

# Healthwise Directory

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## ACUPUNCTURE

**Antonia Phillips** RGN MWAcA (Rustington) 01903 770367  
**Acupuncture & Herbs** (Brighton) 01273 699852  
**Avicenna** (Hove) 01273 776499 [www.ccm.co.uk](http://www.ccm.co.uk)  
**Body Matters** (Steyning) 01903 813500  
**Catherine Ballard** 01903 813500  
**Crescent Clinic** (Brighton) 01273 202221  
**Equilibrium Complementary Health Centre** (Lewes) 01273 470955 [www.equilibrium-clinic.com](http://www.equilibrium-clinic.com)  
**Herbs & Acupuncture** (Eastbourne) 01323 727238  
**Herbs Kingdom** (Hove) 01273 746484  
**Mark Berwick** (Goring) 01903 243894  
**Park View** (Worthing) 01903 230066  
**The Acupuncture Clinic** (Brighton) 01273 620700  
**The Health Centre** (Shoreham) 01273 466052  
**Sussex Osteopath and Complimentary Health Clinic** (Hurstpierpoint) 01273 835116 [www.sussex-osteopath.co.uk](http://www.sussex-osteopath.co.uk)  
**Tom Ings** 07793 485337  
**Vitality Acupuncture** (Hove) 01273 776020  
**Wellington Square Natural Health Centre** Sharon Scott (Hastings) 01424 442520 [www.wellingtonnaturalhealth.com](http://www.wellingtonnaturalhealth.com)  
**West Sussex Acupuncture Clinic** 01403 708000 (Horsham)  
**West Sussex Clinic** Horsham 01403 254878  
**West Terrace Clinic** (Eastbourne) 01323 641576  
**Zen Acupuncture** (Worthing) 01903 208886

## ALLERGY TESTING

**Sussex Osteopath and Complimentary Health Clinic** (Hurstpierpoint) 01273 835116 [www.sussex-osteopath.co.uk](http://www.sussex-osteopath.co.uk)

## ANGEL THERAPY

**Ann-Marie Marchant** (Shoreham) 01903 816115

## AROMATHERAPY

**Beverly Underwood** (Steyning) 01903 815697  
**Body Matters** (Steyning) 01903 813500

## Chrysalis Complementary Therapy

(Arundel) 01903 884510  
**Equilibrium Complementary Health Centre** (Lewes) 01273 470955 [www.equilibrium-clinic.com](http://www.equilibrium-clinic.com)  
**Home Holistics Visiting Therapist** (Shoreham) 0808 1784185 (Freephone) [www.homeholistics.com](http://www.homeholistics.com)  
**Maria Mann** (Barns Green) 07989 636813  
**Michelle Day** (Steyning) 01903 812717  
**Natural Health Centre** (Littlehampton) 01903 734373  
**Sue Fishbourne** (Barns Green) 01403 732810  
**Sue Pulsford** (Burgess Hill) 01444 244544  
**Wellington Square Natural Health Centre** Sharon Scott (Hastings) 01424 442520 [www.wellingtonnaturalhealth.com](http://www.wellingtonnaturalhealth.com)

## AUDIOLOGY

**Hidden Hearing** 01622 690132 [www.hiddenhearing.com](http://www.hiddenhearing.com)  
**Sussex Audiology Centre Ltd** 01273 627090 [www.sussexaudiologycentre.co.uk](http://www.sussexaudiologycentre.co.uk)

## BATHS (WALK IN)

**Aquability Baths** 0800 316 0110 [www.aquability.com](http://www.aquability.com)  
**Bathroom Supplies Online** 0845 634 3859 [www.bathroomsuppliesonline.com](http://www.bathroomsuppliesonline.com)  
**Boundary Bathrooms** 0845 00 99 545 [www.boundarybathrooms.co.uk](http://www.boundarybathrooms.co.uk)  
**Medic-Bath** 0800 279 1140 [www.medic-bath.co.uk](http://www.medic-bath.co.uk)  
**Mobilityplus** 0800 077 6212 [www.mobility-plus.co.uk](http://www.mobility-plus.co.uk)

## BEAUTY & HOLISTIC THERAPISTS

**Clare Lester** 01243 826049 (Bognor Regis)  
**Tamsin Farrant** Accredited Dr. Hauschka Esthetician (Eastbourne) 01323 732944/07979498626 [www.facialeastbourne.co.uk](http://www.facialeastbourne.co.uk)

## BEDS (ORTHOPAEDIC)

**Bakare** 01752 512222 [www.bakare.co.uk](http://www.bakare.co.uk)  
**HSL** 01924 507050 [www.hslbeds.com](http://www.hslbeds.com)  
**Laybrook** 08000 194 007 [www.laybrook.com](http://www.laybrook.com)  
**Mobility1online** (Henfield) 0800 321 3105 [www.mobility1online.com](http://www.mobility1online.com)  
**Sure Sleep** 01702 476 966 [www.sure-sleep.co.uk](http://www.sure-sleep.co.uk)

## BREAST HEALTH

**(Digital infra-red thermal imaging) The Windsor Clinic** (Worthing) 01903 234490 [www.thewindsorclinic.co.uk](http://www.thewindsorclinic.co.uk)

