

Helping you live better...

# Complementary therapies

For patients and carers



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## A little extra care when you need it most...

Our goal is to find the right care, treatments and therapies to help you feel as well as you possibly can. We will work with you to identify how we can best support you through the challenges that you face as a result of your illness, and to develop an individual and holistic approach that works for you. As part of this, we offer a range of complementary therapies to help you relax and achieve a sense of wellbeing, and also to hopefully help ease your symptoms.

The treatments we offer are available through a team of qualified practitioners who provide their time free of charge. Treatments are available to you if you're an in-patient staying at the hospice or if you're an outpatient visiting the hospice in Wroughton. We also offer treatments to carers.

Before you begin a treatment, your Complementary Therapist will work with you to make a full assessment of your needs, and to discuss the treatments that are most likely to help you. It's possible that some of the treatments won't be suitable for your needs, so it's important we find the right one. All of the treatments we currently offer are listed on the opposite page.

### Would you like to try complementary therapy?

If you think you could benefit from receiving complementary therapy, please get in touch with using the details below, or ask any member of the Prospect Hospice team who are currently supporting your care.

### Treatments for carers and families

If someone who has responsibility for your care at home would be interested in receiving complementary therapies to support their own wellbeing, please let one of the team know. Treatments are also, on occasion, available to carers through our carers' events (ask the team for more information).

## Our complementary therapies

### Aromatherapy

Aromatherapy uses the essential oils of selected flowers, roots and leaves, which are diluted and massaged into the skin. Our therapists are trained to recognise that every person's needs are different, so the blend of oils used will be uniquely selected for you.

### Massage

Massage makes the most of the quality and experience of a therapeutic touch. It is used to help relieve specific areas of tension or to promote wellbeing. If you are unable to receive a full-body massage, hand and foot massages can be both beneficial and enjoyable.

### Indian head massage

Massaging the head, face, neck, shoulders and arms can be particularly effective in releasing tension in the back and neck muscles, and can also improve your circulation. For this form of massage you remain fully clothed and are seated throughout.

### Reiki

Reiki is a Japanese technique for stress reduction and relaxation that also promotes wellbeing. Our therapist will place their hands either on or just above certain points of your body to channel energy and to help you achieve improved balance in the mind, body and spirit.

### Reflexology

Reflexology is a technique that applies gentle pressure to areas of the feet or hands that correspond to other parts of the body. This gentle but firm, specific massage aims to increase energy flow and promote a sense of wellbeing.

### The 'M' Technique for hands and feet

This is a method of gentle structured touch, for when massage may not be appropriate. It is a series of stroking movements performed in a set pattern at a set pressure and speed.



## A note about 'healing'

Some of the complementary therapies that we use are, at times, described as 'healing'. In the context of their use here, the word 'healing' means to help people feel better within themselves.

At Prospect Hospice, complementary therapies are usually used alongside ongoing, conventional treatments, to support patients in coping with their illness, its symptoms and the impact it has on their day-to-day lives. Complementary therapies are also used to improve the wellbeing of carers.

## Prospect Hospice

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