



The
**HEALTH
WORKS**

Complementary Health Centre

**Your Wellbeing
is our
Business**



Tackling stress, illness & injury. Reducing workplace absenteeism.

How much time off have your employees taken because of stress, illness or injury in the last month?

Multiply that figure by 12 and the lost days accumulate fast. Multiply that by people's wages and add the costs of extra staff to cover . . .

Health Works' complementary health care services can help you tackle these losses. We provide

- On-site health awareness and wellbeing events
- Massage therapies
- Osteopathy, Acupuncture & Shiatsu
- Counselling, Homeopathy, Nutritional Medicine & Hypnotherapy
- Yoga, Pilates and Alexander Technique classes
- Health and wellbeing workshops

Meet with our Director, Jo Redmond, to discuss how we can help; and create a bespoke wellbeing plan for your business.

The Health Works
Complementary Health Centre
111a Hoe Street, London E17 4RX
020 0208 503 7794.
healthworks@clara.co.uk
www.thehealthworks.co.uk

Health Awareness & Wellbeing Events

These are professionally organised on-site events, where a team of therapists visit and provide a variety of relaxing, but energising massages for your staff.

As well as promoting your team's health & wellbeing, they are also a great opportunity to show appreciation to your staff.



We tailor these sessions to the needs of each organisation, putting together a bespoke menu of activities from our range of massage therapies.

The sessions may be regular, or one off events. They can be designed as part of a team day, a training event, an award ceremony, a conference or works' party.

All our therapists are qualified, registered with their professional bodies, experienced and insured.

Holistic medicine

Holistic medicine recognises that our health is shaped by a wide range of physical and emotional influences. It focuses on improving the overall health and wellbeing of the patient, as well as treating specific symptoms and a wide range of ailments.

Massage therapies

Massage is a de-stressing activity that promotes wellbeing and relieves the musculo-skeletal aches and pains that are often caused by bad posture, injury or stress.

Back massage realigns muscle fibres and improves the nutrition they receive by increasing blood circulation. Through decreasing stress & muscle tension, it improves flexibility and movement and provides real mental and physical relaxation.



On-site massage uses ergonomically designed chairs and is designed to boost energy levels by increasing oxygen flow around the body. After a few minutes people feel re-energised with an enhanced ability to concentrate.



wish, the scalp.

Indian head massage focuses on relieving tense and knotted muscles. It improves circulation, oxygenates the brain and is a beneficial way of de-stressing & balancing the whole body. The therapist massages the `upper back, shoulders & neck and, if people

Reflexology works on the principle of releasing tension throughout the body by massaging reflexes on the feet. This helps energy to flow more freely, so the body can better heal itself. It is highly relaxing, as well as a therapeutic treatment in its own right.

Shiatsu helps musculo- using soft manipulation improve postural

A recent and back pain "very showing



a range of skeletal problems, tissue and gentle techniques to mobility & alignment.

study on Shiatsu judged it to be effective", success in 89% of cases and a significant reduction of time taken off work.

Shiatsu can help to release acute and chronic tension, including stiffness in the neck and shoulders thereby helping to restore greater mobility and headaches, migraines and sinus congestion also respond well. In a recent pilot study of digestive problems, 8 out of 10 people also revealed an improvement after Shiatsu treatment.

Hands, face & feet massage is a special intensive treatment for these often neglected areas of our body is an alternative to a more "traditional" full body massage.

Reiki is based on ancient Tibetan teachings. It balances body, mind, emotions & spirit as it releases tension & stress and creates a deep relaxation & feeling of wellbeing. The therapist places their hands over the body so that Reiki is channeled through the therapist to the recipient.

Make up and manicures can be a fun and relaxing addition to a Wellbeing event and not just for women!