## CARE HOMES

**Autumn Lodge** (Hove) 01273 271786  
**Bayview Residential** (Peacehaven) 01273 579703  
**Bramble Cottage** (Patcham) 01273 565821 [www.bramblecottagebrighton.com](http://www.bramblecottagebrighton.com)  
**Claydon House** (Lewes) 0808 1661358 [www.caringhomes.org](http://www.caringhomes.org)  
**Danny House** (Hurstpierpoint) 01273 833000 [www.dannyhouse.org](http://www.dannyhouse.org)  
**Elm Lodge** (Eastbourne) 01323 722257 [www.kindcare.co.uk](http://www.kindcare.co.uk)  
**Oakleigh Lodge Rest Home** (Hove) 01273 205199  
**Princess Alexandra** (Brighton) 01273 565691 [www.princessalexandrahouse.co.uk](http://www.princessalexandrahouse.co.uk)  
**Rectory House** (Sompting) 0808 1661364 [www.caringhomes.org](http://www.caringhomes.org)  
**St Claire Rest Home** (Southwick) 01273 591695  
**Summerlands** (Haywards Heath) 01444 459836  
**The Shelley** (Worthing) 01903 237000 [www.theshelley.com](http://www.theshelley.com)  
**Trevine Court** (Worthing) 01903 235074  
**Valerie Manor** (Upper Beeding) 01903 812105  
**Vallance Lodge** (Brighton) 01273 202715 [www.vallancelodge.co.uk](http://www.vallancelodge.co.uk)  
**Walstead Place** (Lindfield) 0808 1661359 [www.caringhomes.org](http://www.caringhomes.org)  
**Wilbury Rest Home** (Hove) 01273 326170

## CARE SERVICES

**Allied Healthcare Group** (Hove) 01273 278730 [www.alliedhealthcare.com](http://www.alliedhealthcare.com)  
**Ambition 24 Hours** (Brighton) 0871 8733341  
**Brighton Homecare** 01273 424846 [www.brightonhomecareltd.co.uk](http://www.brightonhomecareltd.co.uk)  
**Careline** (Saltdean) 01273 309393  
**Caremark** (Storrington) 01903 745700  
**Cooksbridge Care** (Lewes) 01273 479744 [www.cooksbridgecare.co.uk](http://www.cooksbridgecare.co.uk)  
**Guild Care** 01903 528600 [www.guildcare.org](http://www.guildcare.org)  
**Home Care** (Worthing) 01903 528637 [www.guildcare.org](http://www.guildcare.org)  
**Pentlow Community Care** 01323 431810 [www.pentlow.co.uk](http://www.pentlow.co.uk)

# Healthwise Directory

**Premier Nursing Ltd** 01903 883882  
www.nursing.premierlocums.com  
**Prestige Homecare** (Worthing)  
01903 700900 www.prestige-nursing.co.uk

## CHAIRS

**Betterlifehealthcare.com**  
0800 328 9338  
www.betterlifehealthcare.com  
**Comfort Plus products** 01462 678050  
www.comfortplusproducts.co.uk  
**HSL** 01924 507050 www.hslichairs.com  
**Ribble Valley Recliners** 01254 813001  
www.ribblevalleyrecliners.co.uk

## CHARITIES

**Addictions Society** 0113 295 2787  
www.addiction-ssa.org  
**ADHD** 020 8952 2800 www.addiss.co.uk  
**Age Concern** 020 8765 7516  
www.ageconcern.org.uk  
**Alzheimer's** 020 7306 0808  
www.alzheimers.org.uk  
**Arthritis Care Organisation UK**  
0808 800 4050 www.arthritiscare.org.uk  
**Asthma UK** 020 7786 5000  
www.asthma.org.uk  
**British Dyslexia Association**  
0118 966 8271 www.bdadyslexia.org.uk  
**British Heart Foundation**  
020 7935 0185 www.bhf.org  
**Cancer Research UK**  
020 7242 0200 www.cancerresearch.org  
**Disabled Living Foundation**  
0845 130 9177 www.dlf.org.uk  
**Cystic Fibrosis Trust**  
0208 464 7211 www.cftrust.org.uk  
**Diabetes UK** 0845 123 2399  
www.diabetes.org.uk  
**Disabled Children** 020 7233 6600  
www.whizz-kidz.org.uk  
**Downs Syndrome Association**  
0845 230 0372  
www.downs-syndrome.org.uk  
**Epilepsy Action** 0113 210 8800  
www.epilepsy.org.uk  
**Help The Aged** 020 7278 1114  
www.helptheaged.org.uk  
**Huntington's Disease**  
020 7022 1950 www.hda.org.uk  
**Lupus Society** 020 7842 0900  
www.uklupus.org.uk  
**Marie Curie** 020 7599 7777  
www.mariecurie.org.uk  
**Mencap** 020 7454 0454  
www.mencap.org.uk  
**Meningitis Research Foundation**  
0808 800 3344 www.meningitis.org  
**Migraine Action Association**  
0808 800 3344 www.migraine.org.uk  
**Multiple Sclerosis Society**  
0808 800 8000 www.mssociety.org.uk  
**Muscular Dystrophy Society**  
020 7720 8055  
www.muscular-dystrophy.org

