



Bridge of
HOPE

Treatment Portfolio

Our Aims and Values

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TO ASSIST THE COMMUNITY TOWARDS POSITIVE MENTAL HEALTH

The Bridge of Hope is a programme of Ashton Community Trust that actively reaches out to victims and survivors of the conflict with the aim of helping them towards a better position of empowerment, and improved health and wellbeing.

We aim to help people by increasing their understanding and awareness of positive mental health issues and the importance of self care.

We deliver a wide range of services as part of our drive to make a difference, and the details of our therapies are listed in this publication.

We are a collaborative partner that adheres to best practice and quality assurance in all aspects of service delivery. Our team of practitioners observe confidentiality and practice within legal requirements. We are an Investors in People recognised organisation that also holds ISO 9001: 2008. We hold a range of service level agreements with statutory organisations including the Belfast Health and Social Care Trust.

Bridge of Hope is underpinned by a number of guiding principles: Self help; Empowerment; Person-centred Services; Best Practice; Equality of Opportunity; Quality and Partnership Development.

Our Treatment Portfolio

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YOU ARE IN SAFE HANDS WITH OUR HIGHLY QUALIFIED TEAM OF THERAPISTS

Bridge of Hope provides a diverse range of therapies, which are delivered by practitioners who follow a strict code of ethics that act in the best interests of our service users. Our main therapies include:

- Reflexology
- Therapeutic Massage
- Aromatherapy Massage
- Indian Head Massage

Other treatments we offer include Reiki and Bowen Therapy.

When a person comes in for their first appointment the practitioner will take details including medical history. Once this is known an assessment will be made on which treatments are most suited to your needs.

At the Bridge of Hope we are able to incorporate different therapies into a person's session plan. In today's increasingly stressful society we try and reinforce the message that the sessions allocated to you are important appointments tailored specifically to meet your needs. Each treatment represents 'time out' for you.

Reflexology

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COMPLEMENTARY THERAPY THAT MAPS ORGANS OF THE BODY ON THE FEET

Reflexology is a system of complementary medicine that maps out the reflexes on the feet and hands to all the organs and the rest of the body. By applying acupressure and massage-like techniques to these reflex points on the feet and hands, the related body parts are positively affected, and blood, nerve and lymphatic systems are invigorated thus improving supply.

Reflexology can be used as a form of preventative maintenance, as well as to treat specific medical conditions. It is useful in treating arthritis, digestive problems, neck and back pain, migraine, menstrual and menopausal symptoms.

Reflexology has been found to be beneficial for physical and emotional symptoms.

Aromatherapy Massage

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SOOTHING COMBINATION OF MASSAGE, RELAXATION AND THERAPEUTIC OILS

Aromatherapy is the use of plant oils for preventative care, healing and general physical well-being. Essential oils can be used in different ways, including massage, bathing and inhalation.

When used in massage, essential oils are not only inhaled, but absorbed through the skin as well. They penetrate the tissues and find their way into the bloodstream where they are transported to the organs and systems of the body. Different oils are thought to act on the body in different ways, having a relaxing, energising, calming or uplifting effect.

Popular because of its non-invasive nature, aromatherapy is used for a wide range of health problems such as anxiety, stress, insomnia, fatigue and stress related conditions. Many people find it useful in treating arthritic and rheumatoid pain, headaches, and pre-menstrual tension. It is sometimes available in maternity services and is widely used in palliative and cancer care in hospitals and hospices.

Some people also use aromatherapy just for its relaxation effects.

Therapeutic Massage

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THERAPEUTIC MASSAGE HAS AN AMAZING EFFECT ON THE BODY'S NERVOUS SYSTEM

Therapeutic massage is one of the oldest, most effective and natural forms of healing. Massage relaxes and calms the tense, anxious mind by slowing down the breathing from short, rapid breaths to more effective deep slow breaths.

A massage counteracts your body's negative response to stress, relaxing muscle tension and allowing your heart rate, blood pressure and circulation to return to normal. This relieves mental, emotional and physical fatigue.

