

Extract from the 2005 Edition of the Southwark Mind Services Directory

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Visit the fully searchable online version of this directory at
<http://www.southwarkmind.org.uk/searchframe.html>
where you can search by Category, by Keyword and by Postcode

To add details of your project to our database for inclusion in any
future updates phone or email us and ask for a questionnaire form.

Compiled and produced by Alex Clark



CHAPTER 11: COMPLEMENTARY THERAPIES

This chapter has two parts: Practitioners and Complementary Therapy Organisations, who you can contact for details of practitioners in your area. With thanks to Ranuka at Lambeth Mind for providing many of the contacts in this chapter.

Complementary Therapy Practitioners

Ania due Klitte

Phone: Mobile: 07930 588527

Email: aniadue@yahoo.co.uk

Description: Shiatsu is a form of therapeutic bodywork that is relaxing, restorative and beneficial to health. It is practiced on a futon with the client wearing light, loose clothing. The governing principle is to harmonize yin and yang and to restore natural balance in all aspects of the body-mind. Treatments include palming along meridians or energy pathways, thumb pressure on acupressure points and gentle stretching and mobilisation of joints. Shiatsu works well alongside conventional medicine. Professional qualifications/associations: Studied Oriental medicine in Denmark and in London at the European Shiatsu School. Currently engaged in postgraduate study exploring Shiatsu's roots in Traditional Chinese Medicine, as well as taking a specialist course in Shiatsu for pregnancy and childbirth. Qi Gong practitioner.

Special Interest Activities: Shiatsu can be effective in treating a wide range of conditions including: Asthma, Allergies, Anxiety, Depression, Back pain, Circulatory problems, Digestive complaints, Headache and Migraine, Sleep disorders, Menstrual and Gynaecological problems etc

Additional Info: Costs: £40-£50 (1hr - 1:30hr), concessions available by arrangement

Opening Hours: Daytime and evenings

Travel: Area Served: South-East London

Ayanna Serwa

Phone: Mobile: 07832 105301

Email: ayannaaromas@hotmail.com

Description: Offers Aromatherapy, Neck & Shoulder Massage and Full Body Massage. Can help provide relief from muscular tension, sciatica, PMS, nervous tension, depression, and digestive complaints. Also available for workshops and training sessions. Professional qualifications/associations: ITEC qualifications in Massage and Aromatherapy, ITHMA qualification in Aromatherapy, Graduate with BSc. (Hons) in Herbal Medicine.

Special Interest Activities: Costs: Individual sessions on a sliding scale depending on income, rates for organisations are negotiable depending on the task.

Opening Hours: Phone any day 10am-5pm to make appointment.

Travel: Area Served: UK & International.

Barra Bromley

Phone: 0207 724 2537

Other Numbers: Mobile: 07904 057521

Email: barrabromley@hotmail.com

Description: Reiki treatment that can help with emotional distress, insomnia, lack of creative drive, headaches, arthritis, back pain and general disharmony of mind and body. Reiki has benefits for everyone. Phone enquiries welcome, as it is possible to tailor treatments to suit different needs and circumstances. Professional qualifications/associations: Level 2 Certificate

Additional Info: Costs: £25 for a full 50 minute session plus travel charge, £10 for 20 mins plus travel charges. Rates negotiable for group work.

Opening Hours: Times: Mondays, Fridays and evenings and weekends.

Travel: Area served: Central and South London, home visits by arrangement.

Chandra Ghoorbin

Phone: 0208 265 1431
Other Numbers: Mobile: 07752 410982
Email: sega@techemail.com

Description: Offers Indian Head Massage and Full Body Massage. Indian Head Massage promotes oxygen to the brain, hair growth, relief from eye strain, relieves sinuses, alleviates knotted muscles, loosens up tense muscles, expels toxins from the muscles, and relieves stress. For people of all ages, except after a recent operation or injury, or with very high or low blood pressure. Professional qualifications/associations: Practitioner Diploma in Chamissage.

Additional Info: Costs: Full Massage £30 for 1 hour, Indian Head Massage £20 for 40 mins. Concessions available, group rates by arrangement.

Opening Hours: Phone Mon-Fri 8am-8pm for appointment.