**National Deaf Children's Society**  
0808 800 8880 www.nacs.org.uk  
**National Eczema Society**  
0870 241 3604 www.eczema.org  
**Parkinson's Disease**  
0808 800 0303 www.parkinsons.org  
**Raynauds & Scleroderma Assn**  
01270 872776  
**Rheumatism & Arthritis Assn**  
020 7842 0900 www.rheumatology.org  
**Riding for the Disabled**  
0845 658 1083 www.rda.org.uk  
**RNIB** 0845 766 9999 www.rnib.org.uk  
**Spina Bifida & Hydrocephalus**  
0845 450 7755 www.asbah.org  
**Spinal Injury Association**  
08745 678 6633 www.spinal.co.uk  
**Sussex Deaf Association**  
01273 671899 www.sussexdeaf.co.uk  
**The Sussex MS Treatment Centre**  
01273 594484 www.mssussex.com  
**The Ataxia Society**  
01582 760733 www.atsociety.org.uk  
**The National Autistic Society**  
0845 070 4004 www.nas.org.uk  
**The Stroke Society**  
020 7566 0300 www.stroke.org.uk  
**Worthing Society for the Blind**  
01903 235782  
www.worthingssocietyfortheblind.co.uk

## CHINESE HERBAL MEDICINE

**Avicenna** (Hove)  
01273 776499 www.cccm.co.uk

## CHIROPRACTORS

**Align - doctors of Chiropractic**  
(Southwick) 01273 870010  
www.align.org.uk  
**Back 2 Balance** (Hove) 01273 206868  
www.chiropractorsbrighton.co.uk  
**Back in Motion** (Lewes) 01273 473473  
www.back-in-motion.com  
**Brighton Chiropractic Clinic** (Hove)  
Tel: 01273 733469 www.manosclinics.com  
**Chiropractic Care Centre**  
(Worthing) 01903 217160  
**Chiropractic House** (Burgess Hill)  
01444 235021  
**Chiropractic Life** (Hove)  
01273 208188  
www.chiropracticlifehove.com  
**Coast Chiropractic** (Hove)  
01273 321133  
**Cuckfield Chiropractic Clinic**  
01444 452220  
**East Sussex Chiropractors** (Lewes)  
01273 478787 www.eschiro.co.uk  
**Equilibrium Complementary Health**  
**Centre** (Lewes) 01273 470955  
www.equilibrium-clinic.com  
**Essential Chiropractic**  
(Haywards Health) 01444 483337  
www.essential-chiropractic.net

**Hove Chiropractic Clinic** 01273 733177  
**Lewes Chiropractic Clinic**  
01273 483327  
**Mid Sussex Chiropractic** (B.Hill)  
01444 257555  
www.midsussexchiropractic.com  
**Natural Health Centre**  
(Littlehampton) 01903 734373  
**Shoreham Chiropractic Clinic**  
01273 461155  
**Steyning Chiropractic Clinic**  
01903 812211  
**The Clinic** (Brighton) 01273 560888  
www.theclinic.ltd.uk  
**The Windsor Clinic** (Worthing)  
01903 234490  
www.thewindsorclinic.co.uk  
**Warwick House Clinic** (Worthing)  
Tel: 01903 228040 www.manosclinics.com  
**Wellington Square Natural**  
**Health Centre** Sharon Scott  
(Hastings) 01424 442520  
www.wellingtonnaturalhealth.com

## CLINICAL PSYCHOLOGY

**Therapy Rooms** (Hove) 01273 206868  
www.chiropractorsbrighton.co.uk

## COACH EXCURSIONS

**Roadmark Travel** 01903 741233  
www.roadmarktravel.co.uk  
**Torquay Travel** 01803 212900  
www.torquaytravel.co.uk  
**Woods Holidays** 01243 870870  
www.woodstravel.co.uk

## COGNITIVE BEHAVIOURAL THERAPY (CBT)

**Jenny Jenner** 01273 500467  
www.breakthroughtherapies.co.uk

## COUNSELLING

**Elizabeth Mole** 01273 749410  
**Marie De'Ath** (Hayward's Heath)  
01444 882799 mariemgd@hotmail.co.uk  
**Maxine Harley MSc**  
(Worthing) 01903 533454  
www.psychotherapy-sussex.co.uk  
**Paul Hide** 08717 031240  
www.hypnotherapyeastsussex.co.uk  
**Sheila Pope** 07792 100390

## DENTAL SERVICES

**The Denture Shop** (Worthing)  
01903 501133

## EMOTIONAL FREEDOM TECHNIQUE (EFT)

**Jenny Jenner** 01273 500467  
www.breakthroughtherapies.co.uk  
**Wellington Square Natural**  
**Health Centre** Sharon Scott  
(Hastings) 01424 442520  
www.wellingtonnaturalhealth.com

# Healthwise Directory

## EXERCISE/FITNESS

**Pushy Mothers Buggy Workouts**  
(Hove & Shoreham) 07931 758307  
Karolina [www.pushymothers.com](http://www.pushymothers.com)

