

Heart and Hands: Complementary Therapies for Health and Wellbeing

Supportive care during and after treatment for cancer

- Emotional support
- Complementary and Healing therapies to support and restore
- Relaxation and stress management
- Counselling
- Visualisation and imagery work
- Sanctuary relaxation podcast

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These supportive therapies are designed to:

- support you through your experience of cancer;
- alleviate some of the emotional and psychological stress which can be associated with cancer; and
- enable you to optimise your health and wellbeing potential during and beyond treatment.

Heart and Hands Holistic Therapies

Reflexology

A systematic application of gentle pressure and massage to specific reflex points on the feet. Reflexology may balance the body's natural energy flow and encourage relaxation.

Therapeutic Touch

Therapeutic Touch (TT) is a contemporary interpretation of healing which may help to balance the body's natural energy flow. Research shows it can produce a relaxation response and may bring about a sense of peace and calm.

Holistic Healing

Holistic Healing is similar to Therapeutic Touch. Both place the hands either on, or close to, the body.

Reiki

Reiki is Japanese for 'universal life energy' and is described as a natural system which may help to bring about an improved sense of wellbeing. The therapist will place their hands on or near the body whilst visualising particular images (symbols) which are said to facilitate Reiki.

Counselling

We also offer counselling. This is a confidential service. A professional counsellor will use specialised skills to help you find greater insight into how you can approach concerns and emotions which have arisen from a cancer diagnosis, including anxiety related issues.

All our therapists are qualified and work under strict guidance. Some work voluntarily, others are paid by Cancer Campaign in Suffolk. The service is free for patients but donations are always welcome. In some circumstances, close relatives of patients can access complementary therapies for a donation of around £15.

To assess which approach is best for you, to request counselling for a specific concern or just for general information about the service, please:

- ask your healthcare professional to refer you;
- contact Annie Hallett, Counselling and Complementary Therapies Lead on **01473 704903**; or
- ask at the Cancer Information Centre (telephone **01473 715748**).

Please note: Healing Therapies are not intended to be curative but to bring about a sense of ease and calm.