



T: 01223 324 154

M: 07841 918 312

W: [pointhealth.org](http://pointhealth.org)

E: [contact@pointhealth.org](mailto:contact@pointhealth.org)

A: St John's Innovation Centre,  
Cambridge, CB4 0WS

An abstract graphic at the bottom of the page consisting of several overlapping, semi-transparent, 3D rectangular blocks in shades of blue and grey, creating a layered, architectural effect.

Brochure

## Contents

<b>TITLE</b>	<b>PAGE NO</b>
<b><i>Mission Statement</i></b>	<b>3</b>
<b><i>Company Summary</i></b>	<b>4</b>
<b><i>Individual Services</i></b>	<b>5</b>
<i>Physiotherapy</i>	<b>5</b>
<i>Personal Training and Nutrition</i>	<b>6</b>
<i>Holistic Therapy</i>	<b>7</b>
<b><i>Business Services</i></b>	<b>9</b>
<i>Corporate Health</i>	<b>9</b>
<i>Occupational Health</i>	<b>13</b>
<i>Healthcare Recruitment</i>	<b>15</b>
<b><i>Specialist Services</i></b>	<b>16</b>
<i>Consultancy Services</i>	<b>16</b>
<i>Community Health Pathways</i>	<b>17</b>
<i>Education and Qualifications</i>	<b>18</b>
<b><i>Contact and Location</i></b>	<b>19</b>
<b><i>Copyright</i></b>	<b>20</b>



### Mission Statement

“Point Health CIC will be recognised for continual innovation, achievement and excellence across the whole healthcare economy. Through integrated healthcare services, community engagement and entrepreneurial energy, we will strive to improve health outcomes in all we do”



## Company Summary

Point Health is an integrated healthcare specialist, providing expertise and services across the vast health economy, from health management consultancy and corporate health services to community, home-based healthcare provision. As a community interest company we combine entrepreneurial drive with community health improvement, utilising our innovative business model to promote health at all levels, from influencing policy and strategy to delivering holistic health packages for individuals and families within the communities we serve.

We believe that true healthcare sustainability is about health promotion and disease prevention, understanding the role of all health determinants to deliver services which are holistic, evidence-based and inclusive.

## Individual services

### Physiotherapy



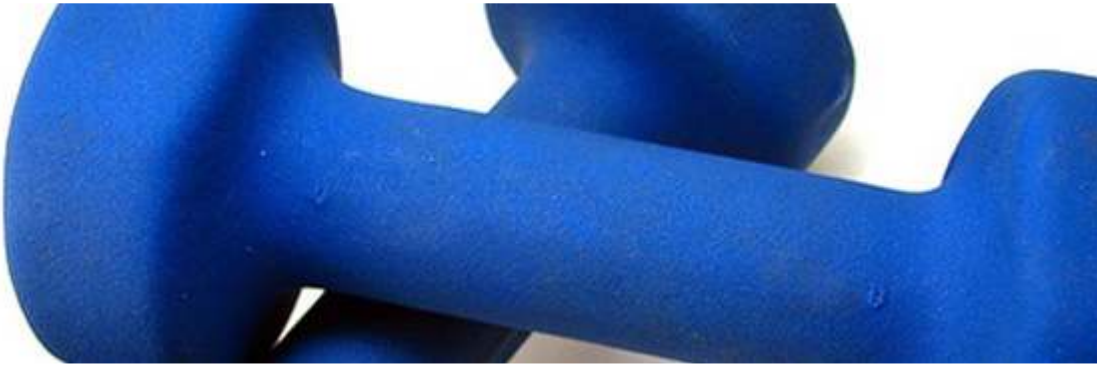
Physiotherapy is a healthcare profession which aims to promote, restore and maximise human movement and function; central to health and wellbeing. We utilise a variety of different approaches, methods and modalities to ensure you receive high-quality and evidenced based assessment and treatment. We pride ourselves on our clinical delivery and utilisation of measurable outcomes. All of our physiotherapists are members of the Chartered Society of Physiotherapy and Health Professions Council, so you can be assured that you are receiving an excellent service from professionals with knowledge, experience and expertise.

Physiotherapy sessions will incorporate a detailed assessment of your lifestyle, function and ability. From there, your physiotherapist will then discuss your personal goals and expectations of treatment to formulate a treatment plan personal to you, with the aim to helping you achieve your goals and specific outcomes.