## FOOTWEAR

**Prescription Footwear Associates Ltd** 01243 554407  
[www.prescriptionfootwear.co.uk](http://www.prescriptionfootwear.co.uk)

## HAIR REMOVAL

**SUGARING - Lindy Hinsley**  
(Worthing) 01903 600662

## HEALTH & BEAUTY

**InnerLeaf Aloe Vera** 01273 889373  
[www.innerleaf.co.uk](http://www.innerleaf.co.uk)

**Tamsin Farrant** Accredited Dr. Hauschka  
Esthetician (Eastbourne) 01323 732944/  
07979498626 [www.facialeastbourne.co.uk](http://www.facialeastbourne.co.uk)

## HEALTH FOODS

**Essence of Eden** (Coconut Oil)  
01491 614444 [www.essenceofeden.co.uk](http://www.essenceofeden.co.uk)

## HEALTH FOOD SHOPS

**Down to Earth** (Hove) 01273 770600

## HEALTH & FITNESS/THERAPY

**Back 2 Fitness** (Rustington)  
01798 342221

**Becky Yates** (Worthing) 01903 240571  
**Datatech Consultants**  
01903 742568

**Elizabeth Marks** (Steyning) 07713  
253604

**Equilibrium Complementary Health Centre** (Lewes) 01273 470955  
[www.equilibrium-clinic.com](http://www.equilibrium-clinic.com)

**Home Holistics Visiting Therapist**  
(Shoreham) 0808 1784185 (Freephone)  
[www.homeholistics.com](http://www.homeholistics.com)

**Lotus Health** (Worthing)  
01903 779129 [www.lotushealth.co.uk](http://www.lotushealth.co.uk)

**Worthing Leisure Centre**  
01903 502237

**Reps Health Studio** (Worthing)  
01903 234490

## HOMEOPATHS

**Anita Wicks** RSHom (Brighton)  
01273 699075

**Body Matters** (Steyning) 01903 813500

**Equilibrium Complementary Health Centre** (Lewes) 01273 470955  
[www.equilibrium-clinic.com](http://www.equilibrium-clinic.com)

**Jeanette Adair** RSHom (Brighton)  
01273 700264

**Jill Wight** RSHom (Hove) 01273 738389

**Jocelyn Jones** RSHom (Brighton)  
01273 702847

**Natural Health Centre**  
(Littlehampton) 01903 734373

**Pauline Black** RSHom (Worthing)  
01903 533153

**Sally Nunn** RSHom (Arundel)  
01903 884466

**Sarah Whittaker** RSHom (Brighton)  
01273 330213

**Therapy Rooms** (Hove) 01273 206868  
[www.chiropractorsbrighton.co.uk](http://www.chiropractorsbrighton.co.uk)

**Tricia Taylor** (Hove) 01273 298081

**Tracy Francis** (Angmering)  
01903 779452

**Veronica Walton MARH** (Hove)  
01273 702070

## HYDROTHERAPY

**Henry House** 01903 232875  
[www.henryhouse.net](http://www.henryhouse.net)

## HYPNOTHERAPY

**Ally Gibbs** (Burgess Hill)  
0845 009 2267

**Andrea Aro** (Burgess Hill)  
01444 258498 [www.andreaaro.co.uk](http://www.andreaaro.co.uk)

**Angus Ewing** (Worthing)  
01903 203034

[www.mindworksolutions.co.uk](http://www.mindworksolutions.co.uk)

**Ann-Marie Marchant** (Shoreham)  
01903 816115

**Beverley Underwood** (Steyning)  
01903 815697

**Body Matters** (Steyning)  
01903 813500

**Elizabeth Mole** 01273 749410

**Evie Bentley** NCHP (Mid Sussex)  
01273 832661

[www.sussexpsychotherapy.com](http://www.sussexpsychotherapy.com)

**Helen Brooks** (Hove) 01273 730235

**HypnoIMP** 01243 556341  
[www.hypnoimp.co.uk](http://www.hypnoimp.co.uk)

**Isis Centre** (Brighton) 01273 62664

**Jennie Bittleston** (Brighton)  
01273 552702

**Jonathan Conway** (Hove)  
01273 540425

**Mark McDowell** (Worthing)  
01903 889845

**NLP Brighton** (Brighton/Hove)  
07939 134274

[www.nlpbrighton.co.uk](http://www.nlpbrighton.co.uk)

**Patricia Holden** (Hove) 01273 422009  
[www.hypnoterapy-brighton.co.uk](http://www.hypnoterapy-brighton.co.uk)

**Paul Hide** 08717 031240  
[www.hypnoterapyeastsussex.co.uk](http://www.hypnoterapyeastsussex.co.uk)

**Sussex Osteopath and Complimentary Health Clinic**  
(Hurstpierpoint) 01273 835116

[www.sussex-osteopath.co.uk](http://www.sussex-osteopath.co.uk)

**Therapy Rooms** (Hove) 01273 206868  
[www.chiropractorsbrighton.co.uk](http://www.chiropractorsbrighton.co.uk)

**Tony Warren** (Burgess Hill)  
01444 246660 [www.e-balance.co.uk](http://www.e-balance.co.uk)

**Wellington Square Natural Health Centre** Sharon Scott  
(Hastings) 01424 442520  
[www.wellingtonnaturalhealth.com](http://www.wellingtonnaturalhealth.com)

