



**the disability foundation**

the holistic health charity for every body

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## TDF Client Testimonials

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“I have been attending TDF for at least the past five years on a weekly basis. I have cerebral palsy and doubt I would be able to continue working full time [let alone in a very busy and stressful office] if it weren't for the wonderful support I get from all the staff at TDF.

At one time or another I have been treated by almost all the therapists. I tend to have a massage each week and have found it's definitely not the same as going to a “regular” masseur or beautician for treatment. Individually treatments of course vary from each person providing it, yet the care, depth of knowledge and pure willingness to help me in any way needed is the same from everyone – even the admin staff.



One of TDF's regular clients from a local carehome, in her for weekly reflexology session with David Godfrey - our senior therapist.

My treatments are tailor made to me and my body and what I need at that session.”

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“I used to see one therapist only, and it was very distressing if I couldn't get an appointment on the day and time I wanted it. I was encouraged to try different therapists and now mix the appointments between Thai Yoga, remedial and aromatherapy massages – they are all so good I wish I could have more than one each week.

It is an unfortunate but true fact that anyone who has a disability has to do more in order to be seen in the same light as someone more able. People shouldn't be treated any differently just because they look, move or speak differently.

TDF is the only place I can think of where I am treated purely as me - not as someone with or someone without a disability.”

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**“I have been a member of TDF for about 9 months and have regularly taken the Thai Yoga Massage. I have MS and this affects my left leg and can give me lower back pain. The Thai Yoga Massage treatment has been extremely helpful in relieving pain; providing me with more flexibility and well being. This has helped my mobility and the treatment provided by Venita has been provided in a professional and sympathetic way.**

**I would highly recommend the services provided by TDF as they are providing a very special group of treatments to people with disabilities at Stanmore.”**

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“I just thought I'd place on record my appreciation of the efforts your team have made on my behalf over the last six months. As you know when I started treatment with you I needed a stick in order to keep my balance. Six months on I am without stick and the pain is much reduced! Many thanks to the TDF Team.”

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“I have had severe ME for 16 years. I was always in pain with muscle aching and making all the movements very difficult with tears in the eyes. I have been having massage at TDF for about 4 to 5 years now. With other alternative treatment outside TDF and massage at TDF have given me a new life. The massage not only helped me alleviate pain but also helped with detoxification. Any missed appointments for massage soon set me back with more pain and discomfort.

Call it pampering or a necessity but I find my routine chiroprapist's appointments at TDF every couple of months keep my feet in a good shape.

Had it not been for the TDF low price structure it would have been difficult for me to maintain all the appointments. I find all the staff there very friendly and helpful. When I was severely disabled with ME, I used to look forward to my appointments at TDF, as this was my only social contact outside my 4 walls.”

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Mark Stern - our long-term osteopath at a TDF outreach event for Disability Watford.

*“Thank you all ladies and gents for looking after me so well. All the treatments I get here is so very helpful. I have been coming here for a long time and all the staff have been so helpful. You make me feel so much better.*

*Thank you so much to the osteopath, recent treatment has relieved my back pain so much – for the first time since the birth of my son 3½ years ago! Don't know what you did but you have magic hands! To all the wonderful team and staff at TDF – keep up the good work you are all amazing and truly make a difference to peoples' lives.”*

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To see more about our current work and events see :[Facebook/TheDisabilityFoundation](https://www.facebook.com/TheDisabilityFoundation)