



Bridge of
HOPE

Treatment Portfolio



Ashton Community Trust

Our Aims and Values

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TO ASSIST THE COMMUNITY TOWARDS POSITIVE MENTAL HEALTH

Bridge of Hope, a department of Ashton Community Trust, promotes mental health and wellbeing by supporting individuals to adopt better coping skills, develop self-care strategies and to make positive life changes.

Since 2001 we have supported over 13,000 people access better steps to healthy living through our clinics and outreach sites. Our wellbeing and holistic services include: complementary therapies, life coaching, counselling, counselling support, accredited training and personal development courses. All of these services are designed to help people manage and reduce stress, and encourage them to adopt a more positive, healthy and resilient lifestyle.

We support people through a range of funding streams made possible by the Victims & Survivors Service,

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Belfast Health & Social Care Trust (BH&SCT) and Public Health Agency. We are a BH&SCT Primary Care Talking Therapies Hub provider delivering services across the city of Belfast to meet the needs of individuals who are experiencing common mental health problems.

We are a collaborative partner that adheres to best practice and quality assurance in all aspects of service delivery. Our team of practitioners are highly qualified and are members of recognised regulating bodies such as the Federation of Holistic Therapists (FHT) and all adhere to a strict code of conduct and ethics.

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



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

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Bridge of Hope delivers complementary therapies in various locations throughout Belfast and further afield. These therapies include reflexology, therapeutic massage, aromatherapy massage and Indian head massage and are delivered by a team of highly qualified practitioners who work to ensure you receive the best care possible.

Our outreach locations are:

- Bridge of Hope Clinic at Ashton Centre
- Bridge of Hope Clinic at McSweeney Centre
- Ardoyne Community Centre
- Sally Gardens Community Centre
- Falls Women's Centre
- Shankill Women's Centre
- Tar Anall
- The Milestone Centre, Carrickmore, Co Tyrone

About the service: We offer a range of evidence-based therapies including massage and reflexology. You will unwind in an unhurried atmosphere of comfort and care, leaving the stresses of the everyday world behind you in our relaxing therapy centres.

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Complementary Therapy: There are many forms of complementary therapy, including reflexology, and several types of massage. The primary purpose of these therapies is to encourage and promote relaxation of the body and mind. This is based on the view that the mind and body are inextricably linked and the health of one is interdependent on the health of the other.

The Process: Following your referral the practitioner will carry out an in-depth consultation at the beginning of your first session to establish your emotional and physical needs. This will allow the practitioner to tailor the treatment plan to meet your individual requirements. It also means developing the optimum plan for your wellbeing. Your practitioner is qualified and experienced. You will be offered a course of treatments which consists of six sessions, one per week, each lasting 60 minutes. In today's increasingly stressful environment we try to reinforce the message that these sessions allocated to you are important appointments tailored specifically to meet your needs. Each treatment represents the chance for you to feel more balanced.

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



SOOTHING COMBINATION OF MASSAGE, RELAXATION AND THERAPEUTIC OILS

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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, energizing, 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.

Indian Head Massage



SOOTHES THE ENTIRE NERVOUS SYSTEM AND AIDS RELAXATION

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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.



Aftercare Advice

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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...



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

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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."

"It released some of the pressure I was under and I definitely slept well afterwards. I feel more relaxed and easy tempered, feel I could take on the world."

"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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For more details about us log onto
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Bridge of Hope is a department of Ashton Community Trust.
It is a not-for-profit organisation and also a registered charity
No. XR26284



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Project supported by the PHA



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