Travel: Area Served: SW and all London.

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Cheralyn Bell

Phone: Office: 0207 411 6566 Home: 0207 635 5128

Other Numbers: Fax: 0207 411 6569

Email: cheralyn.bell@slam.nhs.uk

Website: <http://www.heavenlystar-acupuncture.co.uk>

Description: Acupuncture is a branch of Chinese medicine which has been used as a system of diagnosis and health care for over 2,500 years. Acupuncture can help with stress, depression, insomnia, schizophrenia, obesity, opium, cocaine and heroin dependence, alcohol dependence, pre-menstrual tension, excess secretion of saliva and tobacco dependence. The acupuncturist will take a detailed history and examine your pulse and tongue to assist in diagnosis. Normally 4-8 acupuncture points are selected to address your complaint. Sterile needles are used and treatment is perfectly safe when carried out by a fully qualified practitioner. The needles are inserted and left for 20-30 minutes. This treatment can often promote a feeling of deep relaxation and wellbeing. Professional qualifications/associations: Registered General and Mental Health Nurse, BSc Hons in Traditional Chinese Medicine.

Special Interest Activities: Depending on your diagnosis you may be offered cupping, moxabustion, dietary and lifestyle advice. Cupping is where a vacuum cup is placed over acupuncture points. Moxabustion is where a dried herb is burned over acupuncture points.

Additional Info: Costs: Initial consultation and treatment £40 then £35 per session. Concessions available by arrangement for people on low income/benefits.

Opening Hours: Phone anytime. Answerphone if nobody immediately available.

Travel: Area Served: Lambeth and neighbouring boroughs

Copleston Centre Complementary Therapy Workshops

Address1: Copleston Road
Town/City: London
Postcode: SE15 4AN

Phone: 0207 732 3435
Other Numbers: Fax: 0207 635 9522

Description: The Copleston Centre provides a range of Complementary Therapies as part of the Mental Health Development Project, to help promote mental health awareness and improve mental health and well-being. Team of professional, qualified therapists offering a variety of holistic treatments including Aromatherapy, Body Massage, Homeopathy, Indian Head Massage and Reflexology. Phone for further details.

Additional Info: Complementary Therapy sessions available to organisations at negotiable rates

Opening Hours: Office: Mon-Fri 10am-5:30pm

Travel: BR: East Dulwich or Peckham Rye / Buses: 12, 40, 176, 185, 312, 484 or P13 to door

Referral: Self or any other source. Self referrals accepted but you have to fill in a Community Opportunities referral form

Criteria/Catchment: Everybody welcome

Disabled Access - ramps, wide doorways, disabled toilet

Ed Fellows

Address1: c/o Spiritual and Pastoral Care Office

Address2: Maudsley Hospital, Denmark Hill

Town/City: London

Postcode: SE5 8AZ

Phone: 0207 919 2815 and leave message

Other Numbers: Mobile: 07985 671868

Email: edward.fellows@freeuk.com

Description: Yoga sessions every Thursday in the chapel at the Maudsley hospital. Yoga can help with stress, back pain, joint pain, respiratory problems and more. Phone for further details.

Additional Info: Costs: currently £7-£10 for group sessions, £40 for individual sessions, concessionary rates available for service users by arrangement.

Opening Hours: Thursdays from 5:15pm-6:30pm in the chapel at the Maudsley Hospital

Travel: BR: Denmark Hill / Buses: 68, 185, 468 to door

Criteria/Catchment: South London and Maudsley NHS Trust catchment area (Southwark, Lambeth, Lewisham and Croydon)

Disabled Access - ramps, wide doorways, disabled toilet

Gateway Clinic

Address1: Gateway Clinic, Lambeth Hospital

Address2: 108 Landor Road

Town/City: London

Postcode: SW9

Phone: 0207 411 6151

Other Numbers: Fax: 0207 411 6173

Email: dominique.joire@lambethpct.nhs.uk

Description: The Gateway Clinic is the only Traditional Chinese Medicine (TCM) clinic in the NHS offering acupuncture, Chinese herbal medicine, Qi Gong classes and dietary and lifestyle advice. Traditional Chinese Medicine can offer relief from depression, stress and anxiety. The clinic also provides a service for mental health treatment. Professional qualifications/associations: member of the British Acupuncture Council (BAC) and Register of Chinese Herbal Medicine (RCHM).