Treatment can include methods such as soft tissue release techniques, joint mobilisations, electrotherapy, ultrasound, exercise, acupuncture, heat therapy and educational advice. We treat a range of conditions from muscle and joint pain to specific spinal problems and neurological issues. Our physiotherapists are innovative and quality-focused, committed to individual care and excellent service provision.

We provide physiotherapy at various locations and can also come to your home or destination of choosing, make an enquiry.

## Personal Training and Nutrition



Our personal trainers are experienced, dynamic and client-focussed. We help to motivate, inspire and push our clients to achieve the results they want in a fun, professional and controlled environment.

Whatever your fitness levels or goals might be, our highly-qualified personal trainers will help you to achieve them; from weight loss and sports rehabilitation to improving energy levels and increasing your fitness. Personal training at Point Health is all about you; so we are flexible in the time and day you need us, whilst providing you with the expertise and knowledge to help you measure your results and track your improvements. We create our PT programmes around your schedule and break up the hard work with healthy lunches, advice sessions and post-workout massages.

Personal training sessions can include the following:

- Detailed lifestyle and fitness assessment
- Goal identification
- Health and Fitness Measurement: Blood pressure, cholesterol, aerobic fitness muscular strength
- Weight exercises
- Kettlebell workouts
- Cardiovascular and endurance training
- Stretching and massage
- Nutritional analysis and dietary advice

With a whole host of training methods and personal trainers from around the globe, we bring variety, expertise and results!

We provide personal training at various locations and can also come to your home or destination of choosing, make an enquiry.

## Holistic Therapy



Holistic therapy combines perfectly the mental and physical components of health. We offer a range of holistic therapies; from massage and reflexology to reiki and acupuncture. All of our practitioners are experienced, professional and knowledgeable, with influences from therapies delivered all over the world. We bring expertise and advice to all of our sessions and can help you decide which therapy may be best for you.

Our holistic therapies can provide the following benefits:

- Stress Relief
- Relaxation
- Improved circulation
- Cleansing of toxins and impurities
- Increased energy
- Recovery from injury and illness
- Mood improvement

With a whole host of therapies to choose from, we tailor our sessions to meet your needs, ensuring a quality, professional and client-focussed service.

We provide holistic therapy at various locations and can also come to your home or destination of choosing, make an enquiry.

## Massage

Body massage has been used as a healing therapy for many years and involves the manipulation of the body's soft tissues to promote a range of benefits. It involves using pressure, tension, motion and vibration to target tissues such as muscles, the skin, tendons, ligaments and connective tissue. Massage can help you release tension and stress, helping you feel relaxed and revitalised but can also help aid in recovery from injury, enhance sports performance and stimulate healing. Through using a range of massage techniques, improvements in circulation and removal of harmful body toxins can occur.

## Reflexology

Reflexology is a holistic health therapy which aims to promote the body's natural healing abilities by stimulating specific areas on the feet which relate to body systems. The reflexologist, using their fingers and thumbs, applies gentle pressure to the hands and feet of the person they are treating. The history of reflexology can be traced back many thousands of years where it was used predominantly by Chinese, Japanese and Indian cultures to promote good health.

## Business Services

### Corporate Health



Point Health provides a holistic, unique and complete approach in providing a diverse range of corporate health and wellness services. We provide a single access point to a variety of health and fitness options, with professionals who provide expertise, knowledge and variety in helping business achieve better outcomes through tailored health packages.

From employee health assessments and treatment to proactive occupational health management and corporate health days; whatever your requirements, we offer on-site services and flexible payment terms to ensure you gain benefit from the most effective and evidenced-based health and fitness service approach.

Point Health is innovative in its application of technology and electronic systems to provide our customers with an excellent experience in parallel with seamless health and fitness pathways. We are able to provide clear and concise outcome measurement and informatics reports, as well as subjective advice and support to businesses regardless of size.

We provide corporate health services at various locations and can also come to your business premises, make an enquiry.

## Personal Training

Our personal trainers are experienced, dynamic and client-focussed. We help to motivate, inspire and push our clients to achieve the results they want in a fun, professional and controlled environment.

