

WHERE WILL THE APPOINTMENT BE?

All appointments are held within the hospice in our therapy room which overlooks our landscaped garden, allowing for complete relaxation. Each session lasts approximately 30 minutes.

ACCESS FOR CARERS

ellenor offer carers three sessions of therapy free of charge and as part of our carer programme of support. However, if you wish to make a donation, please speak to a member of staff.

HOW TO BOOK?

Please contact us on 01474 320007 or speak to a member of staff.

ellenor.⁺

COMPLEMENTARY THERAPIES

Part of providing the best care and support for families, means being there for as long as a family needs us.

You can help us to be there, when we're needed.

Please speak to a member of staff or visit our website for ways you can help.

Thank you

www.ellenor.org

ellenor is the operating name of Ellenor Lions Hospices a charity registered in England and Wales (1121561), and a company limited by guarantee (6302132). Registered office at Coldharbour Road, Gravesend, Kent, DA11 7HQ.

ellenor cares for the whole family

At **ellenor**, complementary therapies are used alongside conventional treatments with the aim of providing psychological and emotional support through relief of symptoms.

WHAT ARE COMPLEMENTARY THERAPIES?

Complementary therapies are not an alternative to medical treatments; they work alongside them to promote feelings of relaxation and wellbeing and help with emotional and physical symptoms.

HOW DO THEY WORK?

They work by helping to restore balance both physically and emotionally and helping you to relax. Creating a feeling of wellbeing can help to reduce stress and tension, ease ache and pains, help improve sleeping patterns, help lift mood and reduce anxiety.

WHAT CAN I EXPECT?

The service is free to **ellenor** patients or their carers. Please ask your nurse to refer you to the service.

At the first appointment, we will explain the treatment and adapt to your needs. Treatment can be stopped at any time.

WHAT IS MASSAGE?

Gentle manipulation of the body's soft tissue using specific techniques. We will discuss with you what area of your body may benefit most from this treatment.

WHAT IS AROMATHERAPY?

A gentle relaxing massage which combines the senses of smell and touch, involving the therapist combining an individual blend of oils for each patient.

WHAT IS REFLEXOLOGY?

A specialised form of foot massage. It involves the application of gentle pressure to specific points on the feet known as reflexes.

CAN I RECEIVE CANCER TREATMENT WHILST ACCESSING COMPLEMENTARY THERAPIES.

Yes, however, not on the same day.

HOW OFTEN WILL I BE SEEN?

We will arrange a programme based on your needs.