Special Interest Activities: Busy clinic seeing over 400 people a month, promotes preventative health care and positive health practices through a variety of alternative disciplines.

Additional Info: The Gateway Clinic won the 2003 award for best medical practice in the UK by the Prince Charles Foundation of Integrated Health.

Opening Hours: Mon-Fri 8.30am-11.30am and 1pm-4pm

Travel: Area Served: Lambeth, Southwark and Lewisham

Referral: Open access ear acupuncture drop-in 5 days a week, GP referral needed for a consultation for body acupuncture or Chinese herbal medicine.

Criteria/Catchment: For residents of Lambeth, Southwark and Lewisham.

Disabled Access - ramps, wide doorways, disabled toilet

Hilary Newmark

Phone: 0208 675 2852

Website: <http://www.stat.org>

Description: Practices Alexander Technique which can help relieve stress-related disorders and depression, but is not limited to these - anyone can benefit from Alexander lessons. Professional qualifications/Associations: Member of Society of Teachers of the Alexander Technique (MMSTAT)

Special Interest Activities: Home visits by arrangement.

Additional Info: Costs: £25 for 40 minutes. Sliding scale for people on low income.

Opening Hours: Sessions available evenings/weekends. Phone for appointment.

Travel: Area Served: Balham & South West London.

Jane Robbie

Phone: 0208 671 9352

Other Numbers: Mobile: 07771 908298

Email: jane_robbie@tiscali.co.uk

Description: Offers seated acupressure chair massage for head, neck & shoulders, Aromatherapy Massage and Swedish Massage. Chair massage gives relief from anxiety and depression, headaches, backache, stress, and tight sore muscles. Aromatherapy gives relief from depression, stress, tight sore muscles, skin conditions, and improves general well-being. Professional qualifications/associations: ITEC Diplomas in Aromatherapy and Anatomy, Physiology and Body Massage, European Institute Diploma in Seated Acupressure.

Special Interest Activities: Limited disabled access, phone for details.

Additional Info: Costs: based on client's income.

Opening Hours: Phone for appointment.

Travel: Area Served: London.

Janet Lindsey

Phone: 07779 202018
Email: janet.lindsey@btconnect.com
Website: <http://www.taichijanet.co.uk>

Description: Offers T'ai Chi and Chi Kung. Both help with relaxation, improve confidence, relax mind and body, increase concentration, create a better posture, lower blood pressure, provide more grace and control with movement, and generally help with an overall feeling of well-being. Assistance with balance and associated exercises, particularly in relation to fall prevention. Own studio or home visits by arrangement. For home visits the initial consultation charge is travel costs only, then for individual lessons see costs below. Additional info: My belief is that beneficial exercise, such as T'ai Chi, Chi Kung and Relaxation should be available to all. I am very passionate and committed to helping as many people as I can to feel the benefits, and therefore lead a better quality of life. Professional qualifications/associations: Qualified teacher for the T'ai Chi & Chi Kung Forum for Health, teacher trained to FENTO (Further Education National Training Organisation) Level 1

Special Interest Activities: Target Groups: All, regardless of any special needs. Group and private consultations available for people with sight or hearing impairment, learning difficulties, physical or mental health service users, elderly people, cancer recovery patients etc.

Additional Info: Costs: £10 per person for 1 to 1½ hours for group work (10-20 people), £30 per hour for 1-to-1 sessions (this cost can be shared by 2/3 people on request). Concessions available. Ask about subsidised/funded classes that may be available in your area.

