

## Our Impact

**YE 2018 The Social Return on Investment for the Self Care Massage Therapy Social Prescribing sessions was:**  
**Over 285 people** referred  
**£192,000** of wider social value created in terms of health care resources and patient wellbeing  
After accounting for other factors, the **'attributable' SROI is c. £3.40** for every £1 invested, including resource value for **GP practices and hospitals (c.£1.90)** and **patient health and well-being value (c.£1.50)**. #



## Our Activity

- **CML/SMART** Mental Health Sessions for those registered with GPs in K&C, and North Westminster— *starts 24 Sept 2020.*
- **North Ken GP Project** a pilot project, for people registered at one of 6 GP Surgeries in the area. By referral from GP -*October 2020*
- **KCSC Self Care Project/My Care My Way 65+**- seated massage and reflexology 30 min Unwind sessions at St Charles and at Violet Melchett – *on hold while Integrated care centres are closed*
- **Action Disability** Kensington & Chelsea Subsidised Massage and reflexology sessions for members. —*on hold till ADKC re-opens*
- **Parkview Community Champions** -seated massage and reflexology 20min Unwind sessions—*on hold till the centre re-opens*

### Community Massage London CIC

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# Community Massage London CIC



*Promoting Wellbeing,  
through Massage,*



## Who we are

We are a Social Enterprise offering Massage, Reflexology, Indian Head Massage and Reiki in the community.

As a social enterprise we:

- Are registered as a Community Interest Company (CIC) with Companies House
- Have a clear social mission - To improve wellbeing through massage therapies, in communities throughout London
- Generate the majority of our income through working with community organisations and charging for our services.
- Reinvest our profits for the benefit the communities we work with.
- Are autonomous of the state/ statutory services
- Are accountable and transparent
- Report to the Community Interest Regulator annually
- Are NHS DSP toolkit Registered 8JV41

## Our Therapies

### **Seated Massage:**

Is based on Chinese Acupressure , incorporates gentle movements and pressure, to areas of the head, neck, shoulders, back, arms and hands. The client sits in a special massage chair and remains fully clothed - no oils

### **Reflexology:**

A safe non-invasive foot or hand massage, carried out in a comfortable recliner. Reflexology is based on techniques that stimulate “reflex points” on the feet and/or hands. Reflexology induces deep mental and physical relaxation.

### **Indian Head Massage:**

A relaxing neck, shoulder, and scalp massage that can relieve tension and stress. A useful alternative if you cannot sit on the massage chair.

### **Reiki:**

A safe non-invasive therapy based on oriental principles, Reiki relaxes whilst balancing mind and body using light, static holds on or just above the body

### **NEW**

### **Guided Meditation by phone**

learn and practice meditation. discuss and share ideas and insights in a supportive group setting

### **Online Rehabilitation & Mobilisation**

Self-help rehabilitation work for pain and to improve range of movement.

## Our Service



Our mission is to improve health and well-being.

Our team of therapists are all committed to working in a ways to ensure that therapies are accessible.

We are qualified, reliable, DBS Checked & insured but above all sensitive client needs.

We are happy to work with existing wellbeing campaigns and can support your events, such as fairs, community days, AGMs, wellbeing and health awareness days.

If you would like to sponsor some sessions to help us reach more people to improve self-care, health and wellbeing; or if you wish to book us for your event, please get in touch

Contact information is on the back of this leaflet



**Relieve physical and emotional stress**  
**Reduce muscle tension and pain**  
**Improve mood and general wellbeing**