

**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

The Medical Suite  
Cobalt Business Exchange  
Cobalt Parkway  
Newcastle NE28 9NZ

*Tel*  
**0191 280 5610**

[www.copingwithcancer.org.uk](http://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 6<sup>th</sup> 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*.