Opening Hours: Phone Mon-Fri during daytime to discuss appointment

Travel: Area Served: Clapham, SW4 and surrounding areas

Julie Whitehead

Phone: 0207 733 2389

Other Numbers: Mobile: 07973 164369

Email: londonlaugther@aol.com

Website: <http://www.laughteryoga.co.uk>

Description: Offers Laughter Therapy, Hatha Yoga and Indian Head Massage. Laughter group held at Lincolns Inn Fields (near the bandstand) by High Holborn tube on 1st and 3rd Sunday of the month 12noon - 1pm, priced £5 per person. Sunday sessions are informal, anybody can attend and benefit from Yoga, regardless of physical fitness. Laughter therapy offers relief from stress and depression - it is very uplifting. Yoga is for general well-being, peace and calm as well as strengthening the body. Indian Head Massage helps with relaxation and well-being, and for headaches and insomnia etc. Professional qualifications/associations: Yoga and Laughter Leader and Laughter Leader trainer. ITEC qualified Indian Head Massage therapist.

Special Interest Activities: Target Groups: Laughter Therapy for special interest groups e.g. people with diabetes, Alzheimer's, and mental health groups. Anybody can benefit from Yoga and Laughter Therapy.

Additional Info: Evening classes at various centres, phone for details.

Opening Hours: Phone enquiries Mon-Fri 9am-5.30pm

Travel: Area Served: London and South East

Koko Bassey

Phone: 0208 678 8554

Other Numbers: Mobile: 07957 793526

Email: libramobileclinic@yahoo.com

Description: Offers Head and Shoulders Massage, Whole Body Massage, Holistic Massage and Aromatherapy. All techniques offer relief from stress and tension. Also available for talks and workshops. Professional qualifications/associations: Therapeutic Aromatherapy (ITEC Diploma)

Additional Info: Costs: Negotiable depending on income.

Opening Hours: Phone 10am-5pm for appointment.

Travel: Area Served: London.

Louise Villeneau

Phone: 0208 699 9598

Other Numbers: Mobile: 0794 7646650

Email: lvilleneau@aol.com

Description: Offers Reflexology and aims to provide a high quality, thoughtful and responsive service tailored to each individual's needs. My approach is to pay particular attention to the whole person including life situation, health, beliefs and personal goals. Reflexology can improve total body functioning, aids relaxation and reduces anxiety. Also for insomnia, tiredness, skin conditions, menstrual and fertility problems etc. Professional qualifications/associations: ITEC Diploma in Reflexology, Anatomy and Physiology, Member of EMBODY (formerly IGPP).

Additional Info: Costs: 90 minute initial consultation and subsequent treatments of 45 mins at £30-40 per treatment. Concessions available for low income/unwaged clients.

Opening Hours: Times: Session times negotiable, some evening and weekend work by arrangement.

Travel: Area Served: SE London

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Mamta Nanda

Address1: c/o Balham Therapy Rooms

Address2: 156 Balham High Road

Town/City: London

Postcode: SW12 9BN

Phone: 0208 333 2010

Other Numbers: Mobile: 07782 161477

Email: mamta@reikiwithmamta.com

Website: <http://www.reikiwithmamta.com>

Description: Reiki works on all levels, physical, emotional, mental and spiritual. It aims to restore balance, health and well-being, and supports all forms of treatment, both conventional and complementary. Can often help reduce the negative side effects of medication and medical treatment. Also for emotional problems such as anger, grief, anxiety, depression and fear which respond very well to Reiki, as do compulsive and addictive behaviour patterns. Reiki is perfectly safe, non invasive and can be used by anyone - from a baby to an old person. Professional qualifications/associations: Level I and II in Usui Shiki Ryoho, also member of the Reiki Association UK.

Special Interest Activities: Costs: £40 for 1 to 1½ hours. Concessionary rates available by arrangement.

Additional Info: Specialist service for pregnant women, mothers and babies. Home visits considered.

Opening Hours: At the Balham Centre weekdays 9.30am-3pm, private sessions by arrangement.

Travel: Area Served: South London.

Mark Sutherland

Address1: Spiritual and Pastoral Care Office

Address2: Maudsley Hospital, Denmark Hill

Town/City: London

Postcode: SE5 8AZ

Phone: 0207 919 2815

Email: mark.sutherland@slam.nhs.uk

Description: Offers guided Meditation sessions. Meditation can be useful for anxiety, tension, stress, alienation and feelings of meaninglessness, as well as for physical problems. Professional qualifications/associations: Presiding Chaplain at the Maudsley Hospital, trained Transpersonal Psychotherapist.