## INDIAN HEAD MASSAGE

**Cathy Davies** (Haywards Heath)  
01444 483337

**Chrysalis Complementary Therapy**  
(Arundel) 01903 884510

**Holistic Health Clinic** (Brighton)  
01273 696295

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

**Laura Hall** (Henfield) 01273 495133

**Lindy Hinsley** (Worthing)  
01903 600662

**Maria Mann** (Barns Green) 07989  
636813

**Sue Fishbourne** (Barns Green)  
01403 732810

**Therapy Rooms** (Hove)  
01273 206868

[www.chiropractorsbrighton.co.uk](http://www.chiropractorsbrighton.co.uk)

**Wellington Square Natural Health Centre** Sharon Scott  
(Hastings) 01424 442520

[www.wellingtonnaturalhealth.com](http://www.wellingtonnaturalhealth.com)

## IRIDOLOGY

**Claire Hicks** 07866 012495 (Hassocks)

## LASER EYE TREATMENT

**Accuvision** 08700 202000  
[www.accuvision.co.uk](http://www.accuvision.co.uk)

**London Vision Clinic** 0800 587 4705  
[www.londonvisionclinic.com](http://www.londonvisionclinic.com)

**Optimax** 08456 889 555  
[www.optimax.co.uk](http://www.optimax.co.uk)

**Ultralase** 0808 144 2020  
[www.ultralase-eye-surgery.co.uk](http://www.ultralase-eye-surgery.co.uk)

## LIFE COACHING

**Jenny Jenner** 01273 500467  
[www.breakthroughtherapies.co.uk](http://www.breakthroughtherapies.co.uk)

**Lucy Mole - Insight Into Action**  
01273 776474

## LYMPHATIC DRAINAGE

**Holistic Health Clinic** (Brighton)  
01273 696295

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

## MASSAGE

**BABY MASSAGE - Dafna Bartle**  
01273 470955 (Lewes)

**Chrysalis Complementary Therapy**  
(Arundel) 01903 884510

**Holistic Health Clinic** (Brighton)  
01273 696295

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

**Matthew Bishop** (Haywards Heath)  
01444 483337

**Swedish (therapeutic) massage - Neville Dalton MCThA VTCT**  
(Haywards Heath) 07711 684172

**Tamsin Farrant** Accredited Dr. Hauschka  
Esthetician (Eastbourne) 01323 732944/  
07979498626 [www.facialeastbourne.co.uk](http://www.facialeastbourne.co.uk)

**MASSAGE (Electro-lymphatic therapy)**

# Healthwise Directory

**The Windsor Clinic** (Worthing)  
01903 234490 [www.thewindsorclinic.co.uk](http://www.thewindsorclinic.co.uk)  
**Wellington Square Natural Health Centre** Sharon Scott  
(Hastings) 01424 442520  
[www.wellingtonnaturalhealth.com](http://www.wellingtonnaturalhealth.com)

## MATTRESSES

**CPS** 020 7231 5432 [www.cpsoffers.co.uk](http://www.cpsoffers.co.uk)  
**Memory Mattress** 0800 612 9317  
[www.memory-mattress.co.uk](http://www.memory-mattress.co.uk)

## MOBILITY AIDS

**A1 Used Mobility** 01273 440300  
[www.a1-usedmobility.co.uk](http://www.a1-usedmobility.co.uk)  
**Abby Mobility** (Chichester)  
01243 532111  
**Active Life UK** (Brighton) 01273 676208  
**Care Centres Ltd** (Worthing)  
0800 854227 [www.carecentres.co.uk](http://www.carecentres.co.uk)  
**Clearwell Mobility Ltd** (Brighton)  
01273 692244  
**Clearwell Mobility Ltd** (Burgess Hill)  
01444 253300 [www.clearwellmobility.co.uk](http://www.clearwellmobility.co.uk)  
**Mobility in Motion** (Goring)  
01903 500757  
**Mobility Plus** (Brighton) 01273 424224  
**Mobility Plus** (Seaford) 01323 491616  
**Mobility Plus** (Worthing) 01903 233288  
**Mobility Warehouse** (Littlehampton)  
01903 733528 [www.gblwheelchairs.com](http://www.gblwheelchairs.com)  
**Redgate Mobility Ltd** (Hove)  
01273 775123  
**Southern Mobility** (Eastbourne) 0800  
980 1488 [www.southernmobility.com](http://www.southernmobility.com)  
**Sussex Osteopath and  
Complementary Health Clinic**  
(Hurstpierpoint) 01273 835116  
[www.sussex-osteopath.co.uk](http://www.sussex-osteopath.co.uk)

## MULTIPLE SCLEROSIS

**The Sussex MS Treatment Centre**  
01273 594484 Email: [info@mssussex.com](mailto:info@mssussex.com)  
[www.mssussex.com](http://www.mssussex.com) (Southwick)

