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এই তথ্যগুলো সহজে পড়া যায় অথবা বৃহৎ প্রিন্টের মত বিকল্প ফরম্যাটে পাওয়া যাবে, এবং অনুরোধে অন্য ভাষায়ও পাওয়া যেতে পারে। আরো তথ্যের জন্য আপনার ক্লিনিক্যাল টিমের সাথে কথা বলুন।

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Macluumaadkaan waxaa loo heli karaa qaab kale, sida ugu akhrinta ugu fudud, ama far waa weyn, waxana laga yabaa in lagu heli luuqaado Kale, haddii la codsado. Wixii macluumaad dheeraad ah, kala hadal kooxda xarunta caafimaadka.

Bu bilgi, kolay okunurluk veya büyük baskılar gibi alternatif biçimlerde sunulabilir, ve talep üzerine Alternatif Dillerde sunulabilir. Daha fazla bilgi için klinik ekibinizle irtibata geçin.

یہ معلومات متبادل فارمیٹس میں دستیاب کی جا سکتی ہیں، جیسا کہ پڑھنے میں آسان یا بڑا پرنٹ اور درخواست پر متبادل زبانوں میں بھی دستیاب ہو سکتی ہیں۔ مزید معلومات کے لیے، اپنی کلینکل ٹیم سے بات کریں۔

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Please contact us if you need general information or advice about Trust services: www.bartshealth.nhs.uk/pals

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Patient information

Complementary Therapies Service

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E11 1NR



What are complementary therapies and how can they help?

Complementary therapies are a range of treatments which are increasingly being used alongside standard medical treatments. The therapies do not aim to cure or diagnose and are not provided as an alternative medicine. Complementary therapies may help by improving quality of life. This could include:

- An increased ability to relax.
- Help with symptom management.
- Improving your sense of wellbeing.

Which therapies are available?

- **Aromatherapy** – the use of plant extract essential oils, which may be either inhaled or used as massage oil.
- **Reflexology** – a type of foot or hand massage.
- **Massage** – the use of light pressure techniques on the body directly onto the skin.
- **Shiatsu** – the use of light pressure on specific parts of the body – through clothing.
- **Relaxation and guided visualisation** – the use of breathing techniques and positive thoughts/images. Can be offered in a 1:1 clinic room or in a group setting.
- **Reiki** – the practitioner gently places their hands in a series of non-intrusive positions on or near the body through clothing. There is no massage or manipulation.
- **Yoga** – gentle seated classes in a group setting.
- **Workshops** – educational sessions to help with the management of common symptoms such as stress and fatigue.

Who is the service for?

The service is available for Barts Health cancer patients and Barts Health palliative care patients. Patients must have received active treatment in the past 12 months. Patients may be seen as inpatients or outpatients.

How often can I have complementary therapies?

Therapies are offered for three to four sessions in out-patient clinics. After this, you will be discharged from the Complementary Therapies Service.

In-patients may be seen multiple times, but we cannot guarantee more than one treatment per week.

How can I be referred?

Your key worker, nurse specialist or any member of your medical team can refer you into the service.

What happens next?

Following referral, a member of the Complementary Therapies Service Team will contact you to arrange an appointment.

Is there a charge?

The service is free of charge.

How to contact us

Our telephone number: 020 8539 5522 extension 25840.