

Great Oaks provides a range of supportive and palliative care services in a warm and welcoming environment, to adults with specific needs and their families and carers. We are committed to developing our services according to the needs of the community within the resources available.

Our team of voluntary therapists are fully trained professionals with recognised qualifications and experience.

If you are interested in this service please ask a member of staff who can make a referral to the therapy team to conduct an assessment.

Therapies are offered as a block of 6 sessions.

To find out more about the therapies we offer please contact:

Complementary Therapy Co-ordinator  
at  
Great Oaks Hospice, The Gorse, Coleford, GL16 8QE

Tel: 01594 811910  
Fax: 01594 836307

Email: [clerical@great-oaks.org.uk](mailto:clerical@great-oaks.org.uk)  
Website: [www.great-oaks.org.uk](http://www.great-oaks.org.uk)

Registered Charity Number: 1078186



## **Complementary Therapies at Great Oaks Hospice**



Available to patients, their families and carers.

**Complementary Therapies can help promote relaxation and a feeling of well-being.  
Symptoms such as sleep disturbance, fatigue, pain, stiffness, headaches, nausea and constipation may also be helped.**

### **Aromatherapy**

Aromatherapy harnesses the power of natural essential oils. It may be either calming or stimulating depending on the type of oil used. The therapist will talk with you so as to make an appropriate choice of oils and methods to use them. Aromatherapy may be delivered via creams, inhalations, sprays or a light massage.

### **Breathing and Relaxation**

Sometimes our feelings and emotions can affect our breathing. Our breathing may also be changed by some symptoms and diseases.

Helping individuals to improve their breathing, to experience relaxation and teaching them techniques they can use may have the following benefits:

- Improves sense of well being
- Relieves tension and irritability
- Improves quality of sleep patterns
- Leads to a feeling of being more in control

### **Indian Head Massage**

An Indian head massage can be found particularly effective in loosening back muscles with people who have breathing difficulties.

It is a massage of the upper back, shoulders, arms, neck, head and face.

This treatment can be fairly vigorous (when appropriate) yet very relaxing.

The massage is performed whilst you are fully clothed and seated.

### **Reflexology**

Reflexology is a massage of the feet (or hands) that works on stimulating specific points that relate to areas of the body. This is done by the therapist using gentle but firm pressure all over the foot. This means that it does not tend to be ticklish!

You only need to remove shoes and socks and it is performed whilst you are seated.

### **Reiki**

The belief is that we are all made up of energy and sometimes this can be interrupted by many factors such as stress, lifestyle and illness. When this happens, our energy flow can benefit from a little fine tuning.

The treatment is very gently and non-invasive. The therapist places their hands gently over your body whilst you are fully clothed, and are simply held there for a few minutes. You may feel warmth, coolness or tingling around the area being treated and this is perfectly normal. It can help the recipient feel calm and less anxious.

### **Therapeutic Massage**

Therapeutic massage involves gentle touch and 'stroking' movements or deeper techniques if appropriate. It can take place lying down or in a chair, whichever is most comfortable. Massage oil is often used and towels and blankets are used to maintain your privacy and comfort. People often feel more relaxed and tension, stiffness and anxiety can be reduced.

**N.B. Some therapies are referred to as 'healing'. It is important to understand that 'healing' does not mean cure. It is about helping people feel better within themselves by promoting confidence and wherever possible to reduce stress and symptoms.**