



# Yeleni Support Centre

## for Cancer and Chronic Illness

Charity reg. 1118969

*"where help is always at hand"*

## Welcome

**The Yeleni Support Centre is all about people.**

We aim to meet the unique needs of every individual,

That's why we create a personal therapy programme for you. Whether you want to relax, reduce stress or need help with a specific illness or problem, we offer a wide range of complementary treatments to help you regain your sense of health and wellbeing. From Physiotherapy, Nutrition and Sports Massage to Allergy Testing, Reiki and Reflexology our aim is to balance you in mind, body and spirit.

**We offer up to 9 free therapy sessions to people with cancer and chronic illness. This is the charitable side of our organisation. We also offer on-going support via workshops and support groups including carers. By having your therapies at the Yeleni Support Centre you are helping others feel better too!**

However although we are a charity offering free therapy sessions to anyone with cancer and chronic illness we are also still offering complementary therapies to everyone else. So whether you want a back massage, reflexology or a few hypnotherapy sessions **£10 of the money you pay for your treatment will go towards supporting our charity work.** By helping yourself you will be helping someone else too!

First and foremost, we are a therapy centre where our main aim is to offer our clients the best holistic care that we can, to be somewhere where "help is 'truly' always at hand". From personal experience we know how hard it can be at times to be happy and healthy in our stress laden lives. We know how stress can lead to illness and disease and so we have created an environment at The Yeleni Support Centre which helps to soothe the senses with a combination of beautiful rooms, tranquil music, aromatic scents, and the calming power of touch and giving you the time to talk to someone who is happy to listen. We live in a world which increasingly makes demands of our time and energy. However, from the moment you come through the door you find yourself in an oasis of peace, where time stands still and you can truly relax and let go of the outside world.



## Therapies

Acupuncture	From per session	£35
Aromatherapy	1 Hour	£35
	30 Mins	£25
Baby Massage	Free Demo For Donation	
Chinese Medical Herbalism	1 Hour approx	£35
Counselling	50 mins	£30
5 Element Acupuncture	1st appt 90 mins	£40
	Thereafter 1 hour	£30
Deep tissue Massage	1 Hour	£35
	30 mins	£20
Hopi Ear Candling	1 Hour Approx	£30
Hypnotherapy	1st session	£75
	Optional 2nd session	£30
	3rd session etc	£50
Stop Smoking	One session	£105
Indian Head Massage	(approx. 45mins)	£30
Non Surgical Footcare		£32
Reflexology	1 Hour	£32
Reiki	1 Hour	£28
	30 Mins	£18
Shiatsu	1 Hour	£40
	30 Mins	£25
Swedish Massage	1 Hour	£32
	30 Mins	£22
Traditional Thai Massage	1Hour	£35
	30 Mins	£25
Touch For Health Kinesiology	1 hour 15mins	£45
	Further Sessions 1 hour	£35



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## Gift Ideas

By purchasing a Gift Voucher the recipient can choose from any items in our shop and any of the treatments offered! Pop in and see us or give us a call  
....**Remember £10 from every treatment goes towards supporting the charity!**

### Workshops/Courses

Visit the website or call us for details of our workshops and courses.

### Classes/Groups

Weekly meditation.  
Regular stress management and relaxation.

### Reiki Training

We offer Reiki training to 3rd Degree with classes every month.

### Donation Reiki

We offer Reiki therapy the first Tuesday of the month from 7.30p.m.-10.30p.m. Friday mornings and all day Thursday and Saturday by appointment.

**Suggested donation £5.00 per 30 minute session**

*24 hours notice of cancellation is required,  
otherwise the full treatment charge will be made.*

## How to find us

### The Yeleni Support Centre

**2 Blackfriars Street**

**Hereford**

**HR4 9HS**

**To book an appointment call**

**01432 342 342**

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

[Info@yelenisupport.co.uk](mailto:Info@yelenisupport.co.uk)



From the North: Take A49 south into Hereford city centre until it becomes Edgar Street with the Courtyard Theatre on the right and the Football Ground on the left. Turn left immediately past the Football Ground into Blackfriars Street and The Yeleni Support Centre is near the end of the road on the right.

From the South: Take the A49 north into Hereford city centre. At ASDA roundabout follow A49 over the river and straight over two sets of traffic lights. At large roundabout take first exit still on the A49 signposted Leominster. Take first turning right into Blackfriars Street and The Yeleni Support Centre is near the end of the road on the right.

**Car Parking:** One disabled parking space at the Centre.

In Blackfriars Street there are two car parks on the left and one on the right before you get to the Centre.