

# COMPLEMENTARY THERAPIES

Available at The Oasis, Macmillan Jersey  
Information for patients and their supporters



**THE  
OASIS**

**MACMILLAN  
CANCER SUPPORT  
JERSEY**

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## **Why Complementary Therapies?**

For most people, a diagnosis of cancer and the ensuing treatments carry an enormous degree of stress, physically, emotionally and mentally. This can begin at the point of diagnosis and the profound shock and fear can continue through the physical and emotional trauma of the treatment itself and may culminate in the frequent and unexpected feelings of uncertainty, and the question ‘now what?’ after treatment ends.

At each stage, the feeling of fear and anxiety may amplify the symptoms people are experiencing, not only in relation to their treatment side effects, but also in their perception of pain, discomfort and stress-related symptoms such as insomnia, digestive disturbance and muscle tension.

Complementary therapies can play a significant role in relieving psychological distress and physical stress-related symptoms, as well as helping patients feel more positive and in control of certain aspects of their lives and health. They can also be helpful to the family and friends supporting patients, as they are just as likely to be experiencing levels of distress.

Practiced with these intentions, the therapies can help bring about profound states of relaxation and a greater sense of peace and lowered anxiety, whilst offering physical relief from symptoms such as pain, insomnia, nausea and fatigue.

## Who provides the therapies?

All our Complementary Therapists have qualified with recognised bodies and are members of one of the main professional associations. They have all carried out additional training to enable them to treat people with cancer. All our therapists are volunteers.

## Is there a cost?

Every patient and their close supporting family/friends are offered up to 6 sessions a year free of charge. You may wish to leave a donation. If you choose to make an appointment with a therapist privately this is outside of the remit of Macmillan Jersey.

## How do I book an appointment?

You can be referred by a Health Care Professional (form available on our website [www.macmillanjersey.com](http://www.macmillanjersey.com)). You can also self-refer via The Oasis, Macmillan Jersey's cancer support centre. Each appointment lasts approximately 1 hour. Therapies take place at The Oasis in a dedicated Complementary Therapy room.

Please contact the Macmillan Jersey support team in person by dropping in to The Oasis, or by telephoning **01534 498188** (press 1).

Our opening hours are **Monday to Friday, 10am to 4pm, and Tuesdays, 10am to 7pm.**

Priority will be given to patients if the waiting time for appointments exceeds 6 weeks.

## **Available Therapies**

- ❖ Massage and Aromatherapy
- ❖ Reflexology
- ❖ Reiki
- ❖ Hypnotherapy
- ❖ Emotional Freedom Technique (EFT or 'Tapping')
- ❖ Craniosacral Therapy

## **Massage and Aromatherapy**

### **Massage**

Massage is a form of structured or therapeutic touch. There are many types of massage. Some are soft and gentle, while others are more active. Massage can be used to relax your mind and body, relieve tension and may enhance your mood.

### **Does massage spread cancer?**

This is a question that is frequently raised and an area where there is some confusion. Gentle massage can be given to areas of the body that are not affected by cancer.

Gentle massage does not increase blood or lymphatic circulation any more than activities of daily living, such as exercise, shopping or taking a warm bath.

## **Aromatherapy**

The use of natural oils extracted from plants is called aromatherapy. They may be used during massage to improve physical and emotional wellbeing, if the therapist has had extra training in the use of these.

## **Reflexology**

Reflexology is based on the principle that there are reflex areas in the feet or hands that correspond to all the glands, organs and parts of the body.

Applying pressure to specific points is thought to stimulate the flow of energy along channels in the body.

Reflexology can help people feel more relaxed and many people use it to help ease stress and anxiety.

## **Reiki**

Reiki was developed in Japan and the word 'Reiki' is Japanese for 'Universal life energy'. The concept of Reiki is to bring about balance in the flow of energy and balance in mind, body and spirit to improve wellbeing. Reiki is very relaxing and individual responses may vary. There are no religious connotations with Reiki.

A Reiki session involves the therapist placing their hands on or just above certain points of the body. You don't need to remove any clothing.

## **Hypnotherapy (hypnosis)**

Many people use hypnosis to help them make positive lifestyle changes, such as giving up smoking, or to encourage positive emotions, such as calmness and relaxation.

The hypnotherapist leads you into a deeply relaxed state during which you remain conscious of your surroundings. It's believed that being in this state helps you open your mind to beneficial suggestions made by the hypnotherapist and helps you use your imagination to make positive changes in your life.

## **EFT / Tapping**

EFT (Emotional Freedom Techniques) is a technique which can be used effectively for the relief of stress, trauma, anxiety, physical pain and much more. It is acupuncture based but uses no needles, and simply involves mirroring the practitioner's own tapping on face and torso, while repeating certain words (affirmations) to focus the mind.

## **Cranio-sacral Therapy**

Cranio-Sacral Therapy is an exceptionally gentle form of treatment which can promote feelings of relaxation, bring calmness and peace of mind, improve energy levels and contribute to a sense of wellbeing.

The therapy is carried out with the patient lying down and fully clothed. The treatment is totally non-invasive and involves the light touch of the practitioner's hands on any part of the body from the head to the feet.

## **Documentation and Consent**

All therapists will check your medical history and health status, and complete a therapy consultation history sheet. It is at this time you should ask any questions you might have. If you are having treatment for cancer, or have recently finished treatment and are still experiencing side effects, you will need consent from either your Consultant or another appropriate member of the team (Specialist Nurse/GP). Both therapist and client will sign the consent to treatment form.

When offering therapies to non-patients for relaxation and stress management, the consultation form will be used and the consent section signed by client and therapist.

We also ask for your consent to share information about your circumstances in the unlikely event that we may need to seek advice from other professionals at Macmillan Jersey and/or your next of kin.

## **Infection Control**

Universal infection control procedures are precautions that are followed by the therapists at **all** times to prevent the spread of infection.

## Information about you -

### **The Data Protection (Jersey) Law 2018**

Confidential records are kept about your health and the complementary therapies you receive from us. To make sure confidentiality is maintained a policy has been written informing all staff of their responsibilities. The information that Macmillan Jersey hold on you is minimal and you have the right to see this at any time you request. By signing the complementary referral form you are consenting to the processing of your personal information under the Jersey Law.

## Queries

Any queries / compliments / complaints regarding the complementary therapy service should be addressed to the Operations Manager or Cancer Support & Wellbeing Practitioner in the first instance.

### **The Oasis**

#### **Macmillan Cancer Support Jersey**

Suite 2.13 Lido Medical Centre

St Saviours Road, St Saviour, JE2 7LA.

Freephone **0800 735 0275** [www.macmillanjersey.com](http://www.macmillanjersey.com)

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**Jersey Charity No 355. Registered Company No. 104090**