Osteopathy

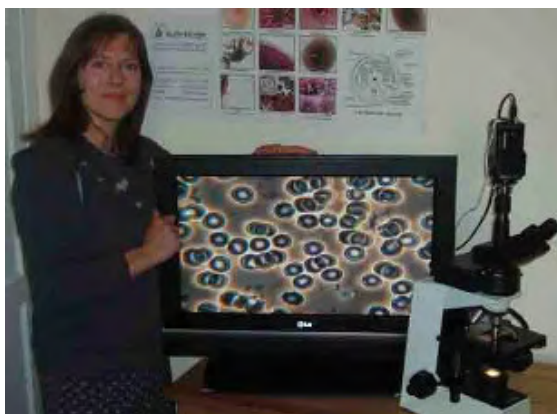
Osteopathy offers quick pain relief, tackling complaints ranging from sports and work-related injuries to arthritis and sciatica.

Treatment methods range from massage of muscles and connective tissues to manipulation and stretching of joints. This reduces muscle spasm, increases mobility and creates a healthier state in which damaged tissues can heal. Osteopathy can help with:

- back and neck pain
- muscle and ligament injuries
- shoulder problems(eg frozen shoulder)
- postural problems caused by driving or work strain
- knee and hip problems
- arthritis and sciatica
- injuries caused by overuse
- recurrent work or sport injuries (eg RSI and tennis elbow)
- tendonitis
- headaches
- back pain in pregnancy
- general musculo-skeletal problems



Nutritional medicine & allergy testing



Many people suffer from food intolerances. Our nutritionist carries out blood tests to identify foods that may lie at the root of digestive problems.

Addressing these allergies can lead to relief of discomfort and improved overall health. Conditions

that can be treated by nutritional medicine include IBS, constipation, diarrhoea, allergies, bloating, heartburn, menstrual & menopausal problems, weight issues and skin problems.

Homeopathy

Homeopathy is a natural system of medicine which uses safe, non-toxic remedies made from natural substances that have no side effects.

Homeopathy can treat many illnesses and people often view homeopaths like alternative doctors. However, homeopathy works very well alongside orthodox medicine and does not counteract it.



Acupuncture

Acupuncture works through releasing blockages in energy channels that run through the body. A recent BBC documentary showed how this ancient Chinese therapy helps a variety of conditions, including acute and chronic pain. It is an excellent therapy for treating acute pain quickly.

Conditions that are treated with Homeopathy and Acupuncture include:

- Coughs, colds, sore throats
- blood pressure problems
- headaches, migraines, sinusitis
- hay fever
- depression
- hormonal problems
- eczema and asthma
- stress, anxiety
- chronic back pain
- muscular pain from injuries or computer work
- pelvic pain (common in pregnancy)
- osteoarthritis
- skin problems.



Hypnotherapy



Cognitive Hypnotherapy creates a pleasant state of relaxation and concentration during which positive suggestions are made to promote more balanced and confident attitudes.

It can be helpful in dealing with anxiety, panic attacks, depression, phobias and compulsions and can help break addictions and habits, such as

smoking.

Hypnotherapy also has creative and performance-enhancing uses, helping people to refine their performance and release blocked potential. It can also help people to prepare for examinations and tests.

Our Cognitive Hypnotherapist uses a range of techniques, including NLP (Neuro Linguistic Programming), which accelerates positive change by looking at how problems and negative beliefs are “programmed in”.

Counselling

People often struggle alone with difficulties, feeling it may be ‘weak’, ‘embarrassing’ or ‘awkward’ to ask for help. However, an experienced counsellor can help people to get to the root of their difficulties and provide vital extra support to make changes.

These changes may relate to relationships, behaviour, lifestyle or work related matters. Counselling can also help people achieve a better work/life balance.

An initial discussion with our counsellor allows people to identify the difficulties they want to address and the approaches that would best suit. Counselling sessions are usually held weekly and last for 50 minutes.

Pilates



Pilates is a physical fitness discipline which, once mastered, strengthens and realigns the entire body. It focuses on postural muscles that



keep the body balanced and provides support for the spine. In particular, Pilates

exercises teach awareness of breath and alignment of the spine, strengthening the deep torso muscles, which are important in alleviating and preventing back pain.

Yoga

Yoga is designed to ease muscular tension and improve circulation, strength, stamina and balance. It increases the flexibility of the body's joints and ligaments.

