

Physiotherapy

Treats painful joints and soft tissue injuries with a range of techniques to improve people's movement to promote health and wellbeing. Patients also receive a tailor-made home programme and advice on how to treat the injured area.

Prices: 30 mins £30.00
(concessions* £25.00)

Reflexology

Gentle foot massages to treat imbalances in the body. It can help to relax and heal different organs and tissues; whilst creating a sense of wellbeing.

Prices: 60 mins £27.00
(concessions* £23.00)

Reiki

A Japanese technique for stress reduction and relaxation that also promotes healing. It is administered by "laying on hands".

Prices: 60 mins £27.00
(concessions* £23.00)

Sports Therapy

For the prevention, recognition and treatment of minor sports injuries. It can be used to address a range of injuries as well as helping people wanting to maintain and improve fitness.

Prices: 60 mins £35.00
(concessions* £30.00)

Therapy Vouchers

Can be tailor-made for an ideal, thoughtful and unique gift. Please get in touch for further information.

The concessionary rate is available to people in receipt of benefits. Proof of eligibility may be required.

Pioneering Care Centre

Carer's Way


Newton Aycliffe


County Durham DL5 4SF

01325 321234

enquiries@pcp.uk.net

www.pcp.uk.net

 @PioneeringCare

 @PCPandCentre

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Therapies and Treatments



Experience our range of clinical and holistic treatments at the Pioneering Care Centre.

Indulge, relax, rejuvenate, reduce aches and stresses and improve mobility.

Unless stated please contact PCP on 01325 321234.

Acupuncture

Restores and maintains the body's natural balance by stimulating it's own healing response. It can help a wide range of physical, mental and emotional problems including anxiety, depression, hay fever, head/facial/neck/shoulder/back pain, insomnia, irritable bowel syndrome (IBS) migraines, scar pain, sciatica and many more.

Prices: On request
Contact Carol Hewitson
07393 032909



Aromatherapy Massage

An ancient art of healing, it uses essential oils from aromatic plants and herbs and a gentle massage technique to help to relieve pain, eliminate toxins and promote relaxation.

Prices: 60 mins £27.00
(concessions* £23.00)

Body Massage

A relaxing form of Swedish massage which can reduce stress, muscular tension, improve circulation and help mobility.

Prices: 60 mins £27.00
(concessions* £23.00)

The Bowen Technique

A gentle, hands on, soft tissue therapy. The practitioner applies a structured series of moves at precise points throughout the body. These moves consist of a subtle rolling of muscle, nerve, tendon, ligament and connective tissue prompting the body to realign to its natural healthy state.

Prices: 75 mins £40.00
(concessions* £32.00)

Under 18s £28.00

Contact Jane McAneney
07751 920464

Chiropody/ Podiatry

Chiropody offers individuals a wide range of foot care treatments and advice with a State Registered Chiropodist/ Podiatrist. Treatments include general foot care of corns, callous, verrucae treatments and nail problems.

Prices: 30 mins £23.50
(concessions* £19.50)



Cognitive Behavioural Therapy (CBT)

CBT is helpful in addressing a wide range of physical and psychological problems such as those related to anxiety and/or depression. The client and therapist work together to make changes to thinking patterns and behaviour.

Prices: On request
Contact Margaret Wright
07917626767

Counselling (private)

In life there are times when we all need some extra support. Counselling can help people through a wide range of issues including bereavement and loss, addictions, self esteem, anger, phobias, stress, anxiety and depression.

Prices: 60 mins £40.00

Hypnotherapy

Hypnotherapy is a state of heightened relaxation where you can make contact with your subconscious mind. It can help fears and phobias, stopping smoking, stress, anxiety, pain management and physical problems such as IBS and insomnia. Tracy also specialises in weight management.

Prices: 60 mins £45.00
Contact Tracy Pagiatis
07528 17588



Indian Head Massage

An ancient form of head and shoulder massage that relaxes refreshes and revives. You will leave this treatment feeling rejuvenated.

Prices: 60 mins £27.00
(concessions* £23.00)

Medical Herbalism

Uses remedies made from whole plant extracts. It works with the body's natural defence systems in a gentle and well tolerated way, to provide long term relief from both physical and mental disorders.

Prices: Initial appointment
60 mins £40.00
(concessions* £32.00)
Return visit 30 mins
£26.00 (concessions* £22.50)
Contact Mark Bonham
07581 732236

Neuro Linguistic Programming (NLP)

NLP looks at the way in which we think and process our thoughts (Neuro), the language patterns we use (Linguistic) and our behaviours (Programming) and how these interact to have a positive (or negative) effect on us as individuals. NLP can help many symptoms such as depression, stress, anger, drink or drugs problems, PTSD or PTSI etc.

Prices: On request
Contact Clair Johnston
07732 188145/07983 829121