

## Support for Schools

Functional Reflex Therapy and the Massage in Schools Programme are just two areas of support offered by The Therapy Suite Wirral to schools.

Other services offered include:

- Support for wellbeing events, offering advice and taster sessions
- Regular staff on-site 20 – 30 minute one-to-one reflexology or clothed massage sessions
- Individual staff support involving a course of four or more 60-minute treatment sessions with the aim to help a staff member in need of additional support.
- Workshops for teachers, parents and carers
- Access to other trained professionals providing physical and talking therapies.

We believe that **The Therapy Suite Wirral** is the only organisation in the area able to offer both of these programmes to local schools and welcome the opportunity to provide more information on how we can support you.

Contact us to arrange a meeting to find out how we can support your school.

## The Therapy Suite Wirral

**Arlene Sinclair** (MFHT) is a professional Holistic Therapist and proprietor of **The Therapy Suite Wirral**. She has trained in providing the **MISP** and **FRT** programmes for young learners in schools and nursery settings. She can also provide workshops and training for staff and for parents/carers.

**The Therapy Suite Wirral** offers a range of holistic bodywork and energy treatments tailored to meet your individual needs. These include Aromatherapy, Hot Stones, Massage, Reflexology, Reiki and Ear Candling. Treatments are tailored to meet individual needs.

## Find Therapy Suite Wirral

Find us at online: [www.therapysuite.co.uk](http://www.therapysuite.co.uk)

Contact us:

**Tel:** 07567 607761

**Email:** [therapysuitewirral@yahoo.com](mailto:therapysuitewirral@yahoo.com)



## Support for Healthy, Mindful Schools



## Massage In Schools (MISP)

The **Massage in Schools Programme (MISP)** is an international programme of positive touch and clothed peer massage (child to child massage) for children of 4-12 years.

This successful programme was first introduced in England in 2000 and uses massage and positive touch to encourage learning and develop children's social and emotional skills. It helps develop children's concentration and memory, fosters physical and social development, respect for others, and empathy. MISP is recognised as an effective anti-bullying strategy.

There are three main aspects to the **MISP**:

- An ethos of respect and choice as every child is asked for permission before massage and has the right to say 'no'.
- A 15 minute clothed daily massage routine on the head, back, arms and hands, led by an adult.
- A range of activities, which use visualisation and kinaesthetic learning and encourage positive touch throughout the curriculum



## Functional Reflex Therapy

**Functional Reflex Therapy (FRT)** offers a unique relaxation routine supported with the FRT tool kit. The system is already being used as a timetabled therapy in schools, and also at home, for children and young adults with

**Autism, other non-specific communication difficulties, learning difficulties, children with challenging behaviours and children with high levels of stress and anxiety.**

FRT is based on the theory and practice of Reflexology. The therapist uses a combination of movements of their hands, fingers and thumbs over specific areas and specific reflex points of the client's feet and lower legs, or their hands and forearms.

These movements are delivered in a flowing style, with each movement being repeated in a routine which usually lasts for approximately 20 minutes and provides a sense of calmness and relaxation. The relaxing effects of **FRT** can lead to improvements in behaviour, self-control and readiness for learning.



## Healthy Minds and Schools

We believe that good mental health fosters positive learning for children of all ages. The **MISP** and **FRT** programmes can become valuable tools in building strong foundations for children's well-being, both social and mental.

As such, they support the goals of **National Healthy Schools Programme**, especially the Emotional Wellbeing and Mental Health (including staff wellbeing) strands.

The impact of both programmes is validated by schools across the UK and Internationally who have built either programme into their school's policy and practice in supporting healthy child development.

Validation is strengthened by a growing body of research demonstrating the positive impact of providing such opportunities for young learners.

