

Healthier Communities,
Outstanding Care



Sherwood Forest Hospitals
NHS Foundation Trust

Welcome Treatment Centre Complementary therapies

Information for patients



The Welcome Treatment Centre offers a choice of four therapies:

~ Reflexology ~ Reiki ~ Aromatherapy ~ Massage

• Neck and shoulders • Hands • Feet • Back

Complementary therapies are caring and relaxing treatments given alongside, but never in place of, your medical treatment.

Complementary therapies can help to:

- Aid relaxation.
- Lift mood.
- Provide a relaxing environment which is non-medical.
- Promote feelings of wellbeing.

Reflexology

This is a treatment based on the principle that reflex points on the feet/hands correspond to areas of the body.

Reflexology involves pressure on the points on your feet and hands which can help reduce anxiety, aid sleep problems and help the relaxation process. The therapist will gently massage and apply light pressure to these precise areas on the feet or hands. This is said to unblock channels of energy and stimulate the flow of energy in the body, which can promote a sense of wellbeing and calm.

Reflexology is at the therapist's discretion and may not be undertaken if you have:

- An infected foot.
- Skin problems such as athlete's foot, verrucas, cuts or rashes.
- Had recent surgery to the feet.

Aromatherapy

This is a gentle slow massage treatment which uses natural oils from plants, trees and flowers with therapeutic qualities.

The oil is selected to suit your own need and is diluted with coconut oil. The use of oils can help to improve mood, aid relaxation, and give a feeling of wellbeing.

Aromatherapy may not be undertaken:

- On some patients who have asthma or allergies.
- If you are having chemotherapy treatment (this is at the discretion of the therapist).

On occasion the use of essential oils may not be appropriate. Instead, the therapist will discuss this with you and offer an alternative therapy.

Reiki

Reiki is a gentle touch therapy, which involves the therapist placing their hands on or above areas of the body.

This is a therapy which originated in Japan. 'Re' means universal, 'Ki' means life force energy. This energy is believed to be all around us in everyday living. You may sit or lie down. You remain fully-clothed and your privacy and dignity is maintained at all times. Reiki is NOT a religious belief or cult.

Reiki cannot be undertaken if you have:

- Any fractures to any bones.
- A pacemaker.

Massage

This is soft and gentle movements, through touch, to different parts of the body such as shoulders, neck and back, feet or hands. It is adapted to your needs.

Massage can be done in a comfortable chair or on the couch. Partial removal of clothes is required on some massages. Your privacy and dignity will be maintained at all times.

Therapeutic touch through massage has been found to be very comforting. It can aid relaxation and help relieve anxiety and sleep problems.

Massage is not advised if you have:

- A temperature.
- Any broken areas of skin, rashes or inflammation.
- A recent history of thrombosis (blood clots).

All patients who attend the Welcome Treatment Centre can be referred by their medical team or specialist nurse. You will be offered a maximum of four treatments, subject to availability from our fully qualified therapist. The treatments are free and can be suitably adapted for your individual needs.

Each patient will have a consultation by the therapist, who will always undertake a holistic assessment, gain your consent, and discuss and adapt the appropriate therapy as required. The consultation and each therapy session last approximately 50 minutes.

Appointments for complementary therapies are limited. If you are unable to keep your appointment, please contact the Welcome Treatment Centre on telephone 01623 622515, extension 3079.

Contact details

Welcome Treatment Centre, King's Mill Hospital.

Telephone: 01623 622515, extension 3079.

Other useful contact

Macmillan Cancer Information and Support Centre,
King's Treatment Centre, King's Mill Hospital.

Telephone: 01623 622515.



Further sources of information

NHS Choices: www.nhs.uk/conditions

Our website: www.sfh-tr.nhs.uk

Patient Experience Team (PET)

PET is available to help with any of your compliments, concerns or complaints, and will ensure a prompt and efficient service.

King's Mill Hospital: 01623 672222

Newark Hospital: 01636 685692

Email: sfh-tr.PET@nhs.net

If you would like this information in an alternative format, for example large print or easy read, or if you need help with communicating with us, for example because you use British Sign Language, please let us know. You can call the Patient Experience Team on 01623 672222 or email sfh-tr.PET@nhs.net.

This document is intended for information purposes only and should not replace advice that your relevant health professional would give you. External websites may be referred to in specific cases. Any external websites are provided for your information and convenience. We cannot accept responsibility for the information found on them. If you require a full list of references (if relevant) for this leaflet, please email sfh-tr.patientinformation@nhs.net or telephone 01623 622515, extension 6927.

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