

How do I get referred?

You can be referred by any of the healthcare professionals already working with you such as GPs, Clinical Nurse Specialists, District Nurses. Alternatively, if you have received a life-limiting diagnosis or you are caring for someone with a life-limiting illness, and you think we might be able to help you, get in touch. When you are referred we will talk with you and decide with you what would be most appropriate. We will then arrange an appointment date for you or let you know the starting date of the next sessions, depending on what you need.

Where is the Vitality Centre?

We are located in a purpose-built facility not far from Warrington Hospital, which includes:

- ♥ Craft/therapeutic room
- ♥ Relaxation area
- ♥ Consulting rooms for physiotherapy and complementary therapies
- ♥ Counselling rooms

The Vitality Centre

St. Rocco's Hospice

Lockton Lane Bewsey
Warrington WA5 0BW

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Complementary Therapies



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Care Quality Commission
Northwest Citygate, Gallowgate
Newcastle upon Tyne. NE1 4PA
Email: enquiries.northwest@cpc.org.uk

Getting in Touch

Chief Executive Officer,
St Rocco's Hospice
Email: enquiries@stroccos.org.uk

Healthcare Ombudsman

www.ombudsman.org.uk/make-a-complaint
Tel: 0344 015 4033

Data Protection - The sharing of sensitive, personal information is strictly controlled by law (Data Protection Act 2018) which the Hospice complies with. This may include providing patient data to the Care Quality Commission if requested to do so.

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What is Complementary Therapy?

Complementary therapies are derived from therapies used by the Ancient Egyptians, North American Indians and Chinese. Complementary therapies can be used alongside conventional medicine. Complementary therapists adopt a holistic approach by looking at the 'whole person' in order to promote physical and psychological health.

Who is Complementary Therapy for?

Complementary Therapy sessions are usually offered in four week sessions and are available to both patients and carers.

Our therapists adapt treatments to suit individual needs, taking into account a patient's medical history. Therapies can help to:

- ♥ **Ease the side effects of medical treatments**
- ♥ **Boost the immune system**
- ♥ **Ease stress**
- ♥ **Calm the nerves**

Patients and carers benefit from being given time to rest and relax the mind and body. This in turn leads to an increased sense of wellbeing.



What is available?

There is a range of treatments available. We will discuss your needs with you to decide what therapy would be most beneficial to you.



Aromatherapy

This treatment uses essential oils from plants, flowers and herbs which have therapeutic properties and are usually applied through massage. Each oil has different properties and we will select oils to ease particular symptoms, whether these be physical or psychological. Most patients find facials, back or foot massage calming, comforting and relaxing.

Reflexology

This is a treatment applied to the nerve endings in the feet. The feet can be thought of as mirroring the whole body; for example the big toe represents the head and the ball of the foot the lung and chest area. Through massage and pressure point stimulation of the feet using oil or cream relaxation of the whole body can be induced and symptoms eased.

Reiki

This is a Japanese word meaning 'Universal Life Energy'. It is the energy that is all around us. During a treatment the therapist places their hands lightly on the body from head to toes. Reiki helps to restore balance and energy within an individual. It treats the whole person, the body, emotions mind and spirit. It induces beneficial effects including relaxation, peace, serenity and wellbeing.

Indian Head Massage

This is a wonderfully relaxing treatment and includes a shoulder, neck and facial massage. The treatment soothes and calms the mind, eases headaches and reduces tension in the shoulders. It can be applied with or without oil.

Relaxation

Relaxation is offered in group sessions which last for an hour and we offer both patient only or patient and carer sessions. The benefits of relaxation therapy can be to help manage pain, reduce stress, anxiety and muscle tension and symptoms such as breathlessness. It can also help to promote sleep. As part of the session patients/carers can choose from foot, hand or facial massage. It includes a guided meditation/relaxation CD which allows patients and carers to practice the relaxation techniques at home.

Yoga

Gentle chair based yoga classes for patients take place in the Vitality Centre. Patients are assessed and taught postures that are adapted and suitable for those with life-limiting illnesses. The yoga sessions include meditation to calm and soothe the mind, and relaxation to allow the body to rest.