

We provide a safe space where patients and their carers can relax and take a little time out from their challenges. We may be able to help alleviate many common symptoms such as pain, nausea, insomnia, muscular aches and low mood. We aim to offer the maximum benefit whilst disturbing the client as little as possible: comfort is everything. We can do treatments where you are most comfortable, be it a bed, chair or sofa. There is no set duration for a treatment, although they rarely last longer than an hour; this is your time.

If you are currently using an Arthur Rank Hospice service, you or your loved ones are welcome to enquire about treatments from our Complementary Therapy team. Once a referral has been made, the team will be in touch within a week, to allocate an appointment or to give an indication of when you are likely to be seen.

This service is free of charge, but if you would like to make a donation towards your treatment, please let your Complementary Therapist know.

If you require this information in a different format, such as in large print or on audio tape, or in a different language, please contact the service on 01223 675777.

To tell us what you think, or for further information about this service, contact **Arthur Rank Hospice Charity, Cherry Hinton Road, Shelford Bottom, Cambridge, CB22 3FB Tel no: 01223 675777**

Please note: To enable us to offer appropriate support and improve our service, we may ask for contact details of your family members, carers and friends. We store this information in compliance with the General Data Protection Regulation and the Data Protection Act 2018. For further information on how your personal information is used, how we maintain the security of your information, and your right to access information we hold on you, your family, carer or friends, our Privacy Notice can be viewed on our website: arhc.org.uk/privacy.asp or please ask a member of staff for a copy of our Privacy Notice.

Published March 2019 Reviewed May 2020 Next Review Date May 2023

Registered Charity No. **1133354**



Arthur Rank Hospice Specialist Palliative Care

Complementary Therapies

The service consists of four highly trained therapists. The team provide outpatient appointments in bespoke therapy rooms in the Hospice, on the Inpatient Unit, in people's own homes or as part of the Day Therapy programme.

Therapies on offer include clinical aromatherapy, Zero Balancing, Reiki, Reflexology and therapeutic massage. Treatment is tailored to each person and may involve a single therapy or a combination of techniques, depending on an individual's needs.

Aromatherapy

Aromatherapy is the use of essential oils extracted from plant material, applied usually through massage. The practitioner can direct the treatment to ease specific problems, e.g. anxiety, sleeplessness, pain, inability to relax, nausea, etc. Aromatherapy is gentle and rhythmical and is adapted to each patient's needs to ensure the least amount of disruption and the maximum amount of comfort. It can also be used in aromasticks, aromapatches, mouthwashes, etc., to ease a number of specific problems.

Therapeutic Massage

Therapeutic massage entails the skilful use of touch to soothe away aches and pains, to relieve tension in the body and to promote a sense of wellbeing. The therapist may work through towels, or by applying oil or cream to the skin. They will then use different strokes and gentle pressure to promote relaxation for body and mind.

Indian Head Massage

The aim is to aid the release of stress and tensions accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. This massage not only gives relief to physical tensions, but also allows mental and emotional tensions to be released.

Reiki

Reiki is a safe, gentle, non-invasive, hands-off or on energy technique. Reiki not only promotes your physical harmony but can also have a positive effect on your emotional and spiritual equilibrium.

Zero Balancing

Zero Balancing is gentle but powerful hands-on bodywork. The patient remains fully clothed, and light finger pressure and held stretches are used. The therapist helps release accumulated tensions within deep parts of the body. The treatment provides a stillness around which the body can relax, giving an opportunity to let go of unease.

Reflexology

Reflexology involves gentle contact with the feet or hands. The therapy is based on the belief that different areas on the feet and hands are related to parts of the body. The therapist will apply light pressure to these areas with the thumb and fingers to restore a state of balance and relaxation. The touch used is firm but light and should not be ticklish or painful.

