

Story 3 Female aged 34

I attended the Help for Health programme in June 2005. I am a 34 year old female who suffers from fibromyalgia and depression as a result of a car crash three years plus years ago, and I haven't been able to work since. I have tried lots of different therapies over the years and thought I was pretty well informed.

I attended the course as I am willing to try almost anything if it will help the pain and depression. I found each session very useful and informative and especially loved the relaxing part at the end of each session.

The therapist (Lesley) was brilliant, she has an ability to put you at ease very quickly and she is very welcoming, helpful and full of useful knowledge. She is also flexible and fits the session round your needs.

I also found being in a group session very helpful with everyone trying to achieve the same goals it gave me a sense of support. I would recommend this programme to everyone; everyone would leave each session with something positive to help them.

The only negative I can think of is that I didn't want the course to end, Can I do it again?

