

Willow Wood Patient Services

# Complementary Therapy



# Complementary Therapy

**Complementary Therapy is an integral part of our Wellbeing Team within our Community Services which are dedicated to providing emotional and physical support to patients who are affected by life-limiting illness, and those closest to them.**

Complementary therapies are an enjoyable way to help relieve physical and emotional stress, aid relaxation and promote overall feelings of wellbeing.

Our goal is to enhance a person's quality of life through the holistic benefits of complementary therapies. Our team of experienced and qualified staff and volunteer therapists offer bespoke treatments to aid and support emotional, physical and spiritual wellbeing.

We provide a variety of therapies including Reiki, reflexology and massage to complement a patient's existing medical treatment. Sessions take place in the private, quiet and relaxing atmosphere of the Hospice's complementary therapy suites.

## RESTORING BALANCE AND WELLBEING

After an initial consultation to assess an individual's needs, and introduce the different therapies we offer and their benefits, our therapists will create a bespoke treatment plan tailored to meet the needs of the individual.

We offer up to 4 sessions for patients and 2 session for carers.

Complementary Therapy appointments are up to 1 hour long, held in our tranquil rooms at Willow Wood where you can take in the relaxing music and scents from our defused aromatherapy

oils. This time may include some assessment questions to establish what treatment you require, opportunities for relaxation, conversation with your therapist and the treatment itself. The treatment time will vary dependent on the individual needs and the type of treatment.

As part of each treatment, our therapists discuss different self-care tips that can be practiced at home to maximise the benefits of each treatment and share contact details for any follow-up questions or concerns.

## COMPLEMENTARY THERAPIES

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**REFLEXOLOGY** is a gentle therapeutic foot massage which can alleviate the effects of stress by inducing deep relaxation.



**MASSAGE** appointments can focus on different areas of the body with the aim of alleviating tension, reducing stress, improving circulation and prompting relaxation. Using a bespoke blend of essential oils, and slow rhythmical movements and techniques, your therapist will aim to work on areas you have agreed and lead to an increased sense of wellbeing.



**REIKI** is a hands-off technique for relieving stress and restoring balance. This treatment often leaves patients feeling deeply relaxed, while feeling a warmth that flows through and over their body. Reiki treats the whole person, both body and mind, and has many beneficial effects such as relaxation, peace and a sense of wellbeing.

## HOW TO ACCESS OUR SERVICES

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Based at Willow Wood Hospice, the Complementary Therapy team services are available for adults aged 18 years and over who are either a resident or registered with a GP within Tameside and Glossop, and who have been diagnosed with any life-limiting illness and are currently receiving support from Willow Wood Hospice, or a patient's close family member/caregiver.

Access to our Wellbeing Team is through a GP or another healthcare professional, or through another Willow Wood Hospice service.

We care for everyone, regardless of gender, disability, race, religion, sexual orientation and diagnosis and we are proud to be recognised as a 'Homeless Friendly' hospice.





## FIND US

The Hospice is wheelchair accessible, and on-site parking is available for patients and families.

Sat Nav Post Code: **OL6 6SL**

For information about local transport links, please visit:

[www.tameside.gov.uk/traveltransport](http://www.tameside.gov.uk/traveltransport)



## CONTACT US

### Willow Wood Hospice

Willow Wood Close, Mellor Road  
Ashton-under-Lyne, OL6 6SL.

Tel. **0161 330 1100**

[info@willowwood.org.uk](mailto:info@willowwood.org.uk)

[www.willowwood.org.uk](http://www.willowwood.org.uk)