Regular practice also stimulates the immune system, reduces stress and tension, improves concentration, boosts self-esteem and creates a sense of general wellbeing.

Yoga can help to manage or control anxiety, arthritis, asthma, back pain, blood pressure, chronic fatigue, depression, headaches, Multiple Sclerosis and many other conditions.



Alexander Technique

Alexander Technique helps people to overcome muscle tension & stiffness; back, neck & joint pain; poor posture; anxiety & stress. It can also be used to improve performance & prevent injury.

The teacher helps the client find ease and balance in everyday activities – such as sitting, standing, walking or bending. This then leads to improved functioning in more complex and demanding activities, such as lifting, handling and general manoeuvring.

Workshops

The Health Works can organise a wide range of health and wellbeing related workshops.

They are taught in an intelligent and informative way, that is accessible to anyone in the workforce.

Our workshops can also be a fun way to get an important message across and can be a valuable forum to support team work.

Subjects include:-

- Stress Management
- Stopping Smoking
- Weight loss
- Pain Management Techniques
- Natural methods of simple First Aid
- Releasing your potential



We use a variety of highly qualified trainers from Life coaches, NLP practitioners, doctors and expert therapists.

We provide

- Information packs for each workshop
- Promotional posters to help you get the word out
- Buffet lunch if required
- Feedback forms for you and us to assess how effective they are
- All necessary equipment.

Healthy working: a prescription. Learning From Good Practice Cases.

School of Business & Management, University of Glasgow

There are numerous individual statistics, which are frequently cited in support of the case for trying to establish a more positive relationship between employment and health. For example, the November 2005 issue of *Health at Work* cited the following (p2): Each week more than one million workers take time off because of sickness. Most return to work within days, however around 17,000 people are off work for longer. Almost one in five people who are off longer than 6 weeks leave work permanently. As one recent book put it (Bunting, 2005, p177): Human beings have finite resources, physical and emotional, and the over work culture eats into them. For many, the result is illness: either debilitating mental conditions such as work-related stress/depression, or life threatening conditions such as heart disease. The cost to an increasing number of individuals is evident in the spectacular explosion in the number of days at work lost to stress, not to mention all those workers below the statistical radar, who resort to anti-depressants to keep going and whose lives are a frantic effort to cope.

The costs & benefits of active case management & rehabilitation for (MSD's) musculoskeletal disorders. Prepared by Hu-Tech Associates Ltd for the HSE

The direct cost of sickness absence to businesses in the U.K. for the year 2001 was estimated at £11 billion per year by the CBI (Confederation of British Industry), and indirect costs to the nation were estimated as £23 billion per year (CBI 2001).

A survey carried out by Hu-Tech about providing therapies for employees showed:-

- 89% agreed that the organisation should provide therapy for those with discomfort.
- 70% agreed that if the organisation provided therapy, they would be happy for the organisation to specify the therapy and provider.
- The majority (96%) agreed to follow the advice of an advisor or therapist provided by the organisation.

Here are two case studies of organisations that have put into place complementary therapies as part of their Well-being Programmes

After **British Polythene Industries plc (BPI)** implemented their scheme they have over 80% reduction in the average number of working days lost due to MSDs; a significant reduction in the length of time employees stay off work after they've been injured - from an average of 26 days absence to 4 days. The profile of health and safety generally has been raised, and the initiative has contributed to a more positive health and safety culture. *"In financial terms, the benefits outweigh the costs by 12:1."*

Andy Collinson, Group Health & Safety Manager, BPI

AstraZeneca (pharmaceuticals) recognises that *"personal wellbeing is essential for employees to effectively build the company's innovation & creativity, adding competitive advantage in an increasingly competitive global environment."* In 2000 it started its "Well-being in AstraZeneca" programme, a part of its Corporate Responsibility strategy. They found absence levels 31% lower than average; employees note significant improvements in concentration and productivity at work; 20% to 30% downward trend in number of work-related stress cases of depression.