Whatever your fitness levels or goals might be, our highly-qualified personal trainers will help you to achieve them; from weight loss and sports rehabilitation to improving energy levels and increasing your fitness. Personal training at Point Health is all about you; so we are flexible in the time and day you need us, whilst providing you with the expertise and knowledge to help measure your results and track your improvements.

Personal training sessions can include the following:

- Detailed lifestyle and fitness assessment
- Goal identification
- Health and Fitness Measurement: Blood pressure, cholesterol, aerobic fitness muscular strength
- Weight exercises
- Kettlebell workouts
- Cardiovascular and endurance training
- Stretching and massage
- Nutritional analysis and dietary advice

With a whole host of training methods and personal trainers from around the globe, we bring variety, expertise and results!

We provide personal training at various locations and can also come to your business or destination of choosing, make an enquiry.

## Physiotherapy

Physiotherapy is a healthcare profession which aims to promote, restore and maximise human movement and function; central to health and wellbeing. We utilise a variety of different approaches, methods and modalities to ensure you receive high-quality and evidenced based assessment and treatment. We pride ourselves on our clinical delivery and utilisation of measurable outcomes. All of our physiotherapists are members of the Chartered Society of Physiotherapy and Health Professions Council, so you can be assured that you are receiving an excellent service from professionals with knowledge, experience and expertise.

Physiotherapy sessions will incorporate a detailed assessment of your lifestyle, function and ability. From there, your physiotherapist will then discuss your personal goals and expectations of treatment to formulate a treatment plan personal to you, with the aim to helping you achieve your goals and specific outcomes.

Treatment can include methods such as soft tissue release techniques, joint mobilisations, electrotherapy, ultrasound, exercise, acupuncture, health therapy and educational advice. We treat a range of conditions from muscle and joint pain to specific spinal problems and neurological issues. Our physiotherapists are innovative and quality-focused, committed to individual care and excellent service provision.

We provide physiotherapy at various locations and can also come to your business or destination of choosing, make an enquiry.

### Health and Wellbeing Assessments

Point Health provides employees with personal and professional health and wellness assessments, with a focus on proactive health management and tailored advice, guidance and support. Employee health and wellness is integral to successful businesses and creating a positive corporate culture. Ensuring individuals have the right access to health assessments is essential in helping people manage their own health, whilst simultaneously being aware of the strategies they can adopt for integrating health and wellness with their working life.

Our wellbeing assessments can include all aspects of assessing individual health, we use advanced evidenced-based designs and technological reports in assessing employee health, including measuring:

- Diet and Nutrition
- Lifestyle and health habits
- Blood Pressure Analysis
- Cholesterol Analysis
- Stress Levels
- Body composition
- Body Fat
- Cardiovascular Risk
- Height and weight measurement
- Fitness Levels

On completion of the assessment, we discuss individual goals and methods to help achieve a healthier lifestyle.

We provide health and wellbeing assessments at various locations and can also come to your business or destination of choosing, make an enquiry.

### Corporate health workshops

Point Health offers a wide variety of health and wellbeing workshops, lasting anywhere from half an hour lunch sessions to full-week programmes. We can help your employees improve their performance and wellbeing whilst simultaneously creating a more positive working environment. Workshops focus on practical techniques for engaging employees in their own health and wellbeing and cover a range of topics:

- Stress
- Diet and Nutrition
- Health at work
- Lifestyle Improvement
- Back Pain Classes
- Positive Thinking and Visualisation
- Relaxation
- Posture and RSI

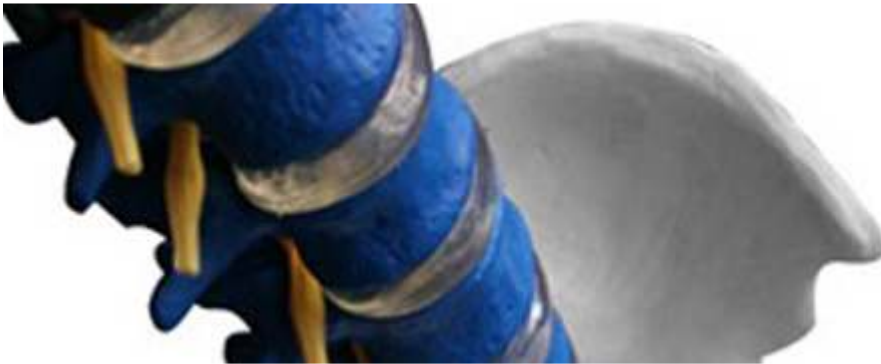
All of our workshops are exciting and engaging, applying evidenced-based knowledge and expertise in delivering positive presentations that benefit employees exponentially.