## NATURAL NUTRITION

**JAG Natural Nutrition** (Horsham)  
07861 376844

## NLP PRACTITIONERS

### NEUROLINGUISTIC PROGRAMMING

**Jenny Jenner** 01273 500467  
[www.breakthroughtherapies.co.uk](http://www.breakthroughtherapies.co.uk)  
**NLP Brighton** (Brighton/Hove)  
07939 134274 [www.nlpbrighton.co.uk](http://www.nlpbrighton.co.uk)

## NUTRITIONAL THERAPY

**Carol Granger** (Midhurst)  
01730 813229  
**Claire Hicks** 07866 012495 (Hassocks)  
**Holistic Health Clinic** (Brighton)  
01273 696295  
[www.holistichealthclinic.org.uk](http://www.holistichealthclinic.org.uk)  
**Jo Bareham** 01444 410368/  
07979 511235 [www.healthyyou.co.uk](http://www.healthyyou.co.uk)

**Kirsten Chick** 07968 137246  
[www.naturalrecipes.co.uk](http://www.naturalrecipes.co.uk)  
[www.connectwithnutrition.co.uk](http://www.connectwithnutrition.co.uk)  
**Tania Stocken** (Brighton) 07919 256696  
[www.nutritional-coach.co.uk](http://www.nutritional-coach.co.uk)  
**Therapy Rooms** (Hove) 01273 206868  
[www.chiropractorsbrighton.co.uk](http://www.chiropractorsbrighton.co.uk)

## OPTICIANS

**The Outside Clinic** 0500 295 245  
[www.outsideclinicdirect.com](http://www.outsideclinicdirect.com)

## ORGANIC PRODUCTS

**Tamsin Farrant** Accredited Dr. Hauschka  
Esthetician (Eastbourne) 01323 732944/  
07979498626 [www.facialseastbourne.co.uk](http://www.facialseastbourne.co.uk)

## OSTEOPATHS

**Avicenna** (Hove) 01273 776499  
[www.cccm.co.uk](http://www.cccm.co.uk)  
**Haywards Heath Osteopathic Practice** 01444 831576  
**Holistic Health Clinic**  
(Brighton) 01273 696295  
[www.holistichealthclinic.org.uk](http://www.holistichealthclinic.org.uk)  
**The Heeler Centre** (Brighton)  
01273 843780 [www.theheelercentre.co.uk](http://www.theheelercentre.co.uk)  
**The Seven Dials** (Brighton)  
01273 273005 [www.brighton-osteopath.com](http://www.brighton-osteopath.com)  
**Worthing Osteopathic Clinic**  
07840 678 195  
**Shoreham & Southwick Osteopaths**  
01273 464822 [www.sososteopaths.co.uk](http://www.sososteopaths.co.uk)  
**St Georges Osteopathy**  
(Angmering) 01903 200748  
**Natural Health Centre**  
(Littlehampton) 01903 734373  
**Nicholas Mitchell**  
(Brighton Five ways) 01273 566172  
**Emma Ross** (Hassocks) 01273 843380  
**Burgess Hill Osteopathic Practice**  
01444 239333  
**Features Clinic Ltd**  
(Eastbourne) 01323 431201  
**The Osteopathic Clinic**  
(Lancing) 01903 750770  
**Peacehaven & Telscombe Clinic**  
01273 580370  
**The Acupuncture Clinic** (Hove)  
01273 722422  
**Steyning Osteopathic Services**  
01903 813666  
**Sussex Back Pain Clinic** (Hove)  
01273 725667  
**Natural Solutions Healing Centre**  
(Henfield) 01273 495993  
**Seaforth Farm Surgery** (Hailsham)  
01323 72387  
**Sussex Osteopath and  
Complementary Health Clinic**  
(Hurstpierpoint) 01273 835116  
[www.sussex-osteopath.co.uk](http://www.sussex-osteopath.co.uk)  
**Withdean Osteopathic Clinic**  
01273 700218

**Adur Osteopathic Clinic** (Shoreham)  
01273 455775

**Millstream Medical Centre**  
(Storrington) 01903 743083  
**Broadwater Osteopathic Practice**  
01903 820206

**The Lewes Clinic** 01273 474428  
**Wellington Square Natural Health Centre** Sharon Scott  
(Hastings) 01424 442520  
[www.wellingtonnaturalhealth.com](http://www.wellingtonnaturalhealth.com)

## PAIN RELIEF

**Natures Gate** 01256 346060  
[www.naturesgate-uk.com](http://www.naturesgate-uk.com)

## PAST LIFE REGRESSION/ HEALING

**Katja Leslie** (Crowborough)  
01892 665543

## PERSONAL ALARMS

**Adur District Council** 01273 263390

## PERSONAL SECURITY

**Edirectory** 0844 4936 602  
[www.edirectory.co.uk](http://www.edirectory.co.uk)  
**Redline Security** 0845 450 1373  
[www.redlinesecurity.co.uk](http://www.redlinesecurity.co.uk)  
**Safetrac** 0845 1232517 [www.safetrac.co.uk](http://www.safetrac.co.uk)