Special Interest Activities: Target group: mainly for people with mental health problems living in Southwark and Lambeth.

Additional Info: Costs: Meditation sessions are free on Mondays 5.15-6.30pm in the Sanctuary at the Maudsley Hospital. This location has full disabled access.

Opening Hours: Mondays 5.15-6.30pm

Travel: BR: Denmark Hill / Buses: 68, 185, 468 to door

Disabled Access - ramps, wide doorways, disabled toilet

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Marva Donaldson

Address1: c/o the Copleston Centre

Address2: Copleston Road

Town/City: London

Postcode: SE15 4AN

Phone: Copleston Centre: 0207 732 3435

Private session enquiries: 07946 776421

Email: kdskid@hotmail.com

Description: Offers Therapeutic Massage, Aromatherapy and Indian Head Massage. Massage therapies take account of the environment and lifestyle of each person and are designed to treat the person as a whole, not just the symptoms. They stimulate the body to repair itself and provide relief from the stresses of modern life, and can help with muscular aches and pains, depression, stiff joints and headaches etc. Professional qualifications/associations: ITEC Diplomas and Certificates.

Special Interest Activities: Target groups: Particularly for adults with mental health problems who live locally in Peckham, Dulwich and Camberwell areas and for people attending the Copleston Centre.

Additional Info: Costs: by donation at the Copleston Centre, private sessions by arrangement, fees according to income.

Opening Hours: Phone to make an appointment.

Travel: BR: East Dulwich

Disabled Access - ramps, wide doorways, disabled toilet

Rachel Arnold

Address1: c/o Zen Aura, 24 London Road

Address2: Morden

Town/City: London

Postcode: SM4

Phone: Mobile: 07747 138932

Email: waterprophet@yahoo.com

Description: Reflexology for mental health groups, homeless families, older people, teenagers, and media people. Reflexology offers emotional release and relief from many forms of physical discomfort. Professional qualifications/associations: Diploma in Reflexology, Anatomy & Physiology, IPTI insured.

Special Interest Activities: Has done work for SureStart and has experience with various specialist client groups.

Additional Info: Costs: at centre 30-60 mins £25-£45, private sessions negotiable by arrangement.

Opening Hours: Phone weekdays 9:30am-5:30pm

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Roxana Rizvi

Address1: c/o the Copleston Centre

Address2: Copleston Road

Town/City: London

Postcode: SE15 4AN

Phone: Copleston Centre: 0207 732 3435

Private session enquiries: 0207 732 2054

Email: rillybox@hotmail.com

Description: Indian Head Massage, Healing and a listening ear. Relief for both physical and emotional problems e.g. inability to sleep and/or relax or concentrate, problems with memory, pains in muscles and joints, stress related arthritis, headaches etc. Professional qualifications/associations: RSA in Humanistic Counselling, qualified member of the World Federation of Healing and The Tareth Centre, qualified from The London School of Champissage.

Special Interest Activities: Target Groups: At the Copleston Centre mainly for people who have suffered some form of mental distress. The Copleston Centre also runs other activities, has a café, and has full disabled access.

Additional Info: Costs: By voluntary donation at the Copleston Centre. Private session: £25-£30, concessions available by arrangement.

Opening Hours: Times: Mon-Fri 9.30am-5pm

Travel: Area Served: Southwark area, mostly around Peckham

Disabled Access - ramps, wide doorways, disabled toilet

Satya Dunning

Phone: 07981 927335
Email: dancingsatya@yahoo.co.uk

Description: Offers Reiki treatments, which can help a number of ailments including anxiety and fatigue, back pain, arthritis and high blood pressure. Sessions last for 1 hour. Women only service, home visits by arrangement. Phone for further details.

Special Interest Activities: Target Groups: Anyone who experiences mental, emotional or physical distress.

Additional Info: Costs: Negotiable rates, concessions available for people who are unemployed, students, or retired.

