



Kirkwood
The Hospice for Kirklees

Complementary Therapies at Kirkwood



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The complementary therapy team at Kirkwood Hospice offer a wide range of treatments for people affected by a potentially life-threatening illness and their carers.

What We Offer

The complementary therapy team offer non-medical treatments which can complement your care at the Hospice. There are many different complementary therapies but the most common include massage, reflexology and reiki. Complementary therapies are not intended as an alternative to your medical treatment but as an additional means of support.

The complementary therapies offered at the Kirkwood Hospice include:

Massage

Massage has been used for many years to provide comfort

and relaxation. A very gentle, relaxing form of massage is used at Kirkwood. Massage is usually carried out to one area of the body such as the back and shoulders, or hands and feet.

Aromatherapy

Aromatherapy is the therapeutic use of specially prepared essential oils. The most common use of essential oils is in massage but they can also be used for inhalation or mouthwash.

Indian Head Massage

Indian Head Massage is a technique which works on the shoulders, arms, neck, scalp and face. It may help ease tension, headaches, and stress.

Reiki

A simple, gentle, holding

technique. It may help calm, soothe, relax and ease pain or discomfort.

Reflexology

A specialised form of foot massage, Reflexology can help to promote relaxation and relieve stress and tension.

Beauty Therapy

Manicures and pedicures are available to help promote relaxation and enhance well-being.

Tai Chi

Carried out in a small group, Tai Chi is a very gentle form of exercise, which can be carried out seated as well as standing. The session is adapted to the capabilities of the individuals in the group. The focus of the session is on relaxation and well-being.

Mindfulness

A type of relaxation technique that can be carried out individually or in small groups. The therapist will lead

participants through a simple technique designed to relax the body and the mind. This lasts between 10 and 20 minutes.

Complementary therapies are available to in-patients and their carers, patients attending the Support and Therapy Centre, and patients and carers attending the drop in services.

Our Team

Our team consist of employed therapists and volunteers. All therapists hold a qualification recognised by the Complementary and Natural Healthcare Council.

How We Can Help

The aim of all the therapies we offer is to relieve anxiety and promote relaxation. Feeling more relaxed can help people to feel more comfortable and calm. Relaxation may help ease feelings of anxiety and pain

and may help with problems such as poor sleep. It can also help relatives and carers cope with the stress of caring for someone with a serious illness.

Referrals can be made by telephone or by a healthcare professional involved in the person's care.

If you would like to find out more about any of the therapies on offer at Kirkwood or wish to discuss how you can be referred, please call the Complementary Therapy team on: **01484 557900** or visit: **www.kirkwoodhospice.co.uk**

Useful Contact Information

Main Reception: 01484 557900
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