

# Shelter from the storm

David Pitcher visits a unique therapeutic provision for young people



Clover House, situated between Bath and Bristol, is a charity which aims to provide therapy for children. As many grandparents are concerned about their grandchildren, especially if they are caring for them following abusive or painful experiences, I decided to pay Clover House a visit on behalf of the Grandparents' Association.

Clover House describes itself as offering "natural healing for children", and it seeks to help all children, from babies to young adults, using a complementary therapy approach. This means that every child is helped from three approaches: emotional, using imagery to address exaggerated fears; physical, using

massage, which is then taught to the parents or carers; and nutritional. Each session involves these three separate interventions, each provided by a separate, experienced practitioner. It is the combination of these three therapies, working together, that is distinctive about Clover House's approach.

Co-founder Jill Gill says that, in the 440 families who have been treated since Clover House started in 1996, there has been a success rate of 86%, usually achieved within three sessions, although some situations require more. Follow up at home is an essential part of the carer or parent's commitment.

Jill says that the approach works well with conditions such as ADHD, unresolved bereavement, school refusal, and also conditions in which both physical and emotional symptoms occur together, such as enuresis. Even with conditions that cannot be cured, such as autism or major physical illness, Clover House can help improve quality of life.

Each case is meticulously recorded, including measures of satisfaction before and after treatment, so there can be confidence that claims are well-founded. Families who use Clover House will need to be open to the idea of a complementary approach to health.

Clover House is a charity, and derives its principal income from charitable applications. Its services are available to any family who can get to them, and this includes a large part of the Midlands and the South West. There is a charge of £35 per session for those who can afford it, but no family

is ever turned away because of inability to pay.

**Contact details:**

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Tel: 01225 344047  
Email: info@cloverhouse.org  
www.cloverhouse.org  
Clover House would be pleased to send an information booklet or a DVD on request.

**A Case Study**

Jennifer, age 9, and her younger sister, were being brought up by her grandfather. Their mother had died following an asthma attack. The girls were traumatised by their mother's death. Jennifer was cruel to her younger sister, kept trying to sleep in her grandfather's room, and lacked confidence. Their grandfather was finding it difficult to cope.

Jennifer was helped to do a 'rewind' of her mother's death, to help her to control her feelings about it. She was encouraged to imagine her sister as a little puppy, someone who needed kindness. Grandfather was shown how to do a simple foot massage, and this helped them to feel closer. The nutritionist helped the grandfather to draw up a star chart to encourage Jennifer to eat more vegetables, and to sleep more. When the therapy concluded, it was remarked that "in came a happy, smiling child and a calmer, brighter granddad!"

HOW WOULD YOU LIKE TO WIN £80 AND KNOW THAT YOU HAVE HELPED TO SUPPORT GRANDPARENTS IN THE PROCESS?

Now you can by joining our Grandparents' Association 400 Club!!

**A fun way to raise funds!**

In the last issue I wrote to invite you all to become members of the new Grandparents' Association 400 Club. This is a fun way for our members to raise funds for our much needed National helpline and support groups.

**BE A WINNER!**

One lucky member each month could win up to £80.00\* but we also have four lesser prizes, so if you buy just one share a month you have five chances of being a 400 Club winner!

**How can I join in?**

Each share costs only £1 per month and there is no limit to the number of shares you can buy. It would be great if you could pay by monthly standing order or you can pay in advance for the year (£12 per year).

**Our launch date**

We hope to launch the 400 Club on 1st May 2011 so please contact me before the 10th April to become a 400 Club member.

*I look forward to hearing from you, and wish you luck in future draws*

*Anxemarie Dowling* | 400 Club Organiser

The 400 Club will help support the 8,500 people that contact our organisation yearly. By supporting this club you will enable us to continue to provide advice and information to those that need our help. \*The full prize of £80 will only be available once we have reached the target of 400 shares sold.