

Healthwise Directory

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ACUPUNCTURE

Catherine Ballard 01903 813500
Mark Berwick (Goring) 01903 243894
Barbara Bishop (Brighton) 07710 713621
www.bishopacupuncture.co.uk
Body Matters (Steyning) 01903 813500
The Health Centre (Shoreham)
 01273 466052
Nina Kirby Lic.Ac. MBACc. DipCouns.
SROT (Worthing) 01903 200748
Park View (Worthing) 01903 230066
Antonia Phillips RGN MWAcA
 (Rustington) 01903 770367
Zen Acupuncture (Worthing)
 01903 208886

ANGEL THERAPY

Ann-Marie Marchant (Shoreham)
 01903 816115

ANGEL WORKSHOP

Linda Swann (Worthing) Workshop
 01903 872854 / 07711 679718
angeliclightcentre@hotmail.co.uk

AROMATHERAPY

Body Matters (Steyning) 01903 813500
Chrysalis Complementary Therapy
 (Arundel) 01903 884510
Michelle Day (Steyning) 01903 812717
Home Holistics Visiting Therapist
 (Shoreham) 0808 1784185 (Freephone)
www.homeholistics.com
Natural Health Centre
 (Littlehampton) 01903 734373
Beverley Underwood (Steyning)
 01903 815697

ART THERAPY

Eva Weaver MA (Portslade)
 077577 47027 www.wildwing.co.uk

AUDIOLOGY

Hidden Hearing 01622 690132
www.hiddenhearing.com

BATHS (WALK IN)

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

BEAUTY & HOLISTIC THERAPISTS

2 hands 2 heal (Lancing) 0845 3642564
www.2hands2heal.co.uk
Clare Lester (Bognor Regis)
 01243 826049

BREAST HEALTH

(Digital infra-red thermal imaging)
The Windsor Clinic (Worthing)
 01903 234490 www.thewindsorclinic.co.uk

CARE HOMES

Rectory House (Sompting)
 0808 1661364 www.caringhomes.org
The Shelley (Worthing)
 01903 237000 www.theshelley.com
Trevine Court (Worthing) 01903 235074
Valerie Manor (Upper Beeding)
 01903 812105

CARE SERVICES

Guild Care 01903 528600
www.guildcare.org
Home Care (Worthing)
 01903 528637 www.guildcare.org
Premier Nursing Ltd 01903 883882
www.nursing.premierlocums.com
Prestige Homecare (Worthing)
 01903 700900 www.prestige-nursing.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
The Ataxia Society 01582 760733
www.atsociety.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
Cystic Fibrosis Trust
 0208 464 7211 www.cfrtrust.org.uk
Diabetes UK 0845 123 2399
www.diabetes.org.uk
Disabled Children 020 7233 6600
www.whizz-kidz.org.uk
Disabled Living Foundation
 0845 130 9177 www.dlf.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

The National Autistic Society

0845 070 4004 www.nas.org.uk

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

The Stroke Society 020 7566 0300

www.stroke.org.uk

Sussex Deaf Association

01273 671899 www.sussexdeaf.co.uk

The Sussex MS Treatment Centre

01273 594484 www.mssussex.com

Worthing Society for the Blind

01903 235782

www.worthingsocietyfortheblind.co.uk

CHIROPRACTORS

Chiropractic Care Centre

(Worthing) 01903 217160

Natural Health Centre (Littlehampton)

01903 734373

Shoreham Chiropractic Clinic

01273 461155

Steyning Chiropractic Clinic

01903 812211

Warwick House Clinic (Worthing)

Tel: 01903 228040 www.manosclinics.com

The Windsor Clinic (Worthing)

01903 234490 www.thewindsorclinic.co.uk

CLAIRVOYANT

Lucy Setters (Shoreham) 07771 712288

www.lucysetters.co.uk

COACH EXCURSIONS

Roadmark Travel 01903 741233

www.roadmarktravel.co.uk

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Torquay Travel 01803 212900
www.torquaytravel.co.uk
Woods Holidays 01243 870870
www.woodstravel.co.uk

COUNSELLING

Maxine Harley MSc (Worthing)
01903 533454
www.psychotherapy-sussex.co.uk
Paul Hide 08717 031240
www.hypnotherapyeastsussex.co.uk
Sheila Pope 07792 100390

CREATIVITY COACHING

Eva Weaver MA (Portslade)
077577 47027 www.wildwing.co.uk

CRYSTAL HEALING

Beverley Scott-Hughes (Storrington)
01903 743053

DEEP TISSUE MASSAGE

Hands-On-Holistic (Littlehampton)
07922 132198 www.hands-on-holistic.com

DENTAL SERVICES

The Denture Shop (Worthing)
01903 501133

DORNE METHOD

Hands-On-Holistic (Littlehampton)
07922 132198 www.hands-on-holistic.com

EMOTIONAL FREEDOM TECHNIQUE (EFT)

