

**Margaret Hensman** MA, RN, RHV, Dip. Ad.RT, MIGHT, PACT

### Services provided

- Pre-conception, antenatal and postnatal Reflexology
- Clinical reflexology for children and young people

### Geographical area / Contact

Lancashire / North Yorkshire

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Margaret is a nurse and health visitor who has spent most of her working life in the NHS. In addition to generic roles in health visiting and nursing management her particular professional interests have included the care of mothers with antenatal and postnatal depression and the application of research evidence to the practice of maternal and child health. She developed an interest in Complementary Medicine ten years ago after seeing the benefits which reflexology brought to patients with long term conditions. She has since trained as a reflexologist to diploma level and now has a private practice in Clitheroe, Lancashire offering clinical reflexology to pregnant and postnatal mothers, for relaxation and the relief of discomfort in pregnancy and following birth. She has undertaken continuing professional development with *Expectancy* and continues to work closely with other professionals in the field of maternal and child health to ensure that mothers receive safe and effective therapy.