## PHYSIOTHERAPY

**The Windsor Clinic** (Worthing)  
01903 234490 [www.thewindsorclinic.co.uk](http://www.thewindsorclinic.co.uk)  
**Wellington Square Natural Health Centre** Sharon Scott  
(Hastings) 01424 442520  
[www.wellingtonnaturalhealth.com](http://www.wellingtonnaturalhealth.com)

## PILATES

**Body Matters** (Steyning) 01903 813500  
**Sussex Osteopath and  
Complementary Health Clinic**  
(Hurstpierpoint) 01273 835116  
[www.sussex-osteopath.co.uk](http://www.sussex-osteopath.co.uk)  
**The Studio** (Hove) 01273 206868  
[www.chiropractorsbrighton.co.uk](http://www.chiropractorsbrighton.co.uk)

## PRESCRIPTION FOOTWEAR

**PFA** 01243 554407  
[www.prescriptionfootwear.co.uk](http://www.prescriptionfootwear.co.uk)

## PRIVATE HOSPITALS

**Esperance Hospital** (Eastbourne)  
01323 414808  
**Godden Green Clinic** (Sevenoaks)  
01732 763491  
**Goring Hall** (Goring-by-Sea)  
01903 506699  
**Priory Hospital** (Hove) 01273 747464  
**The Neville Hospital** (Brighton)  
01273 821680  
**The Nuffield** (Brighton) 01273 624488  
**The Nuffield** (Haywards Heath)  
01444 456999

# Healthwise Directory

## PSYCHOLOGIST/ PSYCHOTHERAPIST

**Evie Bentley** NCHP (Mid Sussex)  
01273 832661  
www.sussexpsychotherapy.com  
**Maxine Harley** MSc  
(Worthing) 01903 533454  
www.psychotherapy-sussex.co.uk

## REFLEXOLOGY

**Ashdown Reflexology** (Worthing)  
01903 234521  
**Beverley Last** (Shoreham) 01273 388644  
**Beverley Underwood** (Steyning)  
01903 815697  
**Body Matters** (Steyning) 01903 813500  
**Claire Hicks** (Hassocks) 07866 012495  
**Elizabeth Taylor** (Haywards Heath)  
01444 414420  
**Equilibrium Complementary  
Health Centre** (Lewes) 01273 470955  
www.equilibrium-clinic.com  
**Helen Aldred** (Goring) 01903 247734  
**Holistic Health Clinic** (Brighton)  
01273 696295  
www.holistichealthclinic.org.uk  
**Home Holistics Visiting Therapist**  
(Shoreham) 0800 1784185  
(Freephone) www.homeholistics.com  
**Inspiration Reflexology**  
(Eastbourne) 01323 642542  
**Jane Watson** (Brighton) 01273 303349  
**Jo Bareham** 01444 410368/  
07979 511235 www.healthyyou.co.uk  
**Julie Forbes** (Hassocks) 01273 843780  
**Laura Hall** (Henfield) 01273 495133  
**Maria Mann** (Barns Green) 07989 636813  
**Marion Reynolds** (Alfriston)  
01323 871668  
**Mary Sandifer** (Pulborough)  
01798 873798  
**Michelle Cobbin** (Brighton) 01273 675525  
**Monica Hilder** (Worthing) 01903 228040  
**Natural Health Centre** (Littlehampton)  
01903 734373  
**Sue Fishbourne** (Barns Green)  
01403 732810  
**Tessa Whippy** (Lewes) 01273 478688  
**Trevor Scott, Golden Purple Therapies**  
07717 504635  
**The Holistic Way** (Steyning)  
01903 812728  
**Wellington Square Natural  
Health Centre** Sharon Scott  
(Hastings) 01424 442520  
www.wellingtonnaturalhealth.com  
**Whiteways Reflexology** (Worthing)  
01903 247734

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**Beverley Underwood** (Steyning)  
01903 815697  
**Body Matters** (Steyning) 01903 813500

## Chrysalis Complementary Therapy

(Arundel) 01903 884510  
**Holistic Health Clinic** (Brighton)  
01273 696295  
www.holistichealthclinic.org.uk  
**Katja Leslie** (Crowborough)  
01892 665543  
**Laura Hall** (Henfield) 01273 495133  
**Lindy Hinsley** (Worthing) 01903 600662  
**Maria Mann** (Barns Green)  
07989 636813  
**Michael Green** (Eastbourne)  
07972 582214  
**Moonstone** (Worthing) 01903 206663  
www.moonstonenewage.co.uk  
**Sue Fishbourne** (Barns Green)  
01403 732810  
**Sue Pulsford** (Burgess Hill)  
01444 244544  
**Trevor Scott, Golden Purple  
Therapies** 07717 504635  
**Wellington Square Natural  
Health Centre** Sharon Scott  
(Hastings) 01424 442520  
www.wellingtonnaturalhealth.com

## SHIATSU

**Avicenna** (Hove)  
01273 776499 www.cccm.co.uk  
**Chrysalis Complementary Therapy**  
(Arundel) 01903 884510  
**Holistic Health Clinic** (Brighton)  
01273 696295  
www.holistichealthclinic.org.uk  
**Sussex Osteopath and  
Complimentary Health Clinic**  
(Hurstpierpoint) 01273 835116  
www.sussex-osteopath.co.uk

