

Springhill Hospice

Broad Lane
Rochdale
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01706 649920

www.springhill.org.uk

Complaints – if you have a problem or complaint, this should be made in writing to the Chief Executive, Springhill Hospice, at the address above.

Incorporated as a Company Limited by Guarantee
No 2325905
Registered Charity No 701798

Complementary Therapies

 **Springhill Hospice**
Making every moment count



INFORMATION ABOUT OTHER SUPPORT SERVICES

Bury Cancer Support Centre 0161 764 6609 | www.burycancersupportcentre.com
Oldham Cancer Support Centre 0161 770 8751 | www.oldhamcancersupportcentre.com
Maggie Centre Oldham Hospital 0161 989 0550 | www.maggiecentre.org/oldham
Please consult Patient Information Services at the Hospice for advice about translations and availability of leaflets in other languages. 0845 3702002

COMPLEMENTARY THERAPIES

Here at Springhill Hospice, we offer complementary therapies as part of our supportive care service.

We believe that the therapies we offer can create a therapeutic space and promote a sense of wellbeing for our patients.

The therapies are not an alternative method of tumour reduction to conventional treatments (e.g. surgery, radiotherapy, chemotherapy, endocrine or biological therapy). Complementary therapies cannot promise any cure or particular medical benefit; however, they may assist you with symptom control. For example: nausea, pain relief, stress, anxiety, sleep difficulties and quality of life issues.

Patients should inform their doctor if they are using complementary therapies for symptom relief and seek medical advice if any new symptoms arise/ symptoms worsen.

THE THERAPIES WE OFFER:

- Relaxing hand or foot massage
- Relaxation sessions
- Massage
- Aromatherapy
- Indian head massage
- Facial massage
- Abdominal Massage
- HEARTS (Hands on empathy, aromatherapy, relaxation, textures and sounds)

SESSIONS

We offer an initial confidential consultation with a trained, professional therapist who works alongside the medical/nursing team to ensure the most beneficial and safest treatments for your individual needs. You will be asked to sign a consent form and during therapy you can stop at any time. Sessions are normally 20 - 45 minutes. All treatments can be adapted to suit individual needs and preferences and are carried out in a relaxing therapy room.

AVAILABILITY

Day Therapies patients are offered a consultation followed by six sessions of therapy. If further sessions are required the nursing team will identify this and refer back to our complementary therapist.

Ward patients are allocated on an individual basis following a consultation.

Carers sessions are subject to availability.

EXPLANATION OF OUR THERAPIES:

AROMATHERAPY

Aromatherapy includes the use of essential oils in a holistic massage treatment to benefit your physical and emotional wellbeing. The essential oils are blended by our therapist to help aid specific problems, as well as being deeply relaxing. The essential oils can be applied in cream, oil or gel form. Inhaler sticks can also be used for different symptoms such as nausea, insomnia or fatigue.

MASSAGE

Massage, also known as holistic or Swedish massage, is a relaxing stimulating treatment that can help reduce stress, tension and anxiety. It can also be a beneficial treatment for pain, swelling and sleeplessness.

With the use of oils, our therapist manipulates soft body tissue, helping to:

- Improve skin and muscle tone
- Better sleep
- Reduce chronic pain
- Reduce numbness, pins and needles
- Reduce nausea
- Relieve constipation
- Improve mood
- Improve circulation

The experience of touch through massage is recognised as being both reassuring and soothing. As well as other benefits mentioned above.

INDIAN HEAD MASSAGE/ HEAD MASSAGE

Indian head massage is a traditional technique which works wonders for the face, neck, scalp and shoulders. It is excellent for muscle relaxation and any muscle stiffness. It also improves circulation and increases oxygen to the muscles, creating a sense of calmness and tranquillity. As well as improving concentration and alertness. This treatment is practised in a seated position and if preferred, you may remain clothed.

HEARTS

This is a gentle session and is ideal for an individual wishing to achieve a state of full relaxation. HEARTS stands for Hands on empathy, aromatherapy, relaxation, textures and sounds. The treatment allows the individual to remain fully clothed while a gentle touch is given through soft fabric, while our therapist guides you with a gentle voice to allow your body and mind to completely relax.