Saint Francis Hospice

Caring for you

Complementary Therapy

Information leaflet



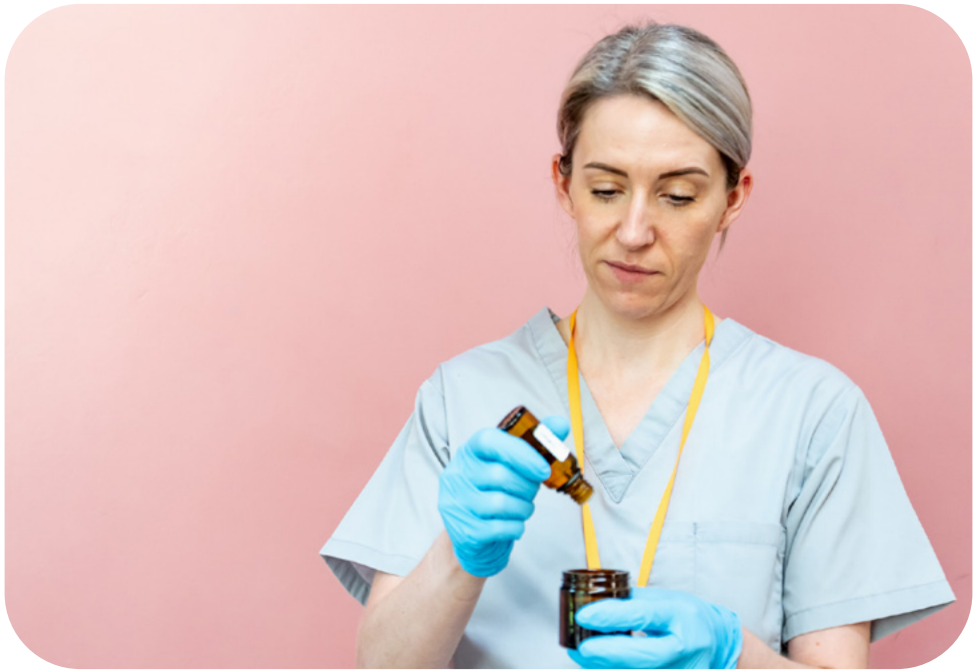
Complementary therapies service

We have a team of qualified professional complementary therapists working at Saint Francis Hospice. The team consists of a manager, palliative care complementary therapists and professionally qualified volunteers who provide a range of complementary therapies.

The service is available Monday to Friday 10.00am – 15.30pm.

This service is available to all individuals and their carers known to Saint Francis Hospice. We offer 4 sessions and then will review progress for further sessions.

Individuals cared for in the community are seen as out patients. Home visits would be offered, if essential, on an individual assessment process. Individuals on The Ward and attendees to Pemberton Place can be seen in the complementary therapy room or by their bedside.



The complementary therapies available are:

Aromatherapy
The systemic use of plain and essential oils in treatments to improve physical and emotional well-being. The therapeutic effect is via absorption and inhalation often used in conjunction with massage.

Breathwork
Breathwork is the conscious and deliberate control of breathing patterns to improve physical, mental and emotional health. It can help to regulate the nervous system, reduce stress and promote deep relaxation.

Massage
A term used for a variety of techniques that include gentle touch and manipulation of soft tissues for therapeutic purposes to improve physical and emotional well-being.

Mindfulness

Mindfulness is meditation that helps you to focus on being completely ‘in the moment’. It involves breathing techniques, visualisation and sounds that help to relax the body and mind to reduce anxiety and stress and encourage relaxation. Breathwork uses controlled breathing exercises to have a positive effect on your physical, mental, and emotional health. Mindfulness and breathwork can be incorporated into your daily routine to achieve maximum benefit for your well-being.

Reflexology
The gentle touch and manipulation of reflex areas on the feet (and hands) that correspond to areas of the body to improve physical and emotional well-being.

Reiki
Reiki is a gentle, calming and relaxing technique that promotes well-being. It supports the immune system so that the body is more able to repair itself. The practitioner uses either gentle touch, or non-contact where appropriate, to perform the treatment.

Distance Reiki

This form of Reiki is successfully being used all over the world and allows the therapist to send Reiki to someone without them being present and is considered to be as effective as ‘in-person’ sessions.

If you would like to be referred to the complementary therapists please inform a member of Saint Francis Hospice multi-disciplinary team who will complete a referral form.

For further information please contact the complementary therapy team on **01708 753319** ext **2218.**

All activities and support described in this leaflet are subject to change and are in line with all Saint Francis Hospice policies.

About Saint Francis Hospice

Saint Francis Hospice, rated outstanding by the CQC, is an expert in providing care for people in our community with palliative and end of life care needs.

We provide support and care for any person from any faith or cultural background diagnosed with a serious life-limiting illness and living in Havering, Barking and Dagenham, Redbridge, Brentwood or parts of West Essex. Saint Francis Hospice has been offering expert, compassionate advice and support for over 40 years.

Confidentiality

At Saint Francis Hospice we are committed to upholding your rights to confidentiality and protecting your privacy. We will treat your information with respect. Keep it secure and comply with the requirements of the Data Protection Act 2018 including GDPR. Our privacy notice is available on request or by visiting our website www.sfh.org.uk

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