

Coping with Cancer is a voluntary organisation which offers emotional support, practical help and information for people in the North east who have cancer

We offer a range of complementary therapies carried out by trained therapists. You are encouraged to ask them about their qualifications or phone the office

Appointments can be made at your Chemotherapy Day Unit or by phoning the office.

Review Oct 15 and annually

Coping with Cancer North East

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www.copingwithcancer.org.uk
Mission To share experiences and strategies which help people cope with cancer



Charity No 513820

NHS

in Partnership with
**North Tyneside, South Tyneside and
Newcastle CCGs**

Coping with Cancer NE



Complementary Therapies

What complementary therapies ?

These are treatments aimed to combat stress, aid relaxation and help with sleep patterns.

Complementary therapies are NOT direct treatment of your disease. The aim is to “back up” or complement treatment prescribed by your doctors.

Some of these treatments maybe on offer:-

WHOLE/PART BODY MASSAGE
AROMATHERAPY MASSAGE
REFLEXOLOGY
INDIAN HEAD MASSAGE
REIKI

Explanation of the treatments

Massage Is a treatment which can be used to relieve muscle tension, increase circulation and bring comfort from touch.

Reflexology is a specialised foot massage where pressure is placed on certain areas of the sole of the foot

Aromatherapy uses pure essential oils during massage. Different oils have different effects

Indian Head Massage is a special massage for the shoulders, head and upper back

Reiki is a very light touch therapy aimed at rebalancing the client.

Side Effects

There are few side effects reported. It is usual to feel tired after a treatment and care should be taken in operating machinery or driving. The use of essential oils will be restricted in clients undergoing chemotherapy.

Source Cancer and Complementary therapies. Macmillan Cancer Support 6th edition MAC11645

You will be offered complementary therapies if your doctor thinks it will be helpful.

You can be confident that the therapist is well qualified and experienced and a member of the *Federation of Holistic Therapists*.