2 hands 2 heal (Lancing) 0845 3642564
www.2hands2heal.co.uk

EXERCISE/FITNESS

Pushy Mothers Buggy Workouts
(Hove & Shoreham) 07931 758307
Karolina www.pushymothers.com

FOOTWEAR

**Prescription Footwear
Associates Ltd** 01243 554407
www.prescriptionfootwear.co.uk

HAIR REMOVAL

SUGARING - Lindy Hinsley
(Worthing) 01903 600662

HEALTH FOODS

Essence of Eden (Coconut Oil)
01491 614444 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
Home Holistics Visiting Therapist
(Shoreham) 0808 1784185 (Freephone)
www.homeholistics.com

Lotus Health (Worthing)
01903 779129 www.lotushealth.co.uk
Elizabeth Marks (Steyning)
07713 253604
Reps Health Studio (Worthing)
01903 234490
Worthing Leisure Centre
01903 502237

HERBALIST

Rachel Boon Bsc (Hons), ND, Dip Herb
(Worthing) The Warwick House Clinic.
www.harmonyherbs.co.uk 01903 228040

HOLISTIC HOLIDAYS

Skyros Holidays
01983 865566 www.skyros.com

HOMEOPATHS

Graeme Beattie RSHom
(Worthing) 01903 200748
Pauline Black RSHom (Worthing)
01903 533153
**Equilibrium Complementary
Natural Health Centre**
(Littlehampton) 01903 734373
Tracy Francis (Angmering)
01903 779452
Body Matters (Steyning) 01903 813500
Sally Nunn RSHom (Arundel)
01903 884466
**Magdalena Whitehouse (BAHons, RGN,
PCH, ARH) The Windsor Clinic**
(Worthing) 01903 234490
www.thewindsorclinic.co.uk

HYDROTHERAPY

Henry House 01903 232875
www.henryhouse.net

HYPNOTHERAPY

Jo Caulfield (Portslade) 07807 689217
Angus Ewing (Worthing) 01903 203034
www.mindworksolutions.co.uk
Body Matters (Steyning) 01903 813500
Paul Hide 08717 031240
www.hypnotherapyeastsussex.co.uk
HypnoIMP 01243 556341
www.hypnoimp.co.uk
Chris Jones Hypnotherapy (Storrington)
01903 745606 /
07740 085101 cj@chrisjones.uk.com
Ann-Marie Marchant (Shoreham)
01903 816115
Mark McDowell (Worthing)
01903 889845
Simon Redhead (Worthing) 01903
523003 www.mettahypnotherapy.com
Beverley Underwood (Steyning)
01903 815697

INDIAN HEAD MASSAGE

Jo Caulfield (Portslade) 07807 689217
Chrysalis Complementary Therapy
(Arundel) 01903 884510
Laura Hall (Lancing)
01903 533547 / 07966 921979

Hands-On-Holistic (Littlehampton)
07922 132198 www.hands-on-holistic.com
Lindy Hinsley (Worthing)
01903 600662
Linda Swann (Worthing)
01903 872854 / 07711 679718
angeliclightcentre@hotmail.co.uk

LASER EYE TREATMENT

Accuvision 08700 202000
www.accuvision.co.uk
London Vision Clinic 0800 587 4705
www.londonvisionclinic.com
Optimax 08456 889 555
www.optimax.co.uk
Ultralase 0808 144 2020
www.ultralase-eye-surgery.co.uk

MASSAGE

2 hands 2 heal (Lancing) 0845 3642564
www.2hands2heal.co.uk
Chrysalis Complementary Therapy
(Arundel) 01903 884510
MASSAGE (Electro-lymphatic therapy)
The Windsor Clinic (Worthing)
01903 234490 www.thewindsorclinic.co.uk

MATTRESSES

CPS 020 7231 5432 www.cpsoffers.co.uk
Memory Mattress 0800 612 9317
www.memory-mattress.co.uk

MEDICAL HERBALIST

**Andrea Hughes BSc(hons) MNIMH
MCP.** Avalon Health Centre 01903 771504

MOBILITY AIDS

A1 Used Mobility 01273 440300
www.a1-usedmobility.co.uk
Abby Mobility (Chichester)
01243 532111
Care Centres Ltd (Worthing)
0800 854227 www.carecentres.co.uk
Mobility in Motion (Goring)
01903 500757
Mobility Plus (Worthing) 01903 233288
Mobility Warehouse (Littlehampton)
01903 733528 www.gblwheelchairs.com

NATUROPATH

Rachel Boon Bsc (Hons), ND, Dip Herb
(Worthing) The Warwick House Clinic.
www.harmonyherbs.co.uk 01903 228040

NUTRITIONAL THERAPY

Kirsten Chick 07968 137246
www.naturalrecipes.co.uk
www.connectwithnutrition.co.uk
Carol Granger (Midhurst) 01730 813229

OSTEOPATHS

The Outside Clinic 0500 295 245
www.outsideclinicdirect.com

OSTEOPATHS

Adur Osteopathic Clinic (Shoreham)
01273 455775

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Broadwater Osteopathic Practice

