



Complementary Therapies

Information for Patients and Carers

St Cuthbert's Hospice recognises the value of complementary therapies for people with life-limiting illnesses. These treatments may be used to reduce stress, and anxiety, or may be used to help with problems such as pain or nausea.

The term 'Complementary Therapy' covers a range of specific therapies, which are offered to patients with life-limiting illnesses, as having potential benefit, but which are not offered as an alternative to conventional medical treatment such as surgery, radiotherapy, chemotherapy, endocrine therapy or biological therapy. Hence the term 'complementary' not, 'alternative'.

Complementary Therapies we offer:

- Aromatherapy
- Massage
- Reflexology
- Reiki
- Creative Writing
- Acupuncture (delivered by an HCPC Registered Physiotherapist)

Anyone receiving care at St Cuthbert's Hospice will be offered complementary therapies.

Aims of Service

- To offer complementary therapy to people with serious, life-limiting illness, for as long as it is needed/appropriate.
- To complement conventional medical treatment.
- To promote relaxation and relieve stress, anxiety and tension.
- To help alleviate the patient's symptoms of illness and side-effects of medical treatment.
- To improve the patient's sense of well-being and quality of life.
- Where appropriate, to offer complementary therapy to the patient's main carer(s) in order to promote relaxation and to relieve stress, anxiety and tension.

Provision of Service

Complementary Therapy services are provided by trained and experienced Complementary Therapists. We ensure that all staff and volunteers are qualified and trained to provide the complementary therapy.

- A thorough assessment is undertaken by a qualified complementary therapist before treatment is given.
- We require that Therapists hold a recognised qualification from a training establishment which is accredited by a recognised regulatory body.

Would you like more information?

If you would like to know more about our services available at St Cuthbert's Hospice please contact **The Living Well Centre** on 0191 386 1170 option 2.

Accessible Information

If you would like a copy of this leaflet in large print, an audio format, explained in your own language or any other format, please let a member of the team know and we will do our best to support this.

Living Well Centre

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St Cuthbert's Hospice, Durham is registered by the Charity Commission
as a Charitable Incorporated Organisation.

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