Opening Hours: Weekday mornings and afternoons except Friday

Travel: Area Served: South East

Women Only sessions/services

Sue Thomas

Phone: 0208 699 0287
Other Numbers: Mobile: 07952 541164

Description: Offers Holistic Massage, Aromatherapy and Reflexology. Helpful for anxiety, tension and stress and relieves back, neck and shoulder pains. Professional qualifications/associations: ITEC Diploma (International Therapy Examination Council)

Special Interest Activities: Also works within the NHS as a Massage Therapist. Works with mental health patients, and in the Lambeth Community Care Centre (Monkton St. SE11) taking referrals direct from GPs. Also holds workshops and talks for NHS staff.

Additional Info: Costs: Initial consultation is free then £40 per hour session. Concessions available by arrangement.

Opening Hours: Times: Fridays late afternoon/evening at the New Cross Natural Therapy Centre on 020 8469 0858, weekday evenings and weekends by arrangement.

Travel: Area Served: London

Tmima Tash

Phone: 0208 678 6438

Description: Alexander Technique can help with stress and anxiety, voice and breathing, back strain, headaches, postural problems (joints & muscles), fatigue, digestive and vascular problems etc. Professional qualifications/associations: Member of the Society of Teachers of the Alexander Technique.

Additional Info: Costs: 30-40 minutes for £25. Concessionary rates available by arrangement.

Opening Hours: Times: Weekdays and Saturdays

Travel: Area Served: SW and SE London.

Zofia Hockin

Phone: 0208 771 2175

Other Numbers: Mobile: 07951 830382

Email: zofia@onetel.com

Description: Therapies offered: Polarity Therapy, Reiki, Holistic Massage and Counselling Skills. Relief from anxiety, backache, IBS, constipation, depression, digestive problems, fatigue, headache, migraine, menstrual problems, muscular aches and pains, and stress related conditions. Classes in relaxation/meditation and relaxing/breathing/stretching exercises. Sessions currently held at the South London Natural Health Centre, Clapham, SW4 and the Therapy Room in the Chelsea Sports Centre, SW3. Community visits by arrangement. Professional qualifications/associations: Qualifications: ITEC, MTI (holistic massage), ICA (aromatherapy), RPP (polarity therapy), and CSCT (counselling skills). Associations: Member of UKPTA (UK Polarity Therapy Association) and BCMA (British Complementary Medicine Association)

Special Interest Activities: Target Groups: No specific target groups but enjoys working with clients who are interested in healing on a deeper level and are willing to be active participants in the healing process.

Additional Info: Costs: Typical session of 1 hour is £44, shorter 30 min sessions by arrangement. Concessionary rates available, group rates for classes of up to 10 people at £45 p/hr if venue provided.

Opening Hours: Clinics currently held on Mondays pm, and Wednesdays am and pm.

Travel: Area Served: Currently practices at two centres in Chelsea and Clapham. For community visits within SE and SW London and Croydon

Complementary Therapy Organisations

Complementary Therapy organisations you can contact for details of practitioners in your area.

Aromatherapy Consortium

Address1: PO Box 6522

Address2: Desborough

Town/City: Kettering

Postcode: NN14 2YX

Phone: 0870 7743477

Email: info@aromatherapy-regulation.org.uk

Website: <http://www.aromatherapy-regulation.org.uk>

Description: For anyone looking for a qualified aromatherapist in the UK. Publishes a National Register of Aromatherapists and can provide a list of qualified practitioners in your area which is also available on their website. Phone for further details.

Opening Hours: Phone during office hours

Association of Reflexologists

Address1: 27 Old Gloucester Street

Town/City: London

Postcode: WC1N 3XX

Phone: 0870 567 3320

Other Numbers: Fax: 01823 336646

Email: info@aor.org.uk

Website: <http://www.aor.org.uk>

Description: Provides up to date information on reflexology. Send a SAE for a list of qualified practitioners in the UK, or phone or look on their website for practitioners in your area.

Opening Hours: Phone during office hours

British Acupuncture Council

Address1: 63 Jeddo Road
Town/City: London
Postcode: W12 9HQ

Phone: 0208 735 0400
Email: info@acupuncture.org.uk
Website: <http://www.acupuncture.org.uk>

Description: UK's main regulatory body for the practice of acupuncture by professionally qualified acupuncturists. Publishes an Annual Register of Practitioner Members. Phone, write or email for a free list of local practitioners or see their website.

