

THSP offers

- Evidence based treatments for a range of musculo-skeletal conditions, psychological problems and life-style diseases
- Sustainable personalised treatment plans
- A range of treatment options for hard-to-treat conditions
- Management of chronic conditions
- Self-care & prevention programmes
- Increased patient choice
- Prevention programmes
- Accredited community training programmes in self-care
- Holistic therapies

Our Mission

Our mission is to support individuals and communities in their own health creation.

Our models of healthcare:

- Offer a range of cost-effective treatments
- Include prevention and self-care programmes
- Activate our body's innate capacity for physiological and emotional self-regulation
- Assure quality and evidence based outcomes
- Use our combined talents to create healthier lives for us all

We will do this through:

- Programme Design & Delivery
- 1:1 Personal Therapy/Treatment
- Groupwork
- Community Training & Education
- Consultancy



The
Sustainable Health
Partnership

Creating health through
INNOVATION and COLLABORATION

Do you, your community or voluntary group

- *Currently experience unmet health needs?*
- *Have concerns how health service reforms will affect you?*
- *Want to improve access to healthcare and have wider healthcare choices?*
- *Want to work with the new health commissioners to improve local healthcare?*

TSHP – Promoting community based health services and making a difference in how you and your community can get a better deal for your healthcare.

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To find out more **contact us:**
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THSP Community Leaflet

See also our General Leaflet

The Sustainable Health Partnership (TSHP) was formed in response to our experience of working in community health projects over the last twenty years.

The Problem

The NHS: A system under pressure

We believe that given the mounting pressures on the NHS it will become inherently unstable and less equitable. If this happens we will all be affected and the most vulnerable people in society will be at greater risk.

A Solution

Self-Care in the Community

One solution to combating the erosion of local services is to create ways in which communities can help themselves to greater levels of health by learning “self-care”. Though most relevant in prevention, health education and ameliorative and palliative care, we believe this approach also has a crucial role in mainstream treatment for long term conditions and health maintenance.

We do not see self-care as second best medicine, but a sound principle in its own right that has not been used widely enough in public health systems.

A self-care approach also allows us to develop holistic models of health that are more relevant to individuals and communities than the current over-medicalising of many of life’s problems.

Community based self-care can be offered either through group activities, training or the direct delivery of therapies. We have designed and delivered successful and effective programmes in all three areas for twenty years.

Group Activities

There are high levels of unaddressed mental, emotional and physical health problems in many communities which not only cause personal distress, but often lead to social isolation and secondary depression. The effect of these physical and mental problems can create complex issues that need both a social and medical response. Offering a combination of therapy with training and social activities to groups is not only an effective way to engage people with their own healthcare, but does so within the context of a ready made support network.

Our own experience locally is backed up by nationally accepted examples of good practice like the Bromley-by-Bow Centre in London and the Blackthorne GP Practice in Maidstone. The key is to create integrative projects that are designed and run in partnership. We have involved local people in delivering a range of activities from safer behaviour and well-being in schools to taster days in community settings as diverse as care homes, hospices, cancer wards and homeless hostels.

Training in Holistic Therapies

Our experience of providing a local training scheme in Holistic Therapy has demonstrated that this is a powerful way to engage people in their own healthcare. The scheme not only helped participants to engage in healthier lifestyles for themselves, friends and families but gave rise to many local support activities for a range of people in the community including the elderly, disabled, and mentally and socially isolated. The scheme was awarded “Highly Commended” Status for ‘Contribution to Community’ by CAM Magazine in 2007 also attracted the following comments:

“One of the most innovative professional training schemes in Europe”

External examiner from The Federation of Holistic Therapists (FHT) Britain’s leading independent professional holistic therapy body

Delivering Holistic Therapy

For twenty years we have been delivering Holistic Therapies through GP referral to communities in Liverpool through our clinic The Liverpool Centre for Health.

Over that time our patient profile has been people with chronic, complex conditions, i.e. those with hard to treat conditions who have often exhausted all other NHS remedies by the time they are referred to us.

Our evaluation data shows that we have been clinically successful with our patients, helped them reduce their medication and often removed the need for surgery. Primary Care Trust audit data shows that our patients are highly satisfied with our treatments. Furthermore, our work has been appreciated by all the referring GP practices and we have been both cost-effective and extended the range of therapies for these patients. Our work is fully compliant with NHS Clinical Governance guidelines and policies.

We are currently working to develop low-cost clinics for patients with ME, Chronic Fatigue Syndrome, MS and those with long term musculo-skeletal problems. We also want to develop community programmes for stress related conditions and low level mental health problems.

Work with Us

The combination of community activities, training in self-care, and delivery of personal therapy is a powerful way to increase levels of self-care and enhance personal and community care. We can help you design and deliver high quality holistic community therapy and training services thereby improving local healthcare and increasing patient choice.

If this interests you please get in touch – see over.