



**St Oswald's  
Hospice**

*Supporting you to live well...*

# **Complementary Therapy**

*at The Focus on Living Centre*

Part of  
St Oswald's  
Hospice  
Day Services

*Quality time for everyone*

Relax your body,  
ease your mind  
and calm your soul  
with our range of  
**Complementary  
Therapies...**



Our Focus on Living Centre is all about supporting you to live well with your illness or condition. That's why we offer a range of complementary therapies as part of our holistic approach to your care.

We have a small team of qualified complementary therapists who are here to help boost your physical and mental wellbeing. Before having any therapy, you'll be assessed to understand which treatments will be best for you – we'll make sure they are both safe for your condition and of maximum benefit for you.

As with all our hospice services, complementary therapies are offered free of charge.

**Complementary therapy has many benefits...**

Improves  
mood

Relieves  
pain

Helps  
you relax/  
calms you

Gives  
comfort/  
pleasure

Reduces  
stress/anxiety

Can  
reduce  
nausea

Gives a  
feeling of  
wellbeing

Enhance  
quality of  
life

# Relax - you're in safe hands...

Complementary therapy treatments are offered alongside conventional medical care and, following a holistic approach, aim to help you feel better physically, emotionally and psychologically. We offer a range of therapies, including various types of massage, aromatherapy, reiki and reflexology.

You can rest assured that all our therapies are provided by qualified, fully insured therapists who all have professional membership.

As with all our hospice services, complementary therapy is a free service offered to those we care for.

We know that caring for someone with a palliative care need can be challenging – both physically and emotionally – so we offer complementary therapy to some carers and loved ones too when we feel there is a need.

On the following pages you can find out more about the complementary therapies we offer...

**"The benefits, the relaxation you feel from complementary therapy is just absolutely wonderful."**  
**Alison, patient**



## Massage

Massage therapy uses gentle rhythmic touch to soothe the body and movements are adapted to suit your needs and preferences. We can massage your whole body or focus on specific areas.

### Therapeutic benefits:

Helps you to relax and can ease aches and pains. It helps trigger the release of your body's natural endorphins and gives a sense of general wellbeing.

*"I look forward to coming every week. It's a place where you can just relax. I come for massage — usually my legs and shoulders. It helps my pain more than anything."* Kylie, patient

Watch Kylie's Story

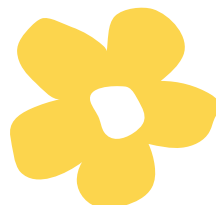


## Indian Head Massage

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 tension, stimulate circulation and restore joint movement.

### Therapeutic benefits:

Helps reduce stress and fatigue, increase mental capacity, relax and rejuvenate you and improve condition of the hair.



# 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 the 'map' of the body.

Our reflexologist will work on your 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.

## Therapeutic benefits:

Can 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'.

The 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.

You may sit or lie down, 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.

## Therapeutic benefits:

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

"I had reiki, which I'd never heard of, and I fell asleep! She was doing my feet and I nodded off - it's so comforting. There was lovely music and wave sounds."  
Nathan, patient

*"My stress levels were extremely high before coming here. I was not eating, not sleeping. As soon as I started to talk to the staff, I was relaxed."*  
Kylie, patient



## 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.

### Therapeutic benefits:

Can help to alleviate a variety of symptoms, including insomnia, depression, grief, stress, muscle tension and anxiety.





# 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 deeply relaxing.

## Therapeutic benefits:

Can help alleviate symptoms such as chronic pain, anxiety depression, tension and chronic fatigue.

# Acupuncture

Originating in China, acupuncture is an ancient treatment that has been used since 2000BC. It became popular in Western Medicine in the 1970s and has been used in physiotherapy practice in the NHS since 1982.

During the treatment, fine stainless-steel needles will be inserted into the skin. Your physiotherapist will select points to needle, depending on your symptoms, this may be close to the painful area or areas of the body further away. There are also points in your ear which may be used, this is called auricular acupuncture. Needles can be left in the skin for up to 30 minutes. The procedure should not cause any discomfort and will not feel like getting an injection.

## Therapeutic benefits:

An effective form of pain relief but can also help with a wide range of symptoms such as sweats, dry mouth, anxiety and nausea.

**"I had acupuncture, and it was amazing. I just felt at ease with my therapist. I felt at home and that I was in good hands." Nathan, patient**



## Want to know more about the Focus on Living Centre?

Scan to **watch our short film now** – meet our patients, staff and find out more about what we do... Or visit [www.stoswaldsuk.org/focus-on-living-centre](http://www.stoswaldsuk.org/focus-on-living-centre)



## Come in to our safe place

Complementary Therapy is based at our Focus on Living Centre at the main hospice site in Gosforth – it has its own entrance on the side of the building. We have private therapy rooms where your treatment will take place. We also offer treatments at home on a needs-based basis, as well as to patients staying with us our Adult Inpatient ward.

**St Oswald's Hospice**  
**Regent Avenue**  
**Gosforth**  
**NE3 1EE**

## Any Questions?



Please contact us on **0191 285 0063**

**Messages can be left on our voicemail if no one is available and we will get back to you.**



Email: **[enquiries@stoswaldsuk.org](mailto:enquiries@stoswaldsuk.org)**



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