



What are Complementary Therapies?

Complementary Therapies are natural, gentle, non-invasive treatments that are used to complement traditional medical treatments.

Which therapies are used by Phyllis Tuckwell?

Massage, Aromatherapy, Reflexology, Indian Head Massage, Spiritual Healing, Lymphatic Drainage, hydrotherm massage, Bio-laser, Hopi ear candling, hypno-massage, Acupressure, Meditation, Visualisation and Hypnotherapy, are all used by Phyllis Tuckwell.

How do they work?

They work holistically by helping to restore balance emotionally, physically and spiritually. Helping a person to relax and creating a feeling of well-being can help with physical problems such as insomnia and pain.

What conditions can the therapies help?

- Emotional - insomnia, fear, depression and anxiety.
- Physical - pain, muscular aches and pain, nausea, circulation problems, fluid retention, skin problems and others.
- Spiritual - can help bring about a state of wholeness and peace.

Who does the therapies?

We have a team of qualified, experienced therapists, some of whom are volunteers. They offer therapies to both our patients and carers in the Hospice and in the community.

Where are the therapies carried out?

Patients can be seen in our very relaxing therapy rooms in the Hospice, by the bedside on the In-Patient Unit, at the Beacon Centre, or in a patient's home, by arrangement.

Who can receive Complementary Therapies?

Any patient under the care of Phyllis Tuckwell. This can be through the Day Hospice, In-Patients, Out-Patients or patients in the community. We also offer the services to carers.

How do carers access therapies?

Appointments can be made with the Complementary Therapies Department.

Can therapies be used when a patient is undergoing chemotherapy or radiotherapy?

Yes - but not on the same day.

How long does a treatment last?

We allow approximately 30 minutes per patient but this could be shorter or longer depending on the patient's needs.

How do I book a therapy?

Patients first have to be referred to Phyllis Tuckwell, and then appointments can be made with the Complementary Therapies Department.

What different therapies are on offer?

Aromatherapy -

- This is a gentle, relaxing healing massage, which combines the senses of smell and touch.
- Different areas can be massaged, e.g. back, feet, hands, and face. Our therapists will help you choose which is best for you.

Reflexology -

- This is an ancient healing therapy which is applied to the feet.
- It is believed that different parts of the feet correspond to different parts of the body and that working these reflex areas helps aid and clear imbalances within the body.

Indian Head Massage -

- This works on the neck, shoulders, arms, head and scalp and can be administered through clothing.
- It can help to relieve tension in these areas.

Spiritual Healing -

- This is one of the oldest known therapies.
- It involves the healer holding their hands near to the body or lightly touching the body with the patient's permission.
- A patient does not have to have a religious belief for healing to help.
- Healing does not claim to cure but to restore and bring a sense of calm and peace.

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 £15,000 a day to provide all our services. If you would like to make a donation, please ask a member of staff, or visit our website.

Thank you.

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Complementary Therapies

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Clare - Volunteer