



Sr. E Davies  
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Dear Parent,

Now more than ever we look towards the long-term health and wellbeing of our pupils and staff in College. The focus is on preventative/maintenance care for injuries/illness and supporting mental health and well-being. One of our Nursing Sisters, Mrs Suzy Goss, has an extended role as a complementary therapist and is commencing clinics within our Medical Centre. She has been a qualified massage therapist and aroma therapist for over twenty years and has implemented these therapies in the NHS and private practice/sector.

She would initially offer therapeutic massage to pupils and staff and may add in aromatherapy in the future. Therapeutic massage may be recommended for children and adults to deliver benefits such as:

- Easing psychological tensions such as stress (exam or work), anger, improving mobility and flexibility, promoting faster healing of soft tissue injuries, pre-event and post event massage, promote regular sleep, relieve anxiety, fear and promoting easier breathing.

Pupils will need to complete a College consent form and for children under 16 parents will need to sign the form. A further 'consent to treatment form' will be signed on the day of the treatment with Sister Goss, along with a pre-treatment COVID-19 questionnaire. Pupils under the age of 14 years will require a chaperone, which would need to be a parent.

Depending if a full body or target area treatment is required, treatments will either be half an hour or one hourly sessions at the price of £20 - £35. If you are interested and require further information together with the consent forms, please contact Sister Goss on [suzy.goss@ellesmere.com](mailto:suzy.goss@ellesmere.com). (Sister Suzy Goss BSc (Hons) Specialist Community Public Health Nurse. Member No:-21756. Federation of International Holistic Therapists).

Yours sincerely,

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