

Alternative Therapies



Many people with long-term conditions are interested in alternative therapies. While there is no research proving that a particular therapy is effective for people with ataxia, anecdotal evidence suggests that some people find alternative therapies helpful for easing symptoms or for relaxation.

The following organisations provide comprehensive and unbiased information on alternative therapies and details of qualified practitioners around the UK.

The Henry Spink Foundation

c/o Montgomery Swann
Scotts Sufferance Wharf
1 Mill Street
London SE1 2DE

Website: www.henryspink.org/home.htm

Offers unbiased information for families of disabled children on a wide variety of therapies including alternative medicine. **N.B are unable to respond to individual queries.**

The Research Council for Complementary Medicines

The Royal London Homoeopathic Hospital,
UCLH NHS Foundation Trust,
60 Great Ormond Street,
London, WC1 3HR
Email: info@rccm.org.uk

Website: www.rccm.org.uk

Collects evidence from research on complementary medicine in order to provide professionals and patients with information about the effectiveness of individual therapies and the treatment of specific conditions.

British Complementary Medicine Association

BCMA
P.O. Box 5122
Bournemouth
BH8 0WG
Tel : 0845 345 5977
Email: office@bcma.co.uk

Website: www.bcma.co.uk

Provides lists of therapists registered with the BCMA and information for the public on a wide range of therapies such as acupuncture, kinesiology, reiki, massage and pilates.

The Prince's Foundation for Integrated Health

The Prince's Foundation for Integrated Health
PO Box 65104
LONDON
SW1P 9PJ
Tel: 020 7024 5755

Email: contactus@fih.org.uk

Website: www.fih.org.uk/index.html

Provides a guide to complementary therapies and campaigns for greater use of complementary and holistic therapies.

Ataxia UK, Lincoln House, Kennington Park, 1-3 Brixton Road, London SW9 6DE

www.ataxia.org.uk

Tel: 020 7582 1444

helpline@ataxia.org.uk

Helpline: 0845 644 0606

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