



ONLINE SUPPORT FROM THERAPISTS & NATURAL HEALTH & WELL-BEING PRACTITIONERS BASED IN EAST ANGLIA

As a group of independent therapists, we are committed to ensuring that no one is denied the support they need during this difficult time and so many of us are offering discounted or free sessions / consultations, reduced rates or 'pay what you can afford' options. Please speak to each practitioner direct to find out what support they offer - most if not all offer free or heavily discounted services to all key workers.

If you cannot see the support you need on the list below, or you want to discuss your specific requirements or circumstances before contacting a practitioner, then please contact Sarah Woodhouse on 07715213392, or email her at sarah@sarahwoodhousetherapy.co.uk for a confidential chat.

LIVE ONLINE / DOWNLOADABLE CLASSES & EXERCISES

Pelvic Floor & Desk Bound Exercise

- Rosie Dhoopun: Pelvic Floor Restore and Desk Based Exercise Programme
- <https://labyrinthofnurture.co.uk>

Qi Gong

- John Millar: Qi Gong - [@EnergyPlayQigong](#)

Yoga

- Carol Dobson: Yoga - www.caroledruyoga.co.uk
- Nerine Pal: Yoga classes and one to one bespoke sessions - [@organicallyyoyoga](#)
- Stephanie Satriawan: Yoga - www.featherliteliving.com/booking

ONE TO ONE PHONE OR VIDEO CALLS

Aromatherapy

- Megumi Readhead – 07801 560789, megumireadhead@gmail.com, or [@megumireadheadMIFPA](#)

Bowen Technique / Therapy

- Sarah Woodhouse – 07715 213392, <https://www.sarahwoodhousetherapy.co.uk>,
or [@sarahwoodhousetherapy](#).
- Jo Wortley - [@fasciabowenjo](#)

Coaching

Jane Jennison - <https://autonomousideas.co.uk> or on [Facebook](#)
Nicola Harbridge - www.counsellingsuffolk.co.uk

Counselling, Psychotherapy and Support for Parents

Nicola Harbridge - www.counsellingsuffolk.co.uk
Nicola Mann – 07751 520369 or [@njmcounselling&hypnotherapy](#).

Emotional Freedom Technique and Thought Field Therapy

Yvonne Davey-Croft: EFT – 07969 900960 or <https://www.suffolkeft.uk>
Nicola Harbridge - www.counsellingsuffolk.co.uk
Elke Hausler: TFT – 07814 089272 or www.elkehausler.com
Emma Smy: EFT – 07920 015542 or www.emsbeautybox.co.uk

Exercises and Treatments for Pain and Discomfort

- Elke Hausler (specifically neck and shoulder) – 07814 089272 or www.elkehausler.com
- Sarah Woodhouse – 07715 213392, <https://www.sarahwoodhousetherapy.co.uk>, or [@sarahwoodhousetherapy](https://www.instagram.com/sarahwoodhousetherapy).
- Jo Wortley - Facebook [@fasciabowenjjo](https://www.facebook.com/fasciabowenjjo)

Gong Healing and Rites of Passage

- Jenna Gooding: Holding the Space & Gong Ceremony Passing over ceremony - [@gongbaththerapysuffolk](https://www.instagram.com/gongbaththerapysuffolk)

Herbal Medicine, Homeopathy and Functional Medicine

- Emma Dalton - www.emmadalton.net

Hypnotherapy and Integrated Eye Movement Therapy

- Nicola Mann – 07751 520369 or [@njmcounselling&hypnotherapy](https://www.instagram.com/njmcounselling&hypnotherapy).
- Gary Pinyoun: IEMT, particularly PTSD and Anxiety support – 07799 030163 or [@PositiveShiftSolutions](https://www.instagram.com/PositiveShiftSolutions)

Mindfulness

- Jo Wortley - [@fasciabowenjjo](https://www.instagram.com/fasciabowenjjo)

Reflexology

- Sarah Woodhouse – 07715 213392, <https://www.sarahwoodhousetherapy.co.uk>, or [@sarahwoodhousetherapy](https://www.instagram.com/sarahwoodhousetherapy).

Reiki and Healing

- Jenna Cottage: (healing & readings) - www.jennacottageclairvoyant.com
- Julia Reeves - 07868 267324 or <http://www.burystedmundsreiki.co.uk>
- Daisy Ship – 07818 430618 or [@theholisticdaisy](https://www.instagram.com/theholisticdaisy).
- Emma Smy – 07920 015542 or www.emsbeautybox.co.uk
- Sarah Woodhouse – 07715 213392, <https://www.sarahwoodhousetherapy.co.uk>, or [@sarahwoodhousetherapy](https://www.instagram.com/sarahwoodhousetherapy).

ORGANISATIONS

- Therapy Aid: They offer a variety of free-online therapies available specifically to unpaid carers in Norfolk. These include: Personalised Bach Flower Remedies, Laughter Therapy, Counselling, Hypnotherapy, Reflexology techniques, Massage techniques, Guided meditations. Contact Jackie Hamilton on jackie@therapyaid.co.uk or www.therapyaid.co.uk
- Woolpit Complementary: Counselling, CBT, Hypnotherapy and Nutritional Advice, 01359 408011 or www.woolpit-complementary.co.uk

FREE ONLINE RESOURCES

- Daisy Ship: Online mini meditations Wednesdays and Saturdays at 11am - 07818 430618 or [@theholisticdaisy](https://www.instagram.com/theholisticdaisy).
- Sarah Woodhouse: Weekly health and well-being video's - 07715 213392, <https://www.sarahwoodhousetherapy.co.uk>, or [@sarahwoodhousetherapy](https://www.instagram.com/sarahwoodhousetherapy).
- Therapy Aid: Their [Facebook](https://www.facebook.com/therapyaid) page has a variety of daily offerings
- Rosie Dhoopun: Movement exercise tips and video's - <https://labyrinthofnurture.co.uk>
- Nicola Harbridge – Advice on keeping well during lockdown www.counsellingsuffolk.co.uk

Remember that complementary therapies and natural health and well-being is not a replacement for medical advice.