## SLIMMING

**Happyweight Ltd** 01424 434606  
www.happyweight.com  
**Pharma Nord (UK) Ltd**  
0800 591756 www.pharmanord.co.uk  
**Sure Slim UK** 01273 775885  
www.sureslimuk.com

## SOLAR ENERGY

**Paine Manwaring Ltd**  
01903 237522 www.painemanwaring.co.uk  
**Sundial Solar & Biomass**  
01903 522810

## SOLUTION BASED BRIEF THERAPY

**Elizabeth Mole** 01273 749410

## SPIRITUAL LIFE COACH

**Katja Leslie** (Crowborough)  
01892 665543

## SPIRITUAL HEALING

**Karmit EvenZur** MNFSH (Forest Row)  
01342 824309 info@inlove.org.uk

## SPORTS & REMEDIAL MASSAGE

**Holistic Health Clinic** (Brighton)  
01273 696295  
www.holistichealthclinic.org.uk  
**Therapy Rooms** (Hove) 01273 206868  
www.chiropractorsbrighton.co.uk

## SPORTS/SOCIAL

**Brighton & Sussex IVC  
Social Sports and Leisure Club**  
for career people 08707 650148  
www.brightonivc.org.uk

## STAIR LIFTS

**Companion** 0800 019 7797  
www.companionstairlifts.com  
**Heritage** 0800 028 2010  
www.heritagestairlifts.net  
**Southern Stairlifts** 01323 775123

## STOP SMOKING

**Ann-Marie Marchant** (Shoreham)  
01903 816115  
**West Sussex County Council**  
01903 708000 www.westsussexpct.nhs.uk

## SUPPLEMENTS

**Baugh Dell** 01403 752016  
www.baughdell.co.uk  
**SimplySupplements** 0800 1955 755  
www.simplysupplements.co.uk  
**Vitabiotics** www.vitabiotics.com

## SUPPORT GROUPS

**Fibromyalgia Support Group  
for Surrey and Sussex**  
01403 255450 helpline 10am until 4pm  
www.fibromyalgia-south.com

## THERMO AURICULAR THERAPY (HOPI EAR CANDLES)

**Lindy Hinsley** (Worthing) 01903 600662

## VIDEO SERVICES

**Carroll Media** 01903 725217  
www.carrollmedia.co.uk

## YOGA CLASSES

**Holistic Health Clinic** (Brighton)  
01273 696295  
www.holistichealthclinic.org.uk

## YURT (TENT) HIRE

**Gecko Yurts** 07932 806151  
www.geckoyurts.co.uk

The above contacts are listed free of charge. If you would like to be included, please call Imax Publishing on 01273 464777 and ask for *Healthwise* magazine

## Useful Numbers

### HOSPITALS

**Worthing & Southlands Hospital**  
01903 205111  
**St Richards - Chichester**  
01243 788122  
**Royal Sussex County** 01273 696955  
**Eastbourne General Hospital**  
01323 417400  
**Princess Royal - Haywards Heath**  
01444 441881  
**Goring Hall - Goring-by-Sea**  
01903 506699  
**Royal Alexandra Hospital  
for Sick Children** 01273 328145  
**Conquest Hospital - Hastings**  
01424 755255  
**Sussex Nuffield - Woodingdean**  
01273 624488  
**The Priory Hospital - Hove**  
01273 747464  
**Southlands Hospital -  
Shoreham-by-Sea** 01273 455622  
**Crawley Hospital** 01293 600300  
**Hurstwood Park Neurological  
Centre** 01444 441881  
**Esperance Hospital - Eastbourne**  
01323 411188

### EMERGENCY

**Police (non emergency)**  
0845 6070999  
**Crimestoppers** 0800 555111  
**Gas (emergency)** 0800 111 999  
**Electricity (emergency)**  
0800783 866  
**Water (emergency)** 0800 820 999

### TRAVEL INFORMATION

**Eurostar International Rail**  
08705 186 186  
**Flight Enquiries Gatwick**  
0870 0002468  
**Flight Enquiries Heathrow**  
0870 000 0123  
**National Coach Express**  
08705 808080  
**National Rail Enquiries**  
08457 484950

### COUNTY COUNCILS

**West Sussex County Council**  
01243 777100  
**East Sussex County Council**  
01273 481000

### HEALTH

**Department of Health**  
020 7210 4850  
**General Medical Council**  
0845 357 3456  
**National Blood Service**  
08457 711711  
**West Sussex NHS 'Stop Smoking  
Service'** 01903 708000  
**NHS Direct** 0845 4647

### HELPLINES

**Age Concern** 020 8765 7200  
**Drinkline** 0800 917 8282  
**Carers** 0808 808 7777  
**Cruse Bereavement Care**  
0870 167 1677  
**Citizen's Advice Bureau  
National Office** 020 7833 2181  
**Disability** 01302 310123  
**Frank (Drugs)** 0800 776600  
**Help the Aged** 0808 800 6565  
**Samaritans** 08457 909090

### ANIMAL WELFARE

**RSPCA** 0300 123 4999  
**RSPB** 01767 680551  
**PDSA** 0800 917 2509

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