

Hydrotherapy Pool, Therapies and Treatments



The Pioneering Care Centre invites you to experience our range of clinical and holistic treatments and our hydrotherapy pool

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



Therapies and treatments

Acupuncture

This treatment works to restore and maintain 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 back pain, hay fever, depression, headaches, high blood pressure, insomnia, anxiety, irritable bowel syndrome (IBS) and many more.



Prices: Initial appointment 90 mins £43 (concessions* £34)

Return visit 45 mins £37 (concessions* £30)

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: 1 hour £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: 1 hour £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. Most complaints can respond to this therapy which helps to encourage and maintain optimum health.

Prices: 75 mins £40
(concessions* £32)



Please call 01325 321234

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 £22.50
(concessions* £18.50)



Cognitive Behavioural Therapy (CBT)

CBT is a 'talking therapy', it looks at how we think and feel. 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.

Please contact the therapist directly for prices

Counselling (private)

In life there are times when we all need some extra support, a place where we can be ourselves, without judgement or being told what to do, to explore and understand what is going on around us and to us. Counselling can help people through a wide range of issues including bereavement and loss, addictions, self esteem, anger, phobias, stress, anxiety and depression.

Prices: 1 hour £40
(concessions* £30)

Homeopathy

Homeopathy is one of the most widely used forms of medicine in the world today. Remedies are made from animal, plant and mineral sources. They are prescribed by the Homeopath to fit all the characteristics of the patient, so physical disorders are considered in relation to an individual's mental and emotional state.

Prices: Initial appointment 1-2 hours, £65 (concessions* £55)
Return visit 45 mins - 1 hour £50 (concessions* £40)

or visit www.pcp.uk.net

Hypnotherapy

Hypnotherapy is a beneficial psychological therapy to access our inner potential and to help deal with a vast range of problems. It 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.

Prices: 1 hour £40
(concessions* £30)



Indian Head Massage

An ancient form of head and shoulder massage that relaxes, refreshes and revives a person, leaving them feeling rejuvenated.

Prices: 1 hour £27.00
(concessions* £23.00)

Medical Herbalism

A system of natural medicine using 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 (concessions* £32)
Return visit 30 mins
£26.00 (concessions* £22.50)

Physiotherapy

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

Prices: 30 mins £30
(concessions* £25)



Please call 01325 321234

Reflexology

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

Prices: 1 hour £27.00
(concessions* £23.00)

Reiki

A Japanese system of healing, which promotes physical and emotional wellbeing. Therapists use touch therapy to treat parts of the body to provide gentle, warming and vital energy.

Prices: 1 hour £27.00
(concessions* £23.00)

Sports Therapy

Therapeutic techniques are used for the prevention, recognition and treatment of minor sports injuries. Sports therapy can be used to address a range of injuries as well as helping people wanting to maintain and improve fitness; it's not just for athletes.

Prices: 1 hour £35
(concessions* £30)



Sound Therapy

Everything exists in a state of vibration and the level of vibration can be affected by external forces. The higher the vibrational rate the greater the capacity to absorb light and feel radiant.

The Sound Therapist uses instruments, music and voice to raise the vibrational rate of the individual to bring about positive benefits. Sound therapy can help create change in both our physical and emotional state.

Prices: Initial appointment
90mins £35 (concessions*
£30)

Return visit 1 hour £30
(concessions* £25)

Group 'Sound Bath' sessions
are also available at £5 per
person for 1 hour

or visit www.pcp.uk.net



water
babies

Weekly
Local
Classes

Precious bonding time in a bubble of splashy fun!

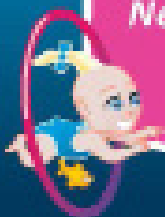
There's nothing quite like the feel of your baby's skin against your own. It's one of the best things you can do to bond with your baby and being in cosy warm water enhances those cherished moments.

classes held...

Durham, Darlington,
Brandon,
Northallerton, Bishop
Auckland, Shotton,
Newton Aycliffe and
Spennymoor.

To give your baby a splashing start call

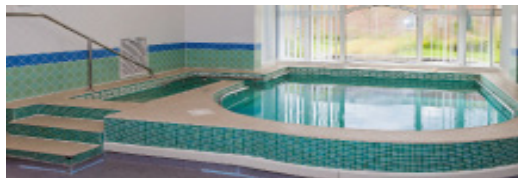
01325 328 872



Let's teach your baby to swim!

www.waterbabies.co.uk

Hydrotherapy pool



Monday

1.00-2.00pm
3.00-4.00pm (Parent & Toddler)
4.15 - 5.15pm (Ladies Only)
5.15-6.15pm
7.30-8.30pm (Aquacise)

Tuesday

9.00-10.00am (Aquacise)
1.00-2.00pm
4.15-5.15pm
5.15-6.15pm
6.30-7.30pm

Wednesday

9.00-10.00am (Aquacise)
10.00-11.00am (Parent & Toddler)
7.45-8.45pm (Aquacise)

Thursday

9.00-10.00am (Ladies only)
10.00-11.00am (Ladies only)
2.45-3.45pm
3.45-4.45pm
7.15-8.15pm (Aquacise)

Friday

9.00-10.00am (Aquacise)

Saturday

12.15-1.15pm
1.15-2.15pm

You don't need a doctor's referral to enjoy PCP's hydrotherapy pool. The heated pool is a great way to relieve pain, improve mobility or just de-stress from everyday life. It is safe for non-swimmers and fully accessible to those with mobility problems.



Prices per hour

Adult	£6.80
Concessionary*	£4.60
Ages 3-16	£4.00
Ages 0-3	£2.50
Family (2 adults + 2 children)	£16.50
Carers	£2.50

Group rates are available on request.

Special Offer!

Buy 6 sessions in advance and only pay for 5!



Therapy vouchers

are available and make an ideal thoughtful and unique gift. Please get in touch for further information.

*The concessionary rate system is available to anyone in receipt of any benefits (excluding child benefit or the family element of child tax credit) including Disability Living Allowance, State Pension, Incapacity Benefit, Income support etc. Proof of eligibility may be required.

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01325 321234

enquiries@pcp.uk.net

www.pcp.uk.net



@PioneeringCare



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This information can be made available in large print, Braille, audio and other languages.



INVESTORS
IN PEOPLE

Silver



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