Opening Hours: Phone during office hours

British Holistic Medical Association

Address1: 59 Lansdowne Place
Town/City: Hove
Postcode: BN3 1FL

Phone: 01273 725951
Email: bhma@bhma.org
Website: <http://www.bhma.org>

Description: Self-help books, tapes and general information about holistic approaches to health care. Send SAE for details.

Opening Hours: Phone during office hours

British Homeopathic Association

Address1: Hahnemann House
Address2: 29 Park Street West
Town/City: Luton
Postcode: LU1 3BE

Phone: 0870 444 3950
Other Numbers: Fax: 0870 444 3960
Email: info@trushomeopathy.org
Website: <http://www.trushomeopathy.org>

Description: Information for people wanting to find a homeopathic practitioner. Includes a register of accredited doctors, pharmacists, dentists and other practitioners. Campaigns for more homeopathy in the NHS and gives advice on getting NHS homeopathic treatment.

Opening Hours: Phone during office hours

British Naturopathic Association

Address1: Goswell House
Address2: 2 Goswell Road
Town/City: Street
Postcode: BA16 0JG

Phone: 08707 456984
Other Numbers: Fax: 08707 456985
Email: admin@naturopaths.org.uk
Website: <http://www.naturopaths.org.uk>

Description: Professional body of practicing naturopaths who are registered with the General Council and Register of Naturopaths in the UK. Write or see their website for contact details for qualified local practitioners.

Opening Hours: Phone during office hours

Institute for Complementary Medicine

Address1: PO Box 194
Town/City: London
Postcode: SE16 7QZ

Phone: 0207 237 5165
Other Numbers: Fax: 0207 237 5175
Email: info@icmedicine.co.uk
Website: <http://www.icmedicine.co.uk>

Description: Information service offering details of practitioners and courses in complementary medicine. For more details phone or see their website.

Additional Info: Telephone and Internet enquiries only

Opening Hours: Telephone enquiries Mon-Fri 10am-3pm

Referral: Open access

National Institute of Medical Herbalists

Address1: Elm House
Address2: 54 Mary Arches street
Town/City: Exeter
Postcode: EX4 6AH

Phone: 01392 426022
Other Numbers: Fax: 01392 498693
Email: nimh@ukexeter.freemove.co.uk
Website: <http://www.nimh.org.uk>

Description: Professional organisation of practitioners of herbal medicine (phytotherapy). Can supply a register of practitioners on receipt of an A5 SAE, stamped to 150 grams. Can also provide details of training courses etc. Phone for further details.

Opening Hours: Phone during office hours

Criteria/Catchment: For practitioners only

Research Council for Complementary Medicine

Address1: 27A Devonshire Street
Town/City: London
Postcode: W1G 6PN

Phone: 0207 935 7499
Email: info@rccm.org.uk
Website: <http://www.rccm.org.uk>

Description: Conduct research into complementary medicine to encourage safe, effective practice and improve patient care. Extensive database and range of published material. Phone for further details.

Opening Hours: Phone during office hours

Shiatsu Society

Address1: Eastlands Court
Address2: St Peters Road
Town/City: Rugby
Postcode: CV21 3QP

Phone: 0845 130 4560
Other Numbers: Fax: 01788 555052
Email: admin@shiatsu.org
Website: <http://www.shiatsu.org>

Description: National umbrella organisation for all types and styles of Shiatsu. Maintains a Register of Qualified Practitioners who have passed the Society's assessment process. Provide information on Shiatsu and how to find a registered local practitioner, by post or online. Various training courses, publications etc. Phone for further details.

Opening Hours: Phone during office hours

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Society of Homeopaths

Address1: 11 Brookfield, Duncan Close

Address2: Moulton Park

Town/City: Northampton

Postcode: NN3 6WL

Phone: 0845 450 6611

Other Numbers: Fax: 0845 450 6622

Email: info@homeopathy-soh.org

Website: <http://www.homeopathy-soh.org>

Description: Contact details for professional homeopaths in your area. General info on homeopathy. Publishes a Register of Homeopathy twice a year. Phone for further details.

Opening Hours: Office: Mon-Fri 8:30am-4:30pm

Referral: Open access