

Complementary Therapy

St Oswald's
Children and Young Adult Service



Find us on:



We are a registered charity and rely on voluntary donations and legacies to enable us to care for patients and families.



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Registered Charity No. 503386



we care

we campaign

we educate

We offer a Complementary Therapy service which is provided by qualified, fully insured professionals.

Before any therapy takes place, the child or young adult will be assessed to ensure that all treatments are safe and of maximum benefit to the individual.

Our children and young adults unit now has a dedicated room for therapies to take place.

Therapies on offer at St Oswald's include:

Massage

Massage therapy helps us to relax and can ease aches and pains. It helps trigger the release of the body's natural endorphins and gives a general sense of contentment.

Massage uses gentle rhythmic touch to soothe the body and movements are adapted to suit individual needs.

Aromatherapy

Aromatherapy aims to treat the whole person by helping to restore the harmony of mind, body and spirit. It works with the pure properties of plants, using their essential oils in a natural, complementary way which can help improve both physical and emotional wellbeing.



Essential oils can be used in several ways including baths, diffusers and lotions, which can all help to alleviate a variety of symptoms, including insomnia, depression, grief, stress, muscle tension and anxiety.

Notes

Training for carers

With tuition from one of our therapists, a carer can learn how to carry out simple hand or foot massage on their loved one - using touch as an effective, non-verbal form of communication.

Please speak to a member of the Complementary Therapy Team for more details.

Further information

For further information about our complementary therapies please contact Gaenor Evans, Complementary Therapy Team Leader on 0191 285 0063 ext 377 or email gaenorevans@stoswaldsuk.org

Therapies are available free of charge to children, young adults and their parents and carers. To make an appointment please see a member of staff.

Indian Head Massage

Indian Head Massage is a treatment based on old Ayurvedic (meaning “science of life”) techniques involving work on the upper back, shoulders, neck, scalp and face. A variety of massage movements are used to relieve accumulated tension, stimulate circulation and restore joint movement.

Indian Head Massage helps reduce stress and fatigue, increase mental clarity, relax and rejuvenate the receiver and improve the condition of the hair.

Hot Stone Therapy

Hot Stone Therapy goes beyond the physical experience of typical massage and enters deeper dimensions of relaxation, health and well-being. The therapy combines traditional massage with the use of smooth, heated basalt stones, which are applied to the body as an extension of the therapist’s hands. Cold stones can also be used and this therapy is clinically known as ‘Geothermotherapy’. Basalt stones are heated and applied to the body in totally unique relaxing ways, harmonising, restoring and rejuvenating the body at its deepest level.

Use of hot stones can alleviate the discomfort of tired and aching muscles. Other benefits of hot stone massage includes deep relaxation, stress relief, improved blood and lymph circulation, toxin removal, detoxification and an overall sense of well-being.

“When our little girl is at St Oswald’s she is spoilt throughout the whole of her stay. Like most young girls our daughter loves a bit of pampering; she likes to have her nails painted, her hair plaited and even a massage.”

Reflexology

Reflexology is a popular and relaxing holistic treatment based on the principle that reflex points on the soles, tops and sides of the feet are connected to corresponding areas throughout the body. In this way, the feet can be seen as a 'map' of the body.



Reflexologists work on the reflexes with their thumbs and fingers using specialist massage techniques. This is said to help correct imbalances throughout the body, and help release blocked energy. Reflexology may help to alleviate anxiety, stress, grief, headaches/migraine, IBS, pain, constipation and nausea.

Reiki

The word Reiki is made of two Japanese words - Rei which means 'the Higher Power' and Ki which means 'life force energy'.

This therapy is a Japanese technique for stress reduction and relaxation that also promotes healing. It is based on the idea that an unseen 'life force energy' flows through us and is what causes us to be alive. If our 'life force energy' is low, then we are more likely to get sick or feel stressed, and if it is high, we are more capable of being happy and healthy.

Reiki is a holistic therapy, treating the whole person - body, mind and spirit - and benefits include relaxation and improved wellbeing.

The recipient may sit or lie, and remain fully clothed, whilst the practitioner places their hands on or above certain parts of the body. There is no pressure on the body, making it ideal for treating all ages and conditions.

The 'M' Technique

The 'M' Technique is a method of gentle touch suitable for the very fragile or when massage is inappropriate. It is a series of stroking movements performed in a set sequence at set pressure.

The 'M' Technique works on skin receptors which send signals to the brain to aid deep relaxation. It has been described as a 'physical hypnotherapy' and is profoundly relaxing for both giver and receiver.

The 'M' Technique has many therapeutic effects which may help to alleviate symptoms such as chronic pain, anxiety, depression, tension and chronic fatigue.

