



# Acupuncture for Carers Information Sheet



Bristol & South Gloucestershire

New to the Carers Centre from September 2010 is the option to access low cost acupuncture. This information sheet is designed to give you enough information to decide whether you might like to register your name for an acupuncture treatment. Depending on how many carers register there may be a delay before your session/s can be booked. Someone will call you to let you know.



## Who Will Be Providing the Acupuncture?

The acupuncturist is Pamela Booth, who is fully qualified and licensed with a first class BA(Hons) degree. Pamela is a member of the British Acupuncture Council. Pamela's style is warm, open and reassuring.



## What Is Acupuncture?

Pamela works with the classical five element acupuncture, which seeks to restore health through balancing all aspects of your wellbeing: physical, mental and emotional. There is a vital energy called Qi that reaches every corner of your body through a network of channels much like rivers flowing through the earth. When the rivers are flowing smoothly and freely, there is health. But if the flow is blocked or weak, the water may start to stagnate. Similarly, the flow of Qi may become blocked or depleted and so we become susceptible to illness or pain. Various triggers can disturb the flow of Qi, such as injury, stress or emotional upset. Acupuncturists use disposable sterile and very fine needles (about one or two hairs' breadth) which are inserted into different acupuncture points on your body to remove blocks to the flow of Qi, to detox Qi, and to increase or decrease the flow of Qi. Re-balancing your Qi stimulates your body's own natural healing process. For more information see [www.acuwell.co.uk](http://www.acuwell.co.uk)



## What can it help with?

Aches & pains, addictions, allergies, arthritis, chronic fatigue (ME), depression, digestive disorders, insomnia, headaches, high blood pressure, menstrual problems, stress, tiredness plus many more.



## Who can attend?

Individual carers, age 17 years or older and former carers (where the caring role ended within the last 2 years). Carers must live within Bristol or South Gloucestershire.



## When and Where Will Acupuncture Take Place?

Acupuncture will take place at an Alternative Therapy Centre in Henleaze, which has full disabled access. Sessions will be available regularly on Thursdays.



## How much will the Acupuncture Cost?

The initial treatment will be 2 hours, to take into account extra consultation time. This will cost **£22**. Additional treatments will be 1 hour long and will cost **£12**. This cost covers room hire and sundry items, as the acupuncturist is giving her time on a voluntary basis.

You will be able to access a maximum of 5 treatments at this reduced rate.



## Frequently Asked Questions

**Does it hurt?** Acupuncture needles are as fine as one or two human hairs, so it is not painful, however, you may feel a brief sting followed by a dull ache, tingling or similar sensation as the needle connects with your Qi.

**Will I need to get undressed?** This depends on the acupuncture points I am using, but please be reassured that your modesty will always be preserved with blankets and clothing.

**Is it safe?** Yes. When practiced by a qualified practitioner acupuncture is very safe.



## What Happens Next?

Register your interest in acupuncture by calling the Bookings Line on 0117 9375623. The details of all carers interested will be forwarded to Pamela (acupuncturist), who will give you a call. Pamela can answer any further questions you may have and make a booking for treatment. **Please be patient as there may be a waiting list.**

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[www.prtcarscentre.org.uk](http://www.prtcarscentre.org.uk)

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