



Complementary therapy for adults and their carers



Keech
Hospice Care
Complementary Therapist

Why use complementary therapies?

Receiving a therapy gives you the opportunity to relax and unwind for a while. Some types of complementary therapy may be more suited to your needs than others. Patients have also reported the following benefits of having therapies:

- Reduce stress, tension, sleeplessness, anxiety and depression
- Help to reduce some of the side effects of treatments

Are complementary therapies safe?

Complementary therapies are viewed as 'safe', 'gentle' or 'natural'. However, this doesn't mean that they may not have their own side effects. This is why we use experienced and qualified therapists. Your therapist may have to ask you questions about your health and your lifestyle. They will monitor the response to your chosen therapy. It is important to follow any after-care advice given by your therapist at the end of your session. Please let any specialists know if you are having any complementary therapies. It is also important to continue to follow any advice given by specialists, doctors or other medical staff.



Complementary therapies currently available

Aromatherapy - The practice of using essential oils for therapeutic effect. Aromatherapy is most often used as part of a gentle massage treatment. However, the therapist may offer you products to use at home. Each essential oil will be selected by its distinctive therapeutic property. Several oils may be blended to suit each person's needs.

Indian Head Massage - Indian head massage involves the treatment of the upper back, shoulders, arms and hands as well as the neck, scalp and face. The therapy is usually performed with the client sitting in a chair, but this can be adapted. Essential oils can also be used. One advantage to this form of therapy is that it can also be given over a light t-shirt without oil.

Massage - We tailor massage sessions to your preference. This can involve work on the hands, feet, back or neck. Once again this is a holistic therapy so the focus ensures that the whole person is supported, not just a specific area of concern. The level of pressure used is very gentle.

Reflexology - This therapy is rooted in the theory that every organ, area and system in the body is mirrored by a reflex point in the feet or hands. Massage to these points facilitates clearing of any blockages to the corresponding areas of the body.

Reiki - The channelling of energy to activate the body's natural healing. It is simple and non-invasive. During a Reiki session, the therapist places their hands either on or near different areas of the body. This therapy involves very little contact and does not require the removal of any clothing.





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How do I access complementary therapies?

If you are considering complementary therapy, either for yourself or a relative, please talk to the Complementary Therapy Coordinator or any member of the care team. Complementary therapies are offered during visits to Keech Palliative Care Centre, during stays on the Inpatient Unit and on an outpatient basis. We have two dedicated therapy rooms at Keech Hospice Care where therapists are able to perform their therapies in a quiet, relaxed environment. However, during an inpatient stay, therapies can be offered in your room.

All complementary therapies are offered free of charge

Usually up to six therapy sessions can be offered and then reviewed. This ensures that we offer you the most appropriate type of therapy and to monitor its effect. Complementary therapies are very popular, so please let us know if you are unable to attend any therapy appointments.

What about the carers?

Looking after someone with a life-limiting condition has its own set of stresses. That is why we also offer complementary therapies to carers and family members. These are offered on an outpatient basis while you are caring for someone and can also be offered during visits to the Inpatient Unit. Some carers also find therapies useful following bereavement. Once again, these therapies are offered free of charge.

Who performs complementary therapy at Keech Hospice Care?

If you have any questions please contact Roger Kelly, Complementary Therapy Coordinator on 01582 492339 ext192.

If you would like this information in other languages, large print, braille, audio tape/CD or other formats please contact comms@keech.org.uk.

اگر آپ ان معلومات کو کسی دوسری زبان میں حاصل کرنا چاہتے ہیں تو براہ مہربانی ہماری رابطہ ٹیم (Communications Team) سے رابطہ کریں۔ رابطہ تفصیلات اس ورژن کے نیچے حصے میں درج ہیں۔

Urdu - درج ہیں۔

Uwaga: Jeśli wolelibyście Państwo otrzymać poniższe informacje w innych językach, dużą czcionką lub w innych formatach (np. na kasecie, płycie, inne), proszę o kontakt z naszym Zespołem ds. Komunikacji **Polish**

যদি অন্য কোনো ভাষায় এই তথ্য চান, তাহলে অনুগ্রহ করে আমাদের কমিউনিকেশনস্ টিম (Communications Team) এর সঙ্গে যোগাযোগ করুন। এই প্রচারপত্রের নিচে যোগাযোগের বিস্তারিত তথ্য দেওয়া হয়েছে। **Bengali**

ਜੇ ਤੁਸੀਂ ਕਿਸੇ ਹੋਰ ਭਾਸ਼ਾ ਵਿਚ ਜਾਣਕਾਰੀ ਲੈਣਾ ਚਾਹੁੰਦੇ ਹੋ, ਤਾਂ ਕਿਰਪਾ ਕਰਕੇ ਸਾਡੀ ਸੰਚਾਰ ਟੀਮ (Communications Team) ਨਾਲ ਸੰਪਰਕ ਕਰੋ। ਸੰਪਰਕ ਵੇਰਵੇ ਇਸ ਲੀਫਲੈਟ ਦੇ ਹੇਠਲੇ ਹਿੱਸੇ ਵਿਚ ਦਿੱਤੇ ਗਏ ਹਨ। **Punjabi**



As a charity, Keech Hospice Care's survival depends on the community for 70% of its funding with only a small amount (30%) provided by the NHS, local authorities and the Department of Health.

To help us continue to look after local families when they need us most please donate at www.keech.org.uk/donate

Where we provide care

- Adult and children's service
- Children's service

