in 1983. As a qualified therapist she also incorporates some elements of Reflexology and massage into each lesson and is one of our therapists practicing reflexology and massage. She practices yoga and meditation daily and feels fitter and healthier than before she started 28 years ago.

How will I benefit from Hatha Yoga?

The benefits of practicing yoga are through to include enhanced breathing, improved digestion, lowering of blood pressure and deeper and more fulfilling sleep. Improved health means you have more energy to live and enjoy life to the full.

Beginners: Regardless of how inflexible or unfit you think you are, you will be able to join the beginners class. As you are doing yoga for your own benefit and you will be encouraged to proceed at your own pace. Along with Asanas (Yoga postures), you will learn correct breathing and also how to relax

at the end of each session. You will hopefully come away both relaxed and energised.

Intermediate/Improvers: You should have attended at least ten yoga sessions in order to have mastered the basics of breathing and also the more common Asanas. Other more challenging postures will also be on offer. You should be able to concentrate on your breathing in order to focus within. Ideally, you should be practicing some of the techniques such as deep breathing, during times of stress.

How do I prepare for the groups?

Mats (or chairs) are provided, but you may wish to bring your own mat if you have one.

Please wear loose, comfortable clothing.

Consult your medical practitioner if you feel this is appropriate. These classes are not suitable for women in the first trimester of pregnancy.

How much are the fees?

The fee for each 5 week course is £20.00 payable to the tutor at the first session.

Fees are to be paid in full at the first class and you must book a place before the classes begin as numbers are limited. Our tutor is self-employed and is therefore unable to let you pay on a weekly basis.

If you are unable to attend a class, the tutor is unable to give an individual refund. However, if the Service has to cancel a class then every effort will be made to arrange a replacement session.

How do I book a place?

Please contact Chris Wilson at staffcounsel&welfare@le.ac.uk to book a place

Useful links:

- [BBC Health Yoga](#)
- [All About Yoga](#)

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Indian Head Massage



How does an Indian Head Massage work?

The treatment involves massage, shiatsu and acupressure techniques on the neck, scalp and face using aromatic massage oils. This treatment relaxes tense areas and creates a feeling of well-being.

Which conditions can an Indian Head Massage help?

Indian head Massage can bring about:

- General feeling of wellbeing, calmness and relaxation
- Relaxation in tense knotted muscles

For more information about the potential health benefits of an Indian Head Massage, or to book an appointment, please contact Chris Wilson at staffcounsel&welfare@le.ac.uk

When and where can I have an Indian Head Massage?

Please see [Schedule](#) above.

How much does it cost?

£10 per 20 minute session and £20 per 40 minutesession

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Neck & Shoulder Massage

For many people, the neck and shoulders are common areas of soreness and tension. The causes of headaches and tension are due to tightness of the muscles that surround the skull.

Tension, or muscular headaches occur when you strain the muscles of your head and neck, often without even realising you have done it. Bad posture, working at a desk or a computer all day without proper breaks, and stress all help to create such problems.

Massage involves using the hands to perform movements on the skin to promote relaxation, healing and well-being. Massage relaxes tense muscles, eases stress, relieves pain and can help you sleep better.

When and where can I have a Neck and Shoulder Massage?

Please see [Schedule](#) above.

All sessions are held in House K, Freeman's Common (1st floor). Please let us know when you book an appointment if you are unable to use stairs.

How much does it cost?

£10 per 20 minute session and £20 per 40 minute session

For more information about the potential health benefits of a Neck and Shoulder Massage, or to book an appointment, please contact Chris Wilson at staffcounsel&welfare@le.ac.uk

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Reiki

Reiki (pronounced Ray-key) is a Japanese word meaning Universal Life Energy.

What is Reiki Treatment?

Receiving Reiki is a very simple process. The session begins by lying down on a treatment couch, fully clothed, closing your eyes and relaxing. Then the Reiki practitioner will gently rest their hands upon you, non-intrusively, in a series of positions from the crown of the head to the feet.