01903 820206 www.bop.uk.net

Millstream Medical Centre (Storrington)

01903 743083

Natural Health Centre

(Littlehampton) 01903 734373

The Osteopathic Clinic

(Lancing) 01903 750770

Steyning Osteopathic Services

01903 813666

St Georges Osteopathy

(Worthing & Angmering) 01903 200748

PAIN RELIEF

2 hands 2 heal (Lancing) 0845 3642564

www.2hands2heal.co.uk

Natures Gate 01256 346060

www.naturesgate-uk.com

PERSONAL ALARMS

Adur District Council 01273 263390

PERSONAL SECURITY

Redline Security 0845 450 1373

www.redlinesecurity.co.uk

Safetrac 0845 1232517 www.safetrac.co.uk

PHOTOGRAPHY

Simon Redhead (Worthing)

01903 523003

PHYSIOTHERAPY

The Windsor Clinic (Worthing)

01903 234490 www.thewindsorclinic.co.uk

PILATES

Body Matters (Steyning) 01903 813500

Emily Wilson (Hove) 07709 357622

emilijwilson@gmail.com

PRESCRIPTION FOOTWEAR

PFA 01243 554407

www.prescriptionfootwear.co.uk

PRIVATE HOSPITALS

Goring Hall (Goring-by-Sea)

01903 506699

PSYCHOLOGIST/ PSYCHOTHERAPIST

Maxine Harley MSc (Worthing) 01903

533454 www.psychotherapy-sussex.co.uk

REFLEXOLOGY

Helen Aldred (Goring) 01903 247734

Ashdown Reflexology (Worthing)

01903 234521

Body Matters (Steyning) 01903 813500

Jo Caulfield (Portshead) 07807 689217

Laura Hall (Lancing)

01903 533547 / 07966 921979

Monica Hilder (Worthing)

01903 228040

The Holistic Way (Steyning)

01903 812728

Home Holistics Visiting Therapist

(Shoreham) 0808 1784185

(Freephone) www.homeholistics.com

Natural Health Centre (Littlehampton)

01903 734373

Mary Sandifer (Pulborough)

01798 837398

Beverley Scott-Hughes (Storrington)

01903 743053

Linda Swann (Worthing)

01903 872854 / 07711 679718

angeliclightcentre@hotmail.co.uk

Beverley Underwood (Steyning)

01903 815697

Whiteways Reflexology (Worthing)

01903 247734

REIKI

2 hands 2 heal (Lancing) 0845 3642564

www.2hands2heal.co.uk

Body Matters (Steyning) 01903 813500

Jo Caulfield (Portshead) 07807 689217

Chrysalis Complementary Therapy

(Arundel) 01903 884510

Laura Hall (Lancing)

01903 533547 / 07966 921979

Moonstone (Worthing) 01903 206663

www.moonstonenewage.co.uk

Linda Swann (Worthing) Karuna Reiki

01903 872854 / 07711 679718

angeliclightcentre@hotmail.co.uk

Beverley Underwood (Steyning)

01903 815697

SHAMANIC COUNSELLING

Eva Weaver MA (Portshead)

077577 47027 www.wildwing.co.uk

SHIATSU

Chrysalis Complementary Therapy

(Arundel) 01903 884510

SLIMMING

All about W8 (Lancing) 0844 5447703

www.allaboutW8.co.uk/adur

Happyweight Ltd 01424 434606

www.happyweight.com

Pharma Nord (UK) Ltd

0800 591756 www.pharmanord.co.uk

SOLAR ENERGY

Paine Manwaring Ltd

01903 237522 www.painemanwaring.co.uk

Sundial Solar & Biomass

01903 522810

SOUL MEMORY THERAPY

Linda Swann (Worthing)

01903 872854 / 07711 679718

angeliclightcentre@hotmail.co.uk

STOP SMOKING

Ann-Marie Marchant (Shoreham)

01903 816115

West Sussex County Council

01903 708000 www.westsussexpct.nhs.uk

STRESS MANAGEMENT

Jo Caulfield (Portshead) 07807 689217

SUPPLEMENTS

Baugh Dell 01403 752016

www.baughdell.co.uk

Gematria Nutritional Supplements

01444 471147 www.gematria.net

SimplySupplements 0800 1955 755

www.simplysupplements.co.uk

Vitabiotics www.vitabiotics.com

TAROT

Lucy Setters (Shoreham) 07771 712288

www.lucysetters.co.uk

THAI MASSAGE

Alexandra Chitania (Brighton)

0776 2570535

Sumana Thai Massage Clinic (Brighton)

07530 135381 www.sumanathaimassage.org

THERMO AURICULAR THERAPY

(HOPI EAR CANDLES)

Lindy Hinsley (Worthing) 01903 600662

VIDEO SERVICES

Carroll Media 01903 725217

www.carrollmedia.co.uk

YURT (TENT) HIRE

Gecko Yurts 07932 806151

www.geckoyurts.co.uk

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