



### Client quotes:

- "I get a feeling of relaxation and calmness and that helps with the anxiety."
- "It's helped me through the bereavement process greatly. An excellent service."
- "It's a haven of tranquillity. The treatment is fantastic. The staff are very caring."
- "It's a very calming place – so peaceful, you wouldn't think you were so close to Sunderland city centre."

### What does it cost?

The first treatment may be free if you are referred by a doctor, health professional or social worker ; or you may be able to get support through a self-help group or voluntary group (e.g. Carers' Association).

The cost of private treatments is £25 - £40 per session (as at October 2011)

All proceeds are used to support the work of our registered charity.



Contact us to find out more:



## H.O.P.S

Healing Opportunities

Provision Scheme

Registered Charity No: 1137794

H.O.P.S. 30 Roker Park Road,

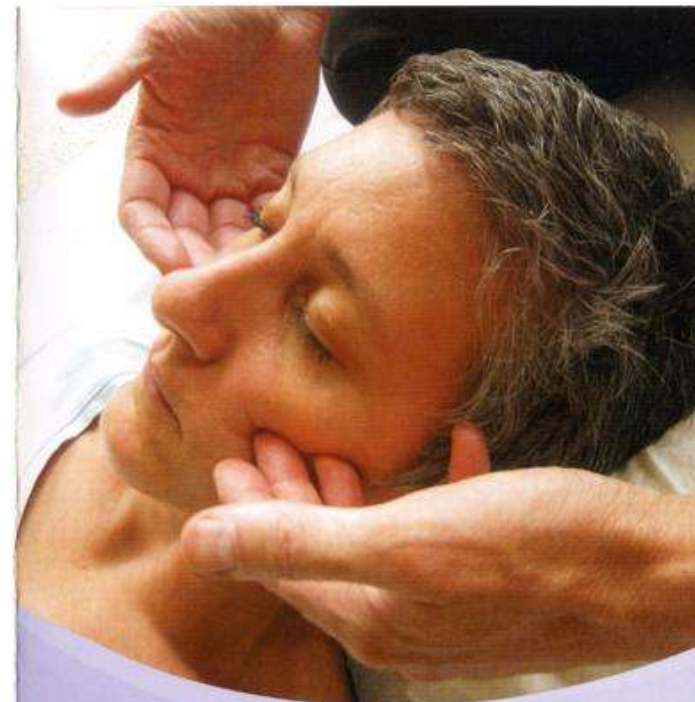
HOPS 30 ROKER PARK ROAD  
SUNDERLAND. SR6 9PG

OPEN: TUES-THURS 10AM - 3PM

TEL: 0191 548 3722

MOB: 07714 373521

[www.healing-sunderland.org.uk](http://www.healing-sunderland.org.uk)  
email: [info@healing-sunderland.org.uk](mailto:info@healing-sunderland.org.uk)



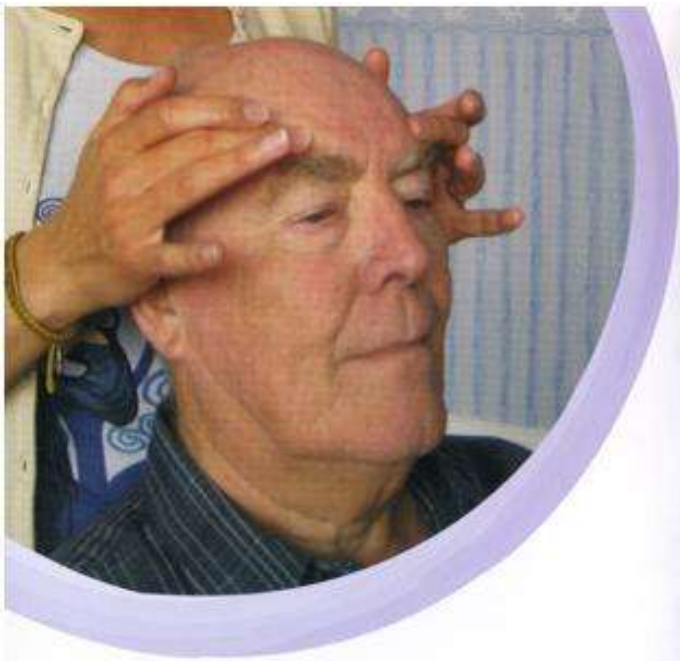
Relief from  
stress and  
pain



## H.O.P.S

Healing  
Opportunities





## What is HOPS ?

HOPS: Healing Opportunities offers some relief from stress or pain through our expert complementary healthcare.

## Does it work?

HOPS clients report very welcome benefits from even a few sessions:

- relaxation, where tension had become the norm
- easing of persistent pain
- improvements in chronic conditions
- better sleep
- improved self-esteem

Our treatments and classes work well alongside conventional medicine, rather than replacing it.

## What is on offer?

Therapies currently available at HOPS:

- Shiatsu
- Reiki / Healing
- Aromatherapy
- Massage / Indian Head Massage
- Reflexology
- Therapeutic Yoga

HOPS self-care courses:

- Tai Chi
- Yoga
- Relaxation
- Wellbeing and Self-care
- Energy workshops..... and more

*"I can't remember ever being so relaxed. It eased my shoulder pain. It's really helped me. I was all knotted and tense when I started and now I feel amazing!"*

*"My particular illness, as yet is incurable; but with the treatment and support of HOPS, being a carer with an illness is not such a daunting prospect."*

## Why choose HOPS: Healing Opportunities?

- With very experienced and highly qualified therapists, HOPS has a reputation for **high quality care**
- After over 1,000 treatments in three years, we have overwhelming evidence of **customer satisfaction**
- Our base at Roker is **accessible**. Adapted for use by people with disabilities, it has a bus-stop outside and free on-street parking
- There is a **peaceful** atmosphere in this beautiful building
- We are an independent charity **run by and for local people**