We provide health and wellbeing workshops at various locations and can also come to your business or destination of choosing, make an enquiry.

### Costs

**We provide a range of corporate health services and tailor our costs based on services used; we can provide fixed prices or pay as you go pricing plans so please make an enquiry to speak to a member of our team.**

## Occupational Health



Point Health proactively manages employee health through a range of occupational health solutions; providing strategies for improved individual health in addition to tailored, specialist support where needed. We aim to provide occupational health management solutions which contribute to sustainable health improvements whilst promoting the adoption of healthy lifestyles.

The average direct cost of employee absence per year averages £650 (Occupational Health, 2009). Point Health provides comprehensive on-site occupational health services with a 24/7 advice and support line for all employees. From pre-employment checks and workstation assessments to postural analysis and return to work interviews, our comprehensive and easily accessible occupational health services are responsive to business needs.

In addition to our occupational health services, we specialise in providing physiotherapy for the management of low back pain, the most common issue affecting working people and can tailor in any of our other health and wellbeing options to an occupational health package. We are flexible in our pricing options and also provide a “pay as you use” service.

We provide occupational health services at various locations and can also come to your business or destination of choosing, make an enquiry.

### Benefits to employers

Over 180 million working days were lost due to sickness absence and illness in 2008 (CBI, 2008) with a cost to the economy of over £100 billion each year (Black Report). Point Health provides proactive, promotional and preventative health models to ensure employee health is maximised and costs to businesses are minimised.

Healthy workforce = Healthy business and there are a range of potential benefits in using Point Health as your occupational health provider:

- Increased staff productivity
- Improved financial performance
- Increased staff retention
- Decreased levels of staff sickness absence
- Reduced staff turnover
- Satisfaction of legal requirements
- Corporate Social Responsibility: Point Health is a community interest company.
- Improved resource management

### Healthy Business Tool

The Point Health “Healthy Business Tool” helps businesses assess the cost of ill-health and sickness to their business. Adaptable and flexible to your business, the “Healthy Business Tool” utilises technological advancements and global employee health assessment to help you mitigate the risks of sickness absence whilst simultaneously helping you to proactively improve your occupational health systems. We use information and intuition to help you improve your business performance.

### Costs

**We provide a range of occupational health services and tailor our costs based on services used; we can provide fixed prices or pay as you go pricing plans so please make an enquiry to speak to a member of our team.**

## Healthcare Recruitment



Point Health provides specialist recruitment consultancy for health and fitness companies. As leaders in health and fitness, we can carry out the entire recruitment process, ensuring the employees you gain are suitable for the needs of your business. We have a recruitment team with staff from health backgrounds, able to understand the complexities and requirements of health organisations. We use a range of methods to help you gain the best candidate including;

- Job Marketing Strategies
- Application Forms and questionnaires
- Personality type
- Assessment centres
- Numeracy and literacy tests
- 1-1 and group interviews
- Education and qualification assessment
- Criminal Record checks
- Pre-employment questionnaires
- Identify continuing professional development needs
- Mentoring and ongoing support

We can provide fixed-price costs and a complete recruitment package. Make an enquiry.

## Specialist Services

### Consultancy Services



Our consultancy team provide exceptional support in a range of different areas; combining perfectly strategic vision and inspiration with operational reality. Having worked across the public, private and third sector, our consultants have a deep understanding of the social, economical and political challenges in the modern healthcare economy. In addition to specific healthcare expertise and knowledge of the global healthcare agenda, many of our consultants have a clinical, as well as managerial background, having held a range of positions across strategy, policy and operations in a variety of settings, for example Strategic Health Authorities, PBC Groups, PCT's and Acute Trusts. Access our unrivalled knowledge to help facilitate the creation an environment where excellence, innovation and achievement flourish.

We can provide fixed-price costs and tailored consultancy options. Make an enquiry.

