

Complementary therapies



**WAKEFIELD
HOSPICE**

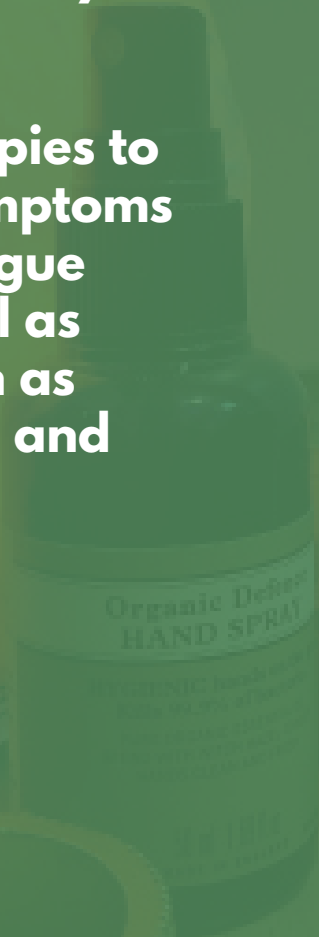
SHARING THE CARE IN THE COMMUNITY

Complementary Therapies

Introduction

Complementary Therapy plays an important role in the care of our patients and loved ones at Wakefield Hospice, offering a nurturing experience in a relaxed, safe environment, by the way of therapeutic touch.

We offer a range of therapies to help manage physical symptoms such as pain, nausea, fatigue or sleep problems, as well as emotional symptoms such as anxiety, low mood, stress and bereavement.



Our therapies



Massage

Massage is a form of structured therapeutic touch, relaxing the mind and body, relieving tension.

Aromatherapy

The use of essential oil aromas from plants, trees and flowers can be used to enhance physical, psychological and emotional wellbeing. These can then be massaged into your skin, scents inhaled during sessions or taken home.

Reflexology

Working with the acupressure points and massaging of the feet and lower legs, a truly blissful experience, promoting a sense of wellbeing.

Reiki

'Rei-Ki' is a Japanese word and means 'life energy'. There is no requirement to remove any clothing for this treatment. The Practitioner will gently place their hands upon your body and channel the life-force energy. You may feel the heat of the energy and experience feelings of deep peace and relaxation.

Indian Head Massage/ Daoyin Tao

Both deeply relaxing treatments to the shoulders, face, neck and head areas, relieving stress and tension.

Bach Flower Remedies

A gentle way to balance the emotions. Bach Flower Remedies are taken orally. Our Practitioner will guide you as to how to choose the ones that you may find beneficial, and a blend will be made up for you to take away. (A £3 donation would be gratefully received for this service).

We do not charge for treatments, however donations to the hospice are gratefully received (although there is no obligation to do so).



Our Complementary Therapy team

Linda (left) and Ruth (right) our two complementary therapists at Wakefield Hospice, support patients and family members with a range of complementary therapies.



FAQs

Who are Complementary Therapy Sessions for?

Anyone who is receiving support from Wakefield Hospice, whether an in-patient, service user, carer or bereaved loved one, can access our complementary therapy sessions. We offer up to six free sessions per person and our friendly and professional complementary therapy team will be happy to talk to you about the different therapies available.

How do I book a session?

To find out more or to book a session, please call the hospice on 01924 331400.

www.wakefieldhospice.org
01924 331400



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