Each hand position is held for a few minutes, and during this time healing energy is through to flow into you, balancing your energy system. As the energy flows, some people will feel warmth, or heat, or tingling from the Practitioner's hands. It is usually a very relaxing experience: some people fall asleep. Other sensations may include seeing coloured lights or feeling as if you are floating.

When and where can I have a Reiki?

Please see [Schedule](#) above.

For more information about the potential health benefits of an Indian Head Massage, or to book an appointment, please contact Chris Wilson at staffcounsel&welfare@le.ac.uk

How much does it cost?

£10 per 20 minute session and £20 per 40 minutesession

For more information about the potential health benefits of Reiki, or to book an appointment, please contact Chris Wilson at staffcounsel&welfare@le.ac.uk

Useful links:

www.reikiassociation.org.uk/

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Reflexology

Reflexology is a form of 'alternative' or 'complementary' medicine which involves a method of treatment using massage to reflex areas found in the feet and the hands. Most commonly, the feet are used as the areas to be treated.

In the feet, there are reflex areas corresponding to all the parts of the body and these areas are arranged in such a way as to form a map of the body in the feet with the right foot corresponding to the right side of the body and the left foot corresponding to the left side of the body. By having the whole body represented in the feet, the method offers a means of treating the whole body and of treating the body as a whole. This latter point is an important factor of a natural therapy and allows not only symptoms to be treated but also the causes of symptoms

When and where can I have Reflexology?

Please see [Schedule](#) above.

How much does it cost?

£10 per 20 minute session and £20 per 40 minutesession

For more information about the potential health benefits of Reflexology, or to book an appointment, please contact Chris Wilson at staffcounsel&welfare@le.ac.uk

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Sports and Remedial massage

Sports and Remedial Massage – What is it?

Sports and remedial massage aims to make lasting changes that allow your body to function effectively and pain free. It helps to improve the suppleness and flexibility of muscles and joints, improves circulation and speeds up the healing process of damaged and stressed muscles and prevents injuries.

What conditions can be helped by Sports and remedial massage?

- Injury and prevention of injuries

- Increased flexibility of muscles and joints
- Rehabilitation following injury
- Improves sporting performance by accelerating recovery from training
- Aids surgical recovery by reducing scar tissue

When and where can I have a remedial massage?

This will be available on Thursdays between 5pm – 6.30pm in House K, Freeman's Common on the following Thursdays:

September 25th

October 23rd

November 6th

Who will give my treatment?

Sarah Collins LSSM (Dip)

Sarah is a graduate of the London School of Sports Massage (LSSM) where she gained a LSSM Diploma in Sport & Remedial Massage and also a BTEC Professional Diploma in Sport & Remedial Massage.

Sarah is a full member of the Institute of Sport and Remedial Massage (ISRM) which is the professional body for sports and remedial massage practitioners.

She has gained experience through working with one of the UK's top cycling teams, SIS-Trek, and is their current team masseur travelling with them to races throughout the UK.

Links

www.theisrm.com

www.teamsis.com

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Hypnotherapy Sessions

Following on from an introductory talk and a successful pilot study of general hypnotherapy taster sessions, the Staff Counselling & Welfare Service is pleased to introduce the services of Alan James (GQHP) a master practitioner of hypnotherapy. As this service is of a slightly different nature to the other complementary therapies offered, please contact Alan directly at hypnotise@btinternet.com or by phone on 07793 813 952. You can read further details about Alan and his way of working by visiting his website www.hypnosis-help.co.uk. All communications with Alan are completely confidential and a free 30 minute, no obligation consultation is offered.

The Staff Counselling & Welfare Service is able to provide a room so that Alan can see members of staff on campus or alternatively he can be visited at his new consulting rooms in Market Harborough. Alan has kindly offered his services to members of staff at a discounted rate and he will be able to give you more detailed information about that when you contact him.

The aim of these hypnotherapy sessions is to encourage a sense of wellbeing and relaxation.

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