*Service Re-Design*

*Strategy*

*Policy*

*Business Development Practice-Based Commissioning Pathways  
Social Enterprise, Co-Operatives and Right to Request*

*Practice-Based Commissioning Pathways*

*Financial Management*

*Patient Choice  
Risk*

*Investment and*

*Organisational Development*

*Business Planning*

*Health Economics*

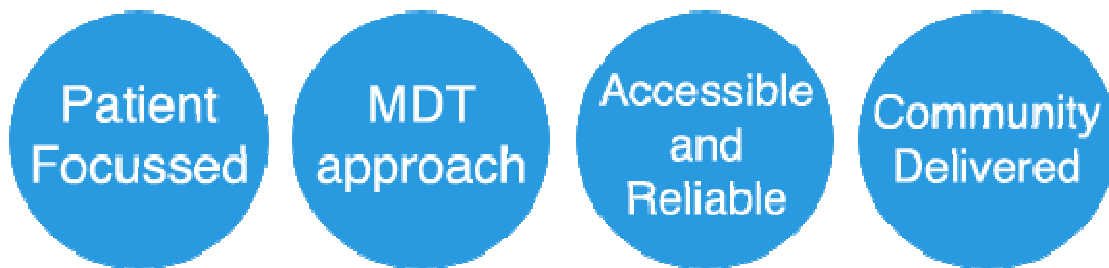
*Public and Patient Involvement*

## Community Health Pathways

### Pathway Design:



### Pathway Delivery:



The Point Health team has a wealth of experience in delivering high quality, patient-led community services, which enhance both cost-effectiveness and accessibility. We combine evidence based practice with patient involvement to achieve the pinnacle of clinical effectiveness.

We are able to create and deliver a range of pathways, working with providers and commissioners alike to enhance individual user experience.

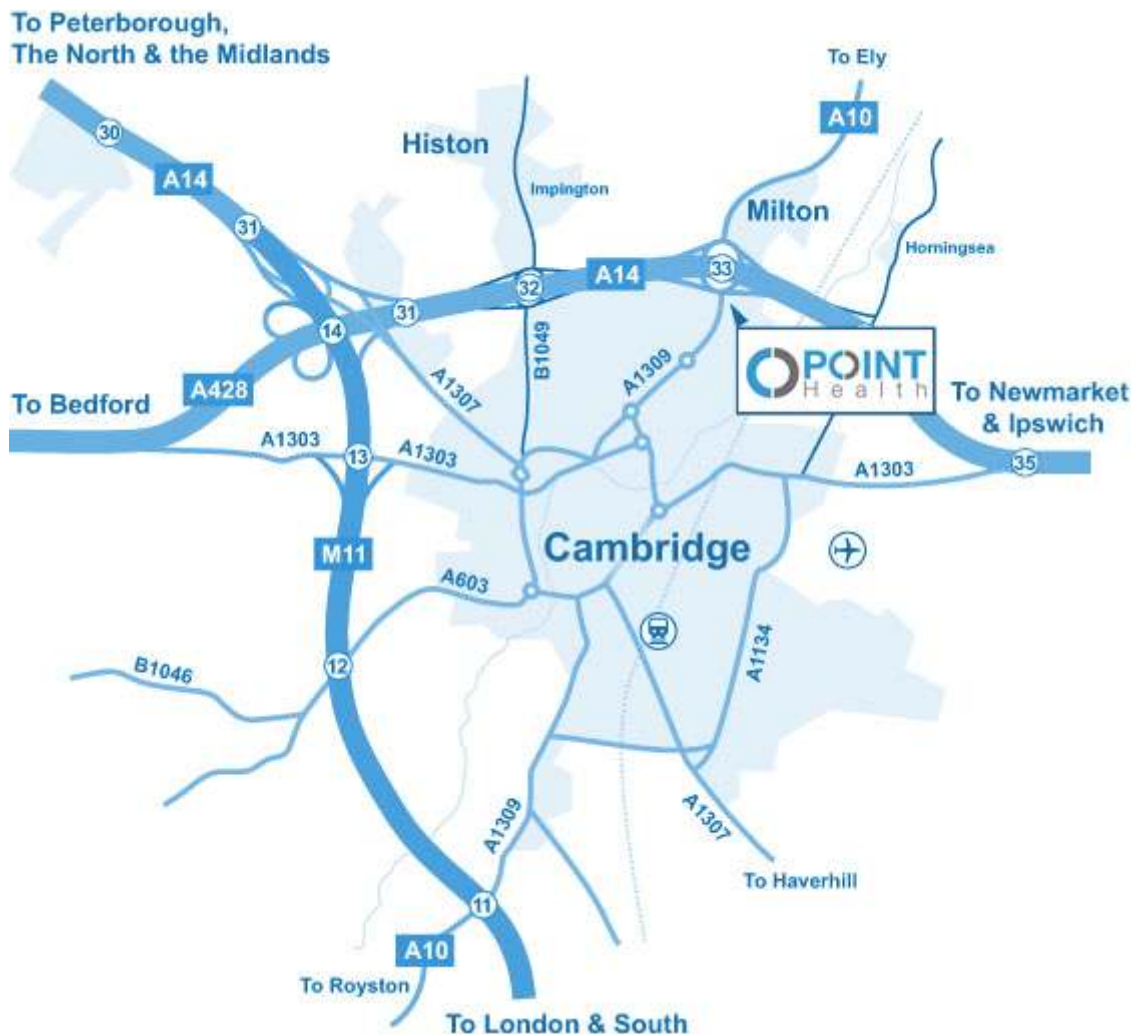
Please make an enquiry for an informal discussion or free consultation.

