

# Complementary Therapy

At Birmingham Hospice we offer bespoke complementary therapies to aid and support emotional, physical, and spiritual wellbeing. Using a combination of both modern and ancient techniques that are specially designed to be gentle with light pressure which complement traditional conventional treatments.

## How can complementary therapies help me?

- Aid relaxation and stress management to help you feel good.
- Help aid sleep.
- Ease aches, pains, and skin irritations with our bespoke creams and gels.
- Relieve nausea with our aroma sticks and complementary support guide.
- Assist with symptom control.
- Increase energy levels.
- Promote self-care techniques and practices to enhance wellbeing.
- Help to provide a safe space where you can be you and simply take some much-needed time out.



**An initial consultation will take place to assess your individual needs and introduce the different therapies we offer and their benefits. From this our Complementary Therapist will then create a bespoke treatment plan ensuring your care is tailored to you.**

Your treatment plan may involve a single therapy or a combination of therapies depending on your need or concern at that moment.

Each complementary therapy session lasts roughly 20 to 30 minutes and can take place in person, virtually or over the phone. In person sessions can be adapted and modified to suit individual needs and preferences. Relaxing music is also played throughout the session to help maintain comfort and relax all your senses.

Inpatients are seen on an individual basis. Please speak to a member of the Inpatient Unit Team to discuss this.

Please note carers' sessions are subject to availability.

**Affirmations** Statements or phrases to help reframe the mind when unhelpful feelings of doubt cloud your perspective in challenging times. These are replaced with positive words to bring comfort and calm when dealing with anxieties and worries and work alongside our aroma sticks.

**Aromatherapy** Uses essential oils from aromatic flowers, herbs, fruits, and plants to create bespoke blends of oils for massage, creams, and gels. Aroma stick inhalers help aid symptom management and daily stresses. Inhaling blended essential oils helps to uplift moods, reduce nausea, and combat stress-related conditions to help create balance in the mind and body.

**Guided time out meditations** For those moments of pure relaxation, where you can take a breath and slowly let it go by picturing calming scenes and images. These are carried out in person, virtually or over the phone where loved ones can join in too.

**Indian head massage** Works on the hands, arms, shoulders, neck, scalp and face using massage techniques, with or without essential oils, to help soothe shoulder stiffness, mental stress and provide uplifting



## MENU OF TREATMENTS

sensations while sitting fully clothed in a chair.

**Reiki** The Japanese word 'reiki' means universal energy and is believed to work on energy that flows in and around the body. Hands are placed in a series of positions on and over your body while you're fully clothed either sitting or lying down. You may experience a warming, cooling or tingling sensation, or you may not feel anything at all. This style of treatment is said to be extremely nurturing as it can stop the mental chatter so that you can deeply relax.

**Relaxation techniques** Using tools and practices that can be used at home to relieve stress and help gain a sense of calm. Giving you the opportunity to relax and let the stress of the day melt away, can be carried out in group sessions or individually.

**Reflexology** Works on zones and reflex areas on the feet or hands by applying finger and thumb pressure that correspond to other parts of the body by stimulating energy pathways that stimulate all organ systems and nerve endings aiming to bring total relaxation and calm to the body by releasing tension and stress.



**Massage therapy** Uses light and gentle touch over the body or a specific area of concern, such as shoulder or hands, by kneading and pressing muscles. Can be used with or without essential oils to ease pain and discomfort by removing tension and tightness from muscles. Adapted sessions can be carried out either on the therapy couch, chair or a bed if you're staying in our Inpatient Unit (IPU).

**Self-care techniques** Focusing on what makes you feel nourished and applying it to your daily life. Helping to promote the feel-good factor for your own mental health, while creating the feeling of empowerment when experiencing a greater sense of wellbeing.

## How can I try complementary therapy?

Please speak to a member of the team that is involved in your care if you would like to be referred for complementary therapy and they will be more than happy to assist you.

Our complementary therapy service is free of charge, although donations are always welcome to help us grow and expand our service.

To donate please scan the QR code or visit our website [birminghamhospice.org.uk](http://birminghamhospice.org.uk)



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## Getting here

### Selly Park

**Our Selly Park site is located at:**

**176 Raddlebarn Road,  
Selly Park, Birmingham, B29 7DA**

It is about a 15-minute walk from Selly Oak Train Station and we're on the 76 bus route.

There is a small number of parking spaces on-site for families plus on-street parking nearby please be conscious of our neighbours.

 **0121 472 1191**

### Erdington

**Our Erdington site is located at:**

**76 Grange Road, Erdington, B24 0DF**

It is about a 20-minute walk from Erdington and Chester Road Train Stations and we're on the 168 and 28 bus routes and very close to the 966 bus route.

There is a small number of parking spaces on-site for families plus on-street parking nearby please be conscious of our neighbours.

 **0121 465 2000**

Birmingham Hospice is the trading name of The Hospice Charity Partnership which is a registered charity in England and Wales (No 1156964) and company limited by guarantee (No 08991245).

**Registered office:** 76 Grange Road, Erdington, Birmingham B24 0DF. **Website:** [www.birminghamhospice.org.uk](http://www.birminghamhospice.org.uk)

**Birmingham Hospice is the new name for Birmingham St Mary's Hospice and John Taylor Hospice.**