

Complementary Therapy



TREETOPS
HOSPICE CARE
where every day counts



The aims of Complementary Therapy are to help:

- Ease stress, tension, pain, depression and anxiety
- Promote a sense of wellbeing
- Aid relaxation
- Provide a safe, therapeutic and confidential environment

Our Complementary Therapies are given alongside conventional medical treatments including chemotherapy. Full individual assessments are given before treatment commences.

Our therapists are fully qualified and accredited and offer the following treatments:

Aromatherapy

This is a gentle, slow massage using therapeutic essential oils obtained from plants.

Reflexology

All systems of the body are mirrored on our feet. Reflexology involves massaging the feet to produce a relaxed response in the corresponding region of the body.

Reiki

This is a Japanese word meaning 'universal life energy'. The therapist channels this life energy through his/her hands, activating the body's natural ability to heal itself.

Indian Head Massage

This focuses on the upper body, back, shoulders, neck and head.



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Who is the service for?

Anyone over 18 who has been diagnosed with a life-limiting illness, has palliative care needs, is a carer of the above or is bereaved, can access the service.

The service is available to all users of Treetops Hospice Care services and people registered with a GP practice in Derby city or Southern Derbyshire.

Community Complementary Therapy

For patients with palliative care needs who are unable to access the hospice, we have therapists who can provide complementary therapy in the patient's home, subject to availability.

Accessing Complementary Therapy

You can refer yourself, or be referred by a carer or any healthcare professional such as your GP or District Nurse. Therapies are offered on an appointment only basis.

Following an assessment, if appropriate, up to six sessions are offered.

For further information and referrals, contact Therapeutic Services on 0115 949 6944.

There are no charges for this service but as Treetops Hospice Care is a registered charity, any donations are gratefully appreciated and help make it possible for others to receive support in the future.

Therapeutic Services, Treetops Hospice Care, Derby Road, Risley, Derbyshire, DE72 3SS

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