



listening hands therapy

calm ~ connection ~ compassion ~ concentration

newsletter

SUMMER 2017

Welcome to our first Newsletter

Listening Hands Therapy aims to provide peer to peer massage instruction in primary schools, to help children to relax and focus, and to learn to care for each other and themselves.

We are a member of the Massage In Schools Association (MISA).



Happy 1st birthday, and thanks!

As Listening Hands Therapy celebrates its first anniversary as a Community Interest Company, we would like to say a huge 'Thank you!' to everyone who has helped to make our first year such a fantastic experience. We have had a wonderful positive response from schools, partners, funders and supporters, and we have thoroughly enjoyed the journey so far!

Some of our sessions have been provided by generous grant awards, and our thanks go out in particular to our funding partners Southport Community Link Foundation, Co-Op Customer Donation Fund, the Trinity St Peters Trust, and Furness Building Society. A huge thank you of course to the schools that have also been able to fund their own sessions.

What have people been saying?

We know from our continual evaluation by the staff and children we have worked with how valuable these sessions are to the children's wellbeing. Here's a selection of some of our feedback over the last few months of what children like about the massage sessions:

Year 5 "being really relaxed and clearing my mind"

Year 4 "being able to relax and get me into the right mind-set"

"I feel like I'm in a dream come true!"

"how it calms you down and not worry about anything"

Year 2 "I found it peaceful and calm"

Staff feedback "moves were easy to follow, and I feel confident to teach further sessions"

"the sessions calmed the children and were engaging for all"

"Thank you for this amazing opportunity, and we look forward to continuing it further"





Thank you to all of the pupils and staff in the schools we have worked with over the past year, and for the feedback given. Overall we have had a fantastic **92% positive** rating from children 'liking' the sessions this year, along with an average staff rating of **4.8 out of 5**. We're always looking at how we can improve the way we do things, but this is certainly a great foundation to work from!

It's also a great result that so many classroom staff members have felt confident to continue to facilitate the massage routines after the instructor-led sessions have ended. We would really encourage schools who have participated in the full programme to continue to use the routines, to maximise the wellbeing benefits for their pupils, even if it's only for a couple of short sessions a week. We would love to hear how you are getting on – keep us posted.

Instructor's highlights: Gruffalos, bees and dragons!



At Chinese New Year some Year 4 children at **Woodlands Primary**, Skelmersdale, developed their own story massage, creating massage moves including the exciting '**Dragon's wings**' move!

At **St. Stephen's school** in Banks, Year 2 children who had already learnt the full Massage In Schools Association (MISA) routine tried a routine based on the Julia

Donaldson story 'The Gruffalo'. They really enjoyed it as all of the characters came to life through their massage routine.

Year 3 children at **Trinity St. Peters** in Formby learnt the full routine so well that they were able to spend time devising their own moves for massage such as the '**busy bees**' move. They were very creative and confident, thinking carefully about ensuring their new moves were comfortable and enjoyable for their partners.



Work with the community

We have also spent time working with community groups, as well as engaging with the local health care and voluntary sector networks.



We have been pampering people with lovely hand massage sessions at cancer support events, including the MacMillan Big Coffee Morning and Firm Roots Cancer Support.

We'd also like to offer our thanks for the support of the West Lancashire Council for Voluntary Service who have been super helpful while we have been getting established, and we had the pleasure of attending their Health Network event in the autumn.



Get in touch...

We can offer sessions in a variety of formats - see our website www.listeninghandstherapy.co.uk for further details, or contact us directly. For the full MISA routine, developed to enable classroom staff to take forward the massage routines independently, a programme of 4 or 5 instructor-led sessions are required. These would usually be weekly, but taster sessions or other bespoke options can also be arranged.

Please do get in touch for any further information or if you would like to discuss arranging sessions for your school – we would love to hear from you!



GET IN TOUCH



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