

katharine
house
hospice



embracing life and living



Complementary Therapy & Wellbeing Services

Available to all of our
patients and their
main carers.



How can we help?

We offer a wide range of therapies personalised to meet your specific needs and aim to improve your overall wellbeing.

These treatments are available in our Therapy & Wellbeing Centre, on our inpatient unit, and if you are unable to come to us, we can come to your home.

Our therapies complement medical treatments by helping with emotional, physical, spiritual and psychological issues that can arise when you or a loved one is facing an incurable illness.

We aim to help from day one of diagnosis; improving wellbeing and quality of life.

Benefits may include:

- Increased feelings of relaxation
- Enhanced quality of life
- Reduced feelings of stress and anxiety
- Improved sleep quality
- Relief from muscle tension and/or stiffness
- Improved mobility
- Reduced perception of pain
- Improved control of symptoms such as anxiety, pain and side effects of treatment
- Easing of breathlessness and fatigue



What treatments are available?

Aromatherapy

Using natural essential oils from plants to improve physical, emotional and spiritual wellbeing.

Indian Head Massage

A treatment that massages the head, neck, shoulders, upper back, and face. The massage aims to rebalance the body's energies and relieve tension and stress.

Reflexology

This involves applying gentle pressure to specific points on the feet, hands, or ears to promote relaxation and feelings of wellbeing.

Reiki

This technique seeks to promote wellness by creating balance in a person's life force or energy field. Used for stress reduction and relaxation.

The 'M' Technique

This is a method of structured touch that is very gentle and suitable for everyone.

Therapeutic Massage

A type of massage that uses specific techniques to manipulate the body's soft tissues to treat physical and mental ailments. It can help to reduce stress, decrease pain and increase feeling of calmness.

Our wellbeing services also include:

- Mindfulness
- Neuro group sessions
- Relaxation and visualization
- Seated yoga
- Social prescribing
- Tai chi



All of these services are offered free of charge. Each treatment is private and confidential and involves a consultation to discuss which therapy would be the most appropriate.

How do I find out more?

Call us on 01785 270832 or you can speak to any member of our care team who will complete a referral. Our complementary therapy team will then get in touch

What people say about us:

“The complementary therapist was wonderful, she gave me time, explained everything and was very professional.”

“My treatment was amazing – I felt like a weight has been lifted off me.”

“I wish my treatment could have gone on and on because I enjoyed it so much and felt so good after.”

