



touch and smell. They can be provided as an inhalation, helping to reduce symptoms such as anxiety, insomnia, or nausea and enhance feelings of well-being, comfort and calm.

**Indian Head Massage**

A therapy which involves gentle, but firm massage to the upper back, upper arms, neck, shoulders, head and face. Performed over clothing, it can help to ease tension, particularly in the neck and shoulders, easing away anxieties, providing feelings of deep calm and inner peace.

**Reiki**

Pronounced Ray-kee, and translated from Japanese as ‘universal energy’, Reiki is a simple therapy which can help to calm and soothe, providing great comfort. It is based on the principle that ‘universal energy’ is channelled through the therapist to the patient. Performed over clothing, either sitting or lying down, the therapist places their hands on or just above your body. Simply relax and enjoy the feelings of warmth and relaxation.

**Relaxation**

Your therapist may offer to provide you with a guided relaxation. You may lie down or sit comfortably in a chair and listen to the sound of your therapists’ voice which will guide you into a state of relaxation. These are techniques which you can learn to use when you are at home and need help to reduce anxieties and increase relaxation.

**How we are funded**

Severn Hospice is part of health services offered to people living in Shropshire, Telford and Wrekin and North Powys but we are not part of the NHS. We are a completely independent charity and have to raise over two-thirds of our running costs.

Our care and emotional support is totally free for both patients and their families; but not without cost.

Our services are funded through a combination of kind donations from local people, fundraising activities, our lottery and retail departments, gifts in people’s wills and grants from the NHS. For every £1 invested through NHS grants, we provide £3 worth of service to local people.

If you would like to find out more about the various ways you can help our cause, please contact our Appeals team:

- by calling 01743 354450 or 01952 221351
- by visiting our website [www.severnospice.org.uk](http://www.severnospice.org.uk)

When cure is no longer possible; care is...



Registered charity no. 512394

**Shrewsbury**  
Bicton Heath  
Shrewsbury  
SY3 8HS

01743 236565

**Telford**  
Apley Castle  
Telford  
TF1 6RH

01952 221350

**Newtown**  
Llanfair Road  
Newtown  
Powys  
SY16 2DW

01686 617228

[www.severnospice.org.uk](http://www.severnospice.org.uk)



**Information about**

**Complementary Therapies**



Leaflet produced by  
Severn Hospice





## What are complementary therapies?

Treatments such as Reflexology, or Aromatherapy, which work in conjunction with conventional treatments such as medication. Our therapists work alongside the medical team, helping alleviate symptoms such as anxiety or pain. Complementary Therapies are not offered to patients as 'alternative' methods of treatment and they do not help to reduce tumours or treat or cure cancer.

## Why do we offer complementary therapy at Severn Hospice?

Complementary therapies play an important role in supporting patients at the Hospice, aiding relaxation and giving a sense of comfort and pleasure. Many people find that they benefit greatly from receiving a treatment. Therapies can help with:

- Relaxation — patients feel soothed and comforted
- Reducing anxiety or feelings of depression
- Feelings of fatigue
- Reducing nausea and vomiting
- Reducing pain
- Improving sleep patterns
- Improving symptoms associated with constipation, muscle tension or poor circulation

Therapies can provide emotional support which helps to improve quality of life and gives a real sense of well-being, comfort and security.



## Who can receive the treatments?

Patients can access complementary therapies as an inpatient, outpatient or as a patient who attends the Day Hospice. All treatments are provided free of charge. The number of treatments which you are offered can vary depending on your circumstances. Your therapist will explain this to you when you first meet.

## Who provides the treatments?

Our team of complementary therapists comprises a mixture of full-time and part-time staff as well as volunteers. All therapists are qualified and insured.

## How can I be referred for complementary therapy?

Your GP, Hospice Outreach Nurse or Macmillan Nurse can refer you as an outpatient. Or, if you are already part of the Hospice family, you can be referred for complementary therapy by any of our healthcare professionals.

## What happens when I have been referred?

Your first meeting with your therapist is very relaxed – a chance to get to know each other, and for your therapist to assess your needs to ensure that treatments are safe and tailored to your individual needs. You can discover the range of therapies available and decide which might suit you best. All patients are asked to sign a consent form before proceeding with complementary therapy. Treatments take place in the Day Hospice, at your bedside or in a therapy room, depending on your personal circumstances.



## How long do the treatments last?

Our treatments are fairly short (usually 10 to 30 minutes) and very gentle. During the treatment, some patients like to talk or you may prefer to rest, relax or even fall asleep.

## What therapies are available?

### Reflexology

Reflexology is based on the principle that the entire body is 'mapped out' and reflected in the feet. By applying gentle pressure to the reflex points on the feet and stimulating the nerve endings, it is said we can cause a reaction elsewhere in the body. A wonderfully relaxing treatment, reflexology can help to release tension and reduce stress as well as helping to relieve many other symptoms such as pain, fatigue, insomnia and anxiety. You need only remove your shoes and socks for this treatment.

### Massage

The ancient art of touch – therapeutic, rhythmical, gentle – the kneading and manipulation of the soft tissues to relax, de-stress, ease away aches and pains. Massage can help the body to release our own natural painkillers and provide a sense of contentment, relaxing mind and body.

### Aromatherapy

The use of fragrant essential oils which are extracted from plants, trees, flowers, shrubs and fruits, all of which have therapeutic properties – some uplifting, energising or stimulating, while others are relaxing, calming and comforting. Essential oils can be used in a massage where the oils are absorbed through the skin and at the same time the aromas are inhaled to stimulate both the senses of