Therapeutic massage also helps you become aware of any unconsciously held body-tension. As part of this awareness process you will develop the ability to recognise tension when it starts to build, and be able to intuitively release it before it can have a negative effect on the body.

Massage can be used for pain relief, muscular or joint problems, to aid relaxation and for more general health improvement.

Studies have found that therapeutic massage may help with stress related conditions, such as insomnia, irritable bowel syndrome, chronic fatigue, and constipation. It can also be helpful for persistent back pain. Massage may also be used for people with depression or acute short - term anxiety.

The intensity of the massage can vary and the practitioner will check that you are happy with the level of pressure.

Other therapies: Reiki/Bowen

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REIKI ENHANCES THE BODY'S NATURAL ABILITY TO HEAL

BOWEN IS A GENTLE YET POWERFUL TECHNIQUE THAT HELPS RELIEVE PAIN

REIKI is a Japanese form of healing that has become popular worldwide. It incorporates elements of other alternative healing practices such as spiritual healing, aromatherapy, auras, crystals, chakra balancing and meditation. It involves the transfer of energy from practitioner to patient to enhance the body's natural ability to heal itself through the balancing of energy. It has several basic effects: it brings about deep relaxation, helps unblock energy flows, detoxifies the system and provides new vitality in the form of healing life energy. Reiki can be used to treat many ailments and can help to reduce anxiety and stress.

BOWEN is a treatment that uses a gentle rolling technique to assist soft tissue release. It does not attempt to force the body to change, instead it asks the body to recognise and make the changes necessary to bring it back to a more balanced position. Bowen can be administered through light clothing with the client sitting, standing or lying down. Releasing stress at a very deep level it then stimulates the body to realign. Bowen can help with a wide range of conditions, physical and emotional. Bowen is suitable for all ages and there are no known contra-indications.

Indian Head Massage

Aftercare Advice

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SOOTHES THE ENTIRE NERVOUS SYSTEM AND AIDS RELAXATION

Indian head massage is a massage of the upper part of the back, neck, scalp and face. The massage techniques used during this treatment are simple but extremely effective. As the head is the centre of the nervous system, a head massage soothes the entire nervous system.

This type of massage can be given on top of clothing or directly on the skin using oils.

Indian head massage is beneficial for different conditions such as: neck and scalp tension, headaches, migraine, hair loss, fatigue caused by mental stress and strain and lack of concentration.



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RELAX, REHYDRATE AND REST FOR AS LONG AS POSSIBLE

It is recommended that you relax and rest for as long as possible, avoiding alcohol and a heavy meal for two hours. The body may be stimulated by the treatment to remove toxins. Symptoms such as thirst, increased urination, headache, tiredness or feeling invigorated and energised are all possible signs of this.

Drinking extra water is suggested to minimise symptoms and enhance the benefits of the treatment. Treatments may relieve physical symptoms, however it is important to continue with all prescribed medication.

If you have received an aromatherapy massage it is beneficial not to shower and bath for 12-24 hours in order to let the essential oils absorb through the skin.

Making a difference...

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TESTIMONIES - “It released some of the pressure I was under - I feel more relaxed, feel I could take on the world”

With every service Bridge of Hope provides, we constantly seek feedback from our users. This system of evaluation plays an important role for us especially in shaping the services we deliver. Over the years our treatments have proven to be extremely successful and since we opened in 2001 people have told us what a difference we have made to their lives.

Here are just a few of those comments -

“I now have a great understanding of myself and am eating much better, this was a wonderful experience thank you.”

“I arrived six weeks ago in a very fragile emotional state and the treatments helped me to feel capable of moving forward with more sense of strength and hopefulness”

“I feel more hopeful about myself.”

“My treatments helped me to relax and really aided sleep.”

“I feel much healthier and at ease with myself.”

“It has helped me belong and enabled me to sleep better. I have more energy and I feel more motivated.”

IF YOU ARE INTERESTED IN ANY TREATMENT PLEASE CONTACT:

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Bridge of Hope is a programme of Ashton Community Trust.
It is a not-for-profit organisation and also a registered charity
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Community Relations Council