

Complementary Therapies

St Helena provides a wide range of complementary therapies to help patients, their families and carers who are facing stress and anxiety because of their illness and diagnosis.

These non-invasive, holistic practices do not replace the medical, social, or spiritual care of the hospice teams. Rather, they work with the total care given, to promote comfort and support for both patients and their families. We also support those who have been bereaved.

We are committed to providing an excellent service and evaluating the impact complementary therapies has, to ensure that all users can benefit. Complementary therapies add an extra dimension of support in line with St Helena model of care.

Complementary Therapies aim to:

- Promote relaxation
- Reduce anxiety, depression, stress and tension
- Reduce pain
- Alleviate symptoms such as muscle fatigue and tension
- Help with constipation
- Improve sleep patterns
- Reduce psychological distress and giving emotional support
- Improve wellbeing and quality of life
- Stimulate circulation/stimulating memory
- Improve skin condition
- Reduce fears/phobias related to treatments

Our treatments are provided by a team of qualified and dedicated professional therapists, and are adjusted to suit each person's needs. Treatments are offered as a course and are regularly reviewed to provide continued support as needed.

Aromatherapy

Aromatherapy is the systematic and therapeutic use of plant-derived, aromatic essential oils in holistic treatments to promote physical and emotional wellbeing. It is used in combination with massage and other therapeutic techniques as part of a holistic treatment approach.

Aromastick inhalers can be made up for individuals to help manage several conditions, as can the aromatherapy diffuser used in therapy rooms and at The Hospice.

Aromatherapy is an especially effective treatment for stress-related problems and a variety of chronic conditions.

Massage

Massage is a therapy that uses a variety of techniques to provide relief from tension and tightness in muscles. It can ease specific areas of discomfort and pain. An adapted massage treatment for palliative care is effective for emotional and mental stresses, as well as giving a sense of peace and tranquillity.

Gentle Indian Head Massage (IHM)

IHM uses massage techniques on the area surrounding the scalp, neck, upper shoulders, upper arms and face. IHM gives relief from

neck and shoulder stiffness, improving mobility; relieves mental stress and emotional stress; and provides overall feeling of wellbeing and relaxation. Oils may be used to enhance treatment outcomes.

The 'M' Technique®

The 'M' technique® was created by Dr Jane Buckle. It uses very light stroking movements with the hands, performed in a set sequence at a set pressure and set pace. It is different from conventional massage and may be suitable when the patient needs a very gentle touch. This therapy is profoundly relaxing and calming and proven to induce sleep and to help settle the patient.

Reflexology

Reflexology is a therapy based on the principle that there are zones and reflex areas in the feet and hands which correspond to all organs and systems of the body. By applying pressure to these points in a systematic way, a practitioner can help in the management of stress; promote physiological changes in the body; and release tensions.

An adapted reflexology treatment for palliative care helps to alleviate physical and emotional symptoms by reducing stress and inducing relaxation, feelings of increased energy, and improving wellbeing. Reflexology techniques can be used that may help to reduce swelling in limbs.

Reiki

Reiki means 'universal life energy' in Japanese. It is an energy balancing style of therapy that uses hands-on, no-touch, and visualisation techniques, by channelling Reiki energy to bring about deep relaxation on the physical, emotional, and within the mind and thought processes of a person. This therapy, for palliative care, can help if the recipient is receptive to energy balancing therapies.

Nail Care

These services are available to our patients in our Day Therapy groups.

We provide manicure and pedicure services which includes cuticle work, hand/foot massage and a polish/buff finish.

Look Good Feel Better (LGFB) Masterclass

We work with the LGFB charity by hosting masterclass sessions in a relaxed and welcoming environment for groups or individuals. These are provided free of charge to our patients and they receive skin care advice and makeup tips and application, boosting their confidence and self-esteem, as well as gifts of products provided by the LGFB charity.

Mind/Body Therapy

CDs can be provided for relaxation and visualisation. They are helpful to treat anxiety, stress and tension for patients to use in their own time or as needed.

Pets as Therapy

Pets as Therapy, or PAT, is a national charity which arranges for suitable dogs and their owners to visit hospices, hospitals, care homes and other establishments to provide comfort and companionship. Visits take place at The Hospice and the Joan Tomkins Centre in Colchester and the Tendring Centre, Clacton.

Chiropody Service

Available only in Colchester, once a month. Must be able to attend Joan Tomkins centre

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