## Education and Qualifications



Our brand new education and qualification database is coming very soon!!!.....

Contact Us



T: 01223 324 154

M: 07841 918 312

W: [pointhealth.org](http://pointhealth.org)

E: [contact@pointhealth.org](mailto:contact@pointhealth.org)

A: St John's Innovation Centre,  
Cowley Road, Cambridge, CB4 0WS

## Copyright

All content in this document ©2010 Point Health.

A registered company number 6255228 and company limited by shares. Registered in England company number: 6255228

This document is protected by copyright. It is published by Point Health and may not be reproduced other than when downloaded and viewed on a single CPU for private use only. It is not to be otherwise reproduced or transmitted or made available on a network without the prior written consent of Point Health. All other rights reserved. Any infringements of Point Health's rights will result in appropriate legal action.

This page contains information regarding terms and conditions for the use of Point Health documents.

- Notice and disclaimer
- Credits
- Data Protection
- Direct Debit Guarantee

### Notice and disclaimer

1. Unless otherwise specified, the materials in this document are directed solely at those who access this document from the United Kingdom mainland. Point Health makes no representation that any information, product or service referred to in the materials in this document are appropriate for use, or available, in other locations. Those who choose to access this document from other locations are responsible for compliance with local laws if and to the extent local laws are applicable.

2. This document is for information only. Point Health has used all reasonable care and skill in compiling the content of this document but makes no warranty as to the accuracy or applicability of any information in this document and cannot accept liability for any errors or omissions.

3. Point Health shall not be liable to any person for any loss or damage that may arise from the use of any of the information contained in any of the materials in this document. The information contained in any such materials is not intended nor implied to be a substitute for professional medical advice nor is it intended to be for medical diagnosis or treatment, whether by medical practitioners or nursing staff.

4. Material appearing in this document may include advertising and other material submitted by parties other than Point Health ("third parties") and this document may provide links to other websites operated by third parties. It is the responsibility of third parties to ensure that such material and such websites comply with all relevant laws and regulations, both within the UK and elsewhere. To the full extent permissible by law, Point Health disclaims all responsibility for any error, omission or inaccuracy in such material or any failure to comply with the relevant laws or regulations.

5. These exclusions of liability will not apply to any damages arising from death or personal injury caused by the negligence of Point Health or any of its employees, agents or licensees.

This notice and disclaimer is governed by and construed in accordance with English Law. If any part of this notice and disclaimer is deemed unlawful, void or for any reason unenforceable then that part will be deemed severable from the whole and will not affect the validity and enforceability of the remaining parts.

If you require any further information you may either email us at [contact@pointhealth.org](mailto:contact@pointhealth.org) or write to our head office at:

Point Health,  
St.Johns Innovation Centre,  
Cowley Road,  
Cambridge,  
CB4 0WS

All images used within the Point Health website and documents are copyright ©2010 Point Health.

### Data Protection

The confidentiality of your information is of paramount concern to Point Health. Point Health fully complies with Data Protection Legislation and Confidentiality Guidelines. Information submitted to Point Health is normally unprotected until it reaches us. Users are requested not to send confidential details or credit card numbers, for example, by e-mail.

Your calls to Point Health may be recorded for training and quality purposes.