

The Being You Centre at Moya Cole HOSPICE



Complementary Therapies

Information about the therapies we offer:
Aromatherapy, Reflexology, Reiki and Massage

How can complementary therapies help me?

Complementary therapies have become increasingly popular as patients find them both helpful and enjoyable. At Moya Cole Hospice we offer a choice of four therapies, which can help to relieve stress and tension, promote feelings of wellbeing and aid relaxation.

The therapies are used to complement existing medical treatment for patients, and may also be available to relatives and carers, dependent on availability. All our therapists are qualified and experienced and, following an assessment, will discuss with you which therapy or therapies will best meet your needs.

How will I feel afterwards?

After a treatment, you may feel very relaxed and sleepy. If this is the case, it's best to have a sleep. Sometimes, people feel energised and want to use their energy. If this is the case, be careful not to overdo it. You may feel more thirsty than usual and it may help to have a glass of water ready to drink. It's recommended that you avoid alcohol on the day of the treatment.

How can I access the service?

If you are accessing services through the Being You Centre, please speak to your keyworker. If you're an inpatient, please speak to a member of the nursing team. If you're a relative or carer of a patient, please speak to either their keyworker or member of the nursing team.



Aromatherapy

Aromatherapy involves the use of essential oils which come from plants. The aromas can help lift our mood, aid relaxation, promote wellbeing and help with the control of some symptoms. There are many ways of using the oils. Most commonly they are mixed with an oil or cream (that is then applied to the skin during a massage or reflexology treatment) or inhaled via an aromastick. The therapist will choose a blend that best suits the needs and preferences of the patient.

Reflexology

Reflexology is based on the theory that different areas on the feet and hands are related to different parts of the body. The reflexologist applies light pressure to these areas, which helps to restore a state of balance and promotes feelings of relaxation. It shouldn't tickle and people often find this treatment very relaxing.

Massage

A gentle and adapted treatment to suit the individual can be offered, with the aiming of reducing stress and inducing a sense of wellbeing. The massage can be carried out on various parts of the body including the scalp, hands, arms and feet, either directly on the skin or over the clothes.

Reiki

Reiki is made up of two words. "Rei" which means universal and "Ki" which means "life energy". Reiki therapists focus on this energy and think of it flowing through their hands. You will remain fully clothed whilst the therapist either gently places their hands on or just above your body, depending on your preference. Often, the therapist starts at your head and works their way down your body. However, they can also target specific areas of the body where necessary or appropriate. Reiki can be deeply relaxing.

Get in touch

Moya Cole Hospice, Heald Green:

2 Hardy Field Lane, Heald Green,
Cheadle, SK8 3SZ

Telephone: 0161 437 8136

Moya Cole Hospice, Little Hulton:

Meadowsweet Lane, Off Peel Lane,
Little Hulton, Worsley, M28 0FE

Telephone: 0161 702 8181

Textphone users please prefix any of the numbers above with 18001.

24-hour advice line

Patients, carers and healthcare professionals can get advice around the clock on: 0800 970 7970 (Stockport area) and 0808 144 2860 (Manchester, Salford and Trafford areas). The advice line is for medical help and advice only. Please direct general enquiries to the main hospice numbers above.

Get more information

We have a wide range of information and leaflets available in a variety of formats and languages. Please get in touch for more information via one of the main hospice telephone numbers.

Comments and feedback

We welcome your feedback. You can visit www.moyacole.org.uk/feedback, talk to a member of staff or fill in comments card (found near the red posting boxes around our sites). Formal complaints can be made in writing to our Chief Executive at our Heald Green address.

Find out more about us

You can find out more about Moya Cole Hospice on our website, www.moyacole.org.uk.

General enquiries can be emailed to enquiries@moyacole.org.uk