

Complementary Therapies at Kirkwood



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The Complementary Therapy team offers a wide range of treatments for people affected by life limiting illness and their carers.

What we offer

The Complementary Therapy Team offer non-medical treatments which can complement your care at Kirkwood. There are many different complementary therapies but the most common include massage, reflexology and reiki. Complementary therapies are not intended as an alternative to your medical treatment but as an additional means of support.

The complementary therapies offered at Kirkwood include:

Massage

Massage has been used for many years to provide comfort and relaxation. There are many different types of massage. A very gentle, relaxing form of massage is used at Kirkwood.

Massage is usually carried out to one area of the body such as the back and shoulders, hands and feet or head and neck.

Aromatherapy

Aromatherapy is the therapeutic use of specially prepared oils that are derived from plants. The most common use of aromatherapy oils is in massage but they can also be used for inhalation or mouthwash.

Reiki

A simple, gentle, holding technique. It may help calm, soothe, relax and ease pain or discomfort.

Reflexology

A specialised form of foot massage, Reflexology can help to promote relaxation and relieve stress and tension.

Beauty Therapy

Manicures, pedicures and makeup advice are available to help promote relaxation and enhance wellbeing.

Mindfulness

A type of relaxation technique that can be carried out individually or in small groups. The therapist will lead participants through a simple technique designed to relax the body and the mind. This lasts between 10 and 20 minutes.

Our Team

Our team consist of employed therapists and volunteers. All therapists hold a qualification recognised by the Complementary and Natural Healthcare Council.

How we can help

The aim of all the therapies we offer is to relieve anxiety and promote relaxation. Feeling more relaxed can help people to feel more comfortable and calm. Relaxation may help ease feelings of anxiety and pain and may help with problems such as poor sleep. It can also help relatives and carers cope with the stress of caring for someone with a serious illness.

Referrals can be made by phone or by a healthcare professional involved in the person's care.

If you would like to find out more about any of the therapies on offer at Kirkwood or wish to discuss how you can be referred, please call the Complementary Therapy team on: 01484 557900.

Information in different formats

This information is available in different languages and formats (e.g. braille and large print).

If you would like a copy of this information in another language or format, please contact the Hospice on: **01484 557900** or speak to a member of the Hospice team.

Useful Contact Information

Main Reception: 01484 557900

24/7 Specialist Advice Line: 01484 557910

Email: info@kirkwoodhospice.co.uk

Website: www.kirkwoodhospice.co.uk

Kirkwood Hospice
21 Albany Road
Dalton
Huddersfield
HD5 9UY