

Complementary Therapies

 Outpatient and Supportive Care



Martlets is a charity that cares for people living through a terminal illness in and around Brighton & Hove. We're much more than a hospice and we're working to change perceptions of hospice care. Today, most of our patients receive care in their own home. Our hospice in Hove is a place where patients and their families can use our therapeutic services, drop-in clinics, visit our in-patient unit or just sit and have a coffee in our café.

"Shiatsu is like an explosion in my body. It's like coming alive, you feel more connected during the therapy and that carries on after the session with other people"



Martlets Hospice Wayfield Avenue,
Hove BN3 7LW
www.themartlets.org.uk

Registered Charity No 802145

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Martlets
life-changing hospice care

Your wellbeing is about more than medication. Our complementary therapies for patients and carers could help you to relax and ease your symptoms.

Martlets' complementary therapies are given by experienced volunteer therapists who are all fully qualified. Our sessions are available several times throughout the week. They are free to patients and carers – but if you're able to, we would appreciate a suggested donation of £10 towards the cost of the treatment. Patients will be offered six sessions and Carers four sessions of complementary therapy.

Our complementary therapies

Massage

How it can help

Our massage therapists can use light touch massage to ease aches and pains and reduce your stress levels. Your therapist will help you select soothing aromatherapy oils for use during your massage, which may help you feel peaceful and relaxed.

What to expect

Your therapist will massage your hands, head, shoulders or feet. All of our aromatherapy oils have been kindly donated by NHR Organic Oils, which means they're 100% natural, ethically sourced and have not been tested on animals. Each session lasts for 20-30 minutes.



Reflexology

How it can help

Reflexologists use their fingers and thumbs to massage specific pressure points on your hands and feet. It may help relieve tension, increase relaxation and reduce aches and pains.

What to expect

You'll need to remove your shoes and socks so that the therapist can massage your feet. Each session lasts for 20-30 minutes.



Acupuncture

How it can help

Acupuncture therapy can release blocked qi in the body and stimulate function, evoking the body's natural healing response through various physiological systems. By stimulating the body's various systems, acupuncture can help to resolve pain, and improve sleep, digestive function, and sense of well-being.

What to expect

You might feel a mild tingling sensation but for most people the needles are painless. Each session takes 30 – 45 minutes and people usually have between 3 – 6 sessions.

Reiki

How it can help

Reiki encourages balance throughout your body, mind and spirit. It may help to relieve anxiety and stress and leave you feeling deeply relaxed and calm.

What to expect

The therapist will use 'natural energy' through a light touch either on or just above your body. You'll be fully clothed, lying comfortably on a couch or sitting in a chair. You might feel a mild tingling, pleasant warmth, or refreshing coolness. Each session lasts for around 30 minutes.



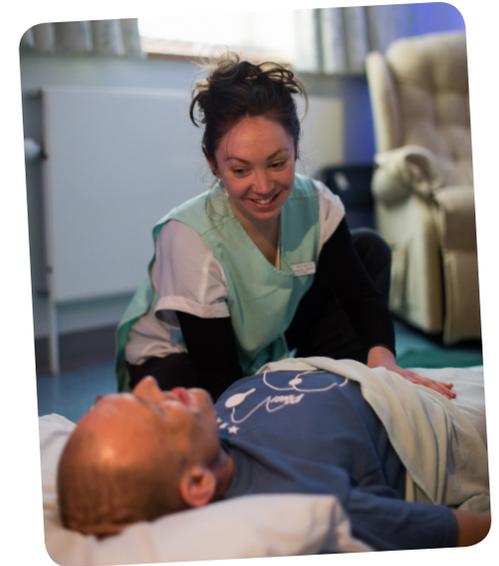
Shiatsu

How it can help

Shiatsu is a traditional Japanese therapy that focuses on adjusting the body's physical structure and balancing its energy flow. It may be deeply relaxing and regular treatments can help reduce stress and promote wellbeing.

What to expect

Your therapist will use a mixture of touch and comfortable pressure to gently manipulate your body. You'll be fully clothed and sessions last for 30-40 minutes.



Book an appointment

Call the team on **01273 273400**
between 9am and 5pm Monday to
Friday. Or you can email

dayservices@martlets.org.uk