"I found the counselling helped me to find out a lot more about myself, even though my situation was a personal one, I didn't realise how much it affected my job."

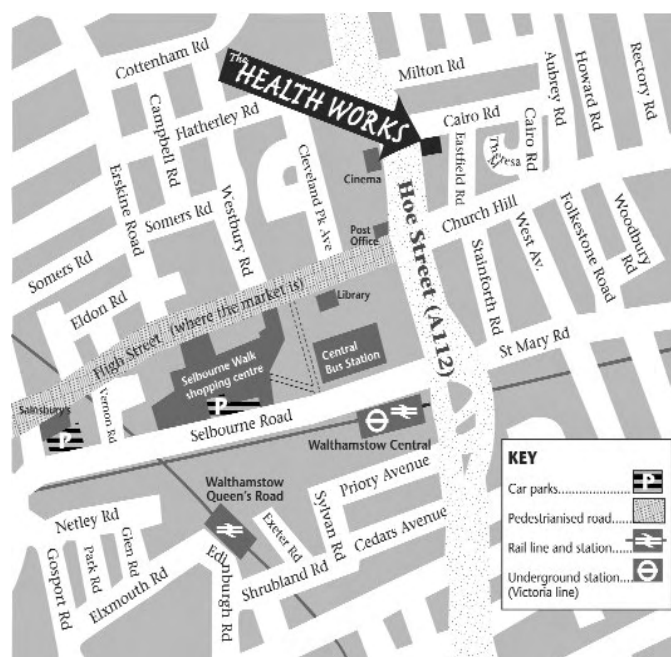
"Corporate Responsibility is not an add-on extra. It is an integral part of all that we do." Sir Tom McKillop, CEO AstraZeneca.

Time Out "Health and Fitness Guide"

Health Works Complementary Health Centre

111A Hoe Street, E17 4RX (8503 7794/www.thehealthworks.co.uk). Walthamstow Central tube/rail. Open 10am-noon Mon (baby clinic only); 9am-8.30pm Tue, Thur, Fri; 2.30-8.30pm Mon, Wed; 10am-4pm Sat. No credit cards. Treatments acupressure, acupuncture, Alexander Technique, aromatherapy, Bowen Technique, counselling, cranial osteopathy, homeopathy, hypnotherapy, Indian head massage, kinesiology, manual lymphatic drainage, massages, meditation, naturopathy, nutritional therapy, osteopathy, Pilates, psychotherapy, reflexology, reiki, shiatsu, Thai yoga massage, yoga.

Set over several floors of a roomy townhouse, Health Works is a welcoming, homely complementary health centre with good vibes in abundance. There's a wide range of treatments on offer, and it's not unheard of for whole families to come in for treatments. One of the centre's specialisms is pregnancy and baby care. The free parent and baby clinic that takes place every Monday is to be praised for the service it offers the local community (proceeds from the contemporary artwork that gives the premises character go towards funding the clinic). Thoughtful touches include a box of toys in every treatment room to keep the kids occupied while mum is being pampered. Other treatments within this field include HypnoBirthing (from January 2007), baby yoga and baby signing. Further strong points are homeopathy, osteopathy and acupuncture. You can take yoga classes here, and specialist treatments include a hayfever clinic and the Buteyko method for asthma. Several languages are spoken by the practitioners, from Italian and French to Hindi and Gujarati, making it even more accessible to local residents. The centre also makes up natural remedies like cough mixtures and eczema lotions.



The Health Works is on the corner of Hoe Street & Cairo Road, entrance in Cairo Rd. Vehicular access via Church Hill.

Accessible from: [Central London](#), [The City](#), [Canary Wharf](#), [Stratford](#). 10mins from the Blackwall Tunnel, 5 mins from the North Circular, 20 mins from the Olympic Village. 5 mins walk from Bus/Rail/Tube stations

Buses Well served by Walthamstow Central Bus Station

Tube Walthamstow Central, Victoria Line

Rail Overland from Liverpool Street

Parking Either Selbourne Walk Shopping Centre, or ask about our permits for adjacent parking.