



Phyllis®
Tuckwell
Hospice Care
...because every
day is precious

Holistic Therapies

Reducing anxiety, relieving stress
and helping soothe aches and pains.

Learn different
techniques



For you and your carer to learn different techniques which can help relieve the physical and emotional symptoms of illness.

**For more information about Holistic Therapies, please
contact angela.shepherd@pth.org.uk or 01252 729437.**

For information about Living Well, call **01252 913040**

Living
Well



Holistic Therapies

what are these groups?

These group sessions are suitable for those wishing to learn more about Complementary Therapies and how you can use them at home. You will be taught different techniques and learn a little about how these techniques can help manage anxiety and insomnia, relieve stress, and soothe aches and pains. There will also be practical workshops where you can make aromatherapy products and learn how to apply make-up to enhance your features.

what are the benefits?

Focusing on the body, mind and spirit, our Complementary Therapists help manage your physical and emotional symptoms, such as anxiety, stress, panic, insomnia, skin health, nausea and shortness of breath. They can also teach you and your carer massage techniques to help with aches, pains and constipation. These techniques can also help you to feel calmer.

what happens in these sessions?

You can try a range of techniques, including making aromatherapy products, learning massage techniques, and using meditation, mindfulness and reflexology points to help with physical and emotional symptoms.

is transport to the venue available?

There is public transport to both sites as well as some on-site parking. You can be dropped off, or there are facilities for family members to stay and enjoy refreshments. Some volunteer driver transport is available, but we have limited capacity, so if this is required please ask and we will try to help.

do I need to wear or bring anything special?

We would advise that you wear loose, comfortable clothing and that you bring any medication you may need during your visit.

when are the groups held?

The groups run weekly at the Hospice in Farnham and the Beacon Centre in Guildford.

do I have to pay for services from Phyllis Tuckwell?

No, all services offered by Phyllis Tuckwell are free. As a charity we are dependent on the local community for their generosity and financial support. We only receive 20% of our funding from the NHS/Government and therefore we have to raise over £20,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or alternatively you can visit our website.