

## THSP - The people

THSP has been set up by Dennis Donnelly and Lucy Holbrook. We bring together a team of people with shared interests and values, drawn from a range of professional backgrounds including health research, community work, psychotherapy, holistic therapy and education.

**Dennis Donnelly** is a Registered Osteopath and Body Psychotherapist with 20 years experience in both private practice and within the NHS. His 40 year career has been committed to finding things that work in the context of Community Renewal as researcher, academic, practitioner and trainer. Dennis specialises in long term degenerative musculo-skeletal conditions, chronic fatigue, stress illness & recovery, and training in Holistic Therapy. He trains and supervises other therapists and his work is published in professional journals.

**Lucy Holbrook** offers consultancy and training in Embodied Relationships for Learning and is a Body Psychotherapist. Drawing on recent neuroscience findings her approach focuses on the link between our feelings and thinking and the impact this has on our behaviour choices. She is a passionate advocate of learning models that lead to self-responsible choices for sustainable healthy living. Lucy has worked in both the private and voluntary sectors including 10 years managing a charity supporting women with complex needs in the North End of Birkenhead.

## THSP - The organisation

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

- Promoting prevention and self-care strategies
- Delivering effective personalised therapeutic care packages
- Providing information, education and training for informed health choices
- Enabling healthier lifestyles
- Collecting the evidence to support alternative, cost effective health interventions

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*THSP General Leaflet*

*See also our other Leaflets*

# The Sustainable Health Partnership (TSHP)

**The Sustainable Health Partnership (TSHP) – a Social Enterprise formed in 2010 – brings together over 20 years of collective experience of ethical clinical practice within the NHS, local charitable projects and working with people in the community.**

- Collaborating because we are convinced that together we have the potential to establish sustainable strategies to support healthier communities
- Offering the opportunity for professionals and ordinary people to work together in new ways, going beyond traditional organisational boundaries
- Sharing a vision to counteract the impacts to health and well-being from economic depression, social disintegration and disregard for our environment

We have over twenty years experience of working in community health projects. During this time we have witnessed:

- Growing health inequalities
- Challenges to the ways in which communities can directly affect their own health service provision
- Dependency on medical services and expensive drug interventions
- Short-term funding creating a loss of valuable social learning within communities
- The difficulty of developing alternative approaches to the increase in 'life-style' diseases, mental health and the problems associated with ageing

## Our vision

Our vision has developed from our grassroots experience. Our success is rooted in collaboration which so often provides fertile ground for innovation. Our internal audits consistently show that the people we work with experience a measurable difference in their symptoms, well-being and capacity to maintain their own health.

## We offer a different approach

- *A social model of health*

The role of health provision within community renewal can make a significant contribution to combating social exclusion and deprivation. There is growing evidence that many of the medical problems encountered within GP surgeries and hospitals are as a result of social problems and processes and are not necessarily medical issues.

There is an encouraging amount of preventative thinking and action within the NHS. However, resource allocation is often based in late stage intervention. This can result in health provision being diverted away from prevention, education, community engagement and promoting greater individual responsibility for personal wellbeing.

- *A local focus*

We work to identify and harness all available neighbourhood resources that contribute to the development of sustainable health practices. We encourage local people to learn to take pride in their own health and environment.

- *An environmental dimension*

Within the context of growing concerns for our planet through global warming we are conscious of the environmental impact we all have.

We want to encourage the local delivery of prevention and self-care programmes. This will not only help to reduce travel costs and maximise the use of existing health care premises it will also contribute to reducing the carbon footprint of our health services.

## Innovation and collaboration are the way forward

TSHP believes that many creative solutions can be found through a community-focussed approach to healthcare. We propose that a radical re-appraisal of health services is needed in which prevention, early intervention, education and training in self-care, be given the highest priority.

Building the resources and nurturing the experiences of neighbourhoods is an important ingredient in developing sustainable health programmes. There is already a rich heritage of experience and practical knowledge within our communities on which to base these new health practices and policies.

Changes in attitudes as well as practices are needed to achieve such a shift in our health services. Our experience shows that this can be done and we want to actively play our part in this social revolution.

We seek to develop innovative ways of addressing health needs in the community using evidence based approaches and by working in collaboration with commissioners, GP Practice Teams, Patient and Service User Groups and Community Organisations. Working in a variety of partnerships we develop personalised care packages and programmes involving one-to-one treatment/therapy, group work, training and education all supported by a range of self-care health resources.

Our practice uses standardised outcome measures as part of our comprehensive evaluation process, which enables us to be responsive to local needs.

