

What happens next and where will my appointment take place?

Once you have been referred we will ring you to make an appointment. At that appointment, we will go over which therapy would be best for you.

You may have up to 6 appointments. They are normally fortnightly, but this can change. The sessions will take place in one of our Therapy Treatment Rooms at St. Benedict's hospice.

For Inpatient unit referrals, patients will be seen more frequently. We may also see any family and carers referred to us while their loved one is a resident at the Hospice.

After the first appointment you can decide with your therapist if you want to go ahead with the treatment. They will explain the treatment and any possible mild side effects. Sometimes relaxation can lead to feeling tired for example. They will also go over any after care advice to help you get the most from your treatment.

We have male and female therapists. If you have a specific need or preference please let us know when we ring you to arrange the first appointment.

If you have any questions now or during the course of your treatment, please contact us on 0191 512 8439.

For general enquiries you can contact:

Specialist Palliative Care Occupational Therapy team
St Benedict's Hospice
St Benedict's Way
Ryhope
Sunderland
SR2 0NY

Phone number:
Main Reception: 0191 512 8400
Direct line, Tel: 0191 512 8439

Website: www.stbenedicts.co.uk

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We try hard to keep our information leaflets up to date. This information was correct when we wrote it. It may not include very new changes. Staff will tell you if anything has changed and check that you understand at your appointment. You should ask if you are unsure about anything.

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St. Benedict's Hospice
& Centre for Specialist
Palliative Care

Complementary Therapy



South Tyneside and Sunderland
NHS Foundation Trust

What is this leaflet about?

This leaflet is on Complementary Therapy. This is a service we offer at St Benedict's Hospice. It will tell you:

- What complementary therapy is
- Why you may want to have it
- What treatments you can have

What is complementary therapy?

It is a group of 'hands on' treatments. This includes:

- Massage
- Reflexology
- Reiki
- Aromatherapy
- NADA Auricular Acupuncture

'Complementary Therapies' is used to describe treatments which are used alongside regular treatments. They can help to manage many symptoms. For example:

- Stress
- Sleep Problems
- Pain
- Emotional Upset
- Anxiety
- Low Mood

What treatments do we offer?

Massage

We can do this using oil or through clothing. We may also combine this with Aromatherapy. We can adapt the pressure we apply to be very gentle if need be. We do back, hand and foot massages.

Aromatherapy

Using essential oils can help to enhance your experience of a relaxing treatment. Aromatherapy is usually done as a massage.

Reflexology

This is a form of foot or hand massages. It is where you touch pressure points to create change in the body. It can bring relaxation and balance.

Reiki

This is a form of 'energy channelling'. It can help you feel relaxed or energised. A Reiki treatment involves a therapist placing hands on or above areas of your body while you lie on a couch or chair. You will be fully clothed. 'Energy' is then channelled into you. It can make you feel calm, relaxed, and even fall asleep.

NADA Auricular Acupuncture

This treatment involves the placement of 5 very small acupuncture needles in each ear for up to 30 minutes. Used to treat hot flushes, sweats and sleep problems.

Guided Relaxation and apps

As a way to carry on the benefits of relaxation from a treatment, we may recommend using guided relaxation, meditation tracks.