

DIRECTOR BIOGRAPHY

Helen Richardson



Helen's career began in 1993 at the prestigious Ragdale Hall Health Hydro in Leicestershire. Since then she has indulged her passion for bodywork therapies, training with physiotherapists, osteopaths, chiropractors, sports coaches and medical practitioners.

She has worked in Spa Management, Perfumery, education, mentoring, physiotherapy clinics, a GP surgery and the English Institute of Sport. In 2000 she set up the Therapeutic Massage Clinic in Newcastle upon Tyne to bring a much needed all round approach to therapy. Through continual study and development she brings a whole body approach to the client to encourage well-being and positive health.

In 1997 she worked with the Professional Golf Association, sparking an ongoing interest in sports therapy, which led me to become the first UK therapist to be qualified to Level 5 standard. She has worked with professional and amateur sports people, and covered events such as the Great North Run, the 2012 Paralympic Games and the 2014 Commonwealth Games. She has worked with the English Institute of Sport based at Gateshead International Stadium, where clients included Paralympic athletes, England Women's Rugby Union and The Newcastle Eagles Basketball team.

Aside from studying bodywork therapies and running the clinics she has been a trainer in industry since 1999 and qualified as a lecturer at Northumbria University in 2003. She has worked with Aston Hotels, Gateshead Academy, International Therapy Examination Council (ITEC), Vocational and Charitable Trust (VTCT), St Oswald's Hospice, Ohashiatsu UK and Sunderland University among others.

She continues to see clients in the clinic as well as training and mentoring students, and looks forward to becoming more involved in the SMA.