

ACCORD HOSPICE

Registered Charity No SC013682



Complementary Therapies



Information for Patients & Relatives

ACCORD Complementary Therapies

At Accord we have a small team of Complementary Therapists offering a range of relaxing treatments. Our therapies are free of charge and are available to patients and their carers receiving In-patient, Day Therapy Unit, Out-patient or Community Services.

There are various complementary therapies available at Accord and by carrying out a short consultation the therapist will be able to advise you on the therapy most appropriate for you. Complementary Therapies can be used alongside conventional treatment.

The Complementary Therapies described below can be exceptionally beneficial on a physical and emotional level and should you wish to access this service please ask a member of staff to arrange this for you.

Relaxation

Simple breathing and relaxation exercises can be very useful in reducing anxiety and stress; improving concentration, breathing control and regulation.

Massage

Various massage techniques can be applied over clothing or directly onto skin using oil or lotion. Techniques can be soothing or stimulating, promoting relaxation and freeing up tense and tired muscles.

Indian Head Massage

Gentle rhythmic massage and light pressures applied to the upper body, head, scalp and face. Renowned for relieving symptoms of stress, physical and mental tension. Can be carried out fully clothed or with the use of oils.

Reflexology

Reflexology can be carried out in a seated or lying position. Different points on the feet correspond to certain parts of the body and with massage and light pressures applied using lotion this can help promote relaxation, releasing tension and help restore the body's natural balance and energy flow.

Aromatherapy

Aromatherapy uses the healing properties of essential oils which are extracted from various plants. The oils work in different ways some being relaxing, balancing or up-lifting and can be used in massage or inhalation to help ease many conditions including anxiety, headaches and muscular tension.

Reiki

A relaxing therapy for which you remain fully clothed. Reiki helps to bring about balance in your mind, body and spirit and improve wellbeing. Carried out in the therapy room with dim lighting, soft music in a lying or seated position the therapist will place their hands on or just above your body, you may feel heat or sensation and a sense of deep relaxation. The length of treatment may vary.

Cancelling an appointment

If you cannot attend your appointment, please telephone the Day Therapy Unit on **0141 581 2007** to cancel.

Suggestions Comments & Complaints

If you have any suggestions, comments or complaints about how the service can be improved, please contact Karen Simpson, Complementary Therapy Co-ordinator on **0141 581 2007**.

If you are not satisfied with the response, please discuss your concerns directly with the Chief Executive at ACCORD Hospice:

Mrs. Helen Simpson
0141 581 2000

Should you feel that your complaint has not been resolved by ACCORD Hospice, you may contact Healthcare Improvement Scotland (HIS) directly, at any stage:

Adrian Masson
Head of Corporate Services
Healthcare Improvement Scotland
Elliott House
8 - 10 Hillside Crescent
EDINBURGH
EH7 5EA

Telephone: 0131 623 4300
Email: adrian.masson@nhs.net

**If required this leaflet is available in
other languages & formats**



INVESTORS
IN PEOPLE

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