

**Useful Royal Sussex County Hospital numbers
(see front page for main numbers)**

Macmillan Counsellor	01273 664694
Howard 1 Ward	01273 696955 extn. 4051
Worthing Oncology Dept	01903 205111 extn. 4225
Eastbourne Oncology Dept	01323 435813

For local support groups please speak to a member of staff.

Useful National Contacts

Macmillan: 0808 808 0000
www.macmillan.org.uk

Macmillan benefits helpline: 0808 801 0304

Cancer Help (cancer research): 0808 800 4040
www.cancerhelp.org.uk

Sussex Cancer Network: www.sussexcancer.nhs.uk

NHS Patient Choices Website:
<http://www.nhs.uk/conditions/cancer/Pages/introduction.aspx>

© Brighton and Sussex University Hospitals NHS Trust

Disclaimer

The information in this leaflet is for guidance purposes only and is in no way intended to replace professional clinical advice by a qualified practitioner.

Ref number: 504
Publication Date: November 2012 Review Date: November 2014



If you do not understand this leaflet, we can arrange for an interpreter.

إذا كنت لا تستطيع فهم محتويات هذه النشرة فليطلبنا عمل الترتيبات لتوفير مترجم شفوي لك.

এই প্রচারপুস্তিকাটি যদি আপনি বুঝতে না পারেন, তবে আপনার জন্য আমরা একজন অনুবাদকের ব্যবস্থা করে দিতে পারি।

如你不懂本單張的內容，我們可安排口譯員服務。

如你不懂本傳單的內容，我們可安排口譯員服務。

اگر مندرجات این جزوه را نمیفهمید، ما می‌توانیم مترجم در اختیارتان بگذاریم.

Jeśli masz trudności w zrozumieniu tej ulotki, możemy zorganizować tłumacza.

Complementary Therapies Clinic at The Sussex Cancer Centre

Information for Patients

BSUH Sussex Cancer Centre
The Royal Sussex County Hospital, Brighton
www.bsuh.nhs.uk/

Main Reception telephone: 01273 696955 extn. 4324
Radiotherapy reception telephone: 01273 664901
Chemotherapy reception telephone: 01273 664799

Where do I get more information?

You can get more information about complementary therapies for people with cancer in the Macmillan booklet 'Cancer and Complementary Therapies'. This is available at the Sussex Cancer Centre or by contacting Macmillan (see contacts section).

Complementary therapies outside of the Sussex Cancer Centre

If you choose to use complementary therapies outside of the cancer centre, please check that the therapist is fully qualified and insured. To confirm the price beforehand will avoid unknown cost.

What is complementary therapy?

Complementary therapists usually work with the person as a whole, not just the part of body with cancer. This is called a holistic approach.

How can it help me?

Many people use complementary therapies to support themselves through cancer and its treatment. People often speak of feeling that they have lost control of their life when they have cancer. Complementary therapies can be an effective way of getting back some control.

Complementary therapists claim that their therapies can:

- help you feel better
- improve your quality of life
- improve your general health
- reduce stress, tension, sleeplessness, anxiety and make you feel more relaxed

Complementary therapies at the Sussex Cancer Centre

We are pleased to offer complementary therapy clinics at the Sussex Cancer Centre. Our therapists, Maggie and Maureen, are fully qualified and all treatments are completely safe.

When are the clinics?

The clinics run on Monday afternoons and Thursday mornings.

How do I book an appointment?

Any patient attending the cancer centre can book an appointment at the main reception.

How much will it cost?

The clinics are free, you may have up to four treatments with each therapist.

How long does each session last?

You will be with the therapist for 45 minutes, which begins with an assessment of your needs and wishes.

Which therapies do you offer?

Both our therapists offer Indian head massage and Reflexology. Maggie also offers aromatherapy massage. Maureen also offers Reiki treatments.

What is Indian Head Massage?

This is an ancient and very soothing form of massage, which is only applied to the head, neck and shoulders.

What is Reflexology?

Reflexology is a specialised form of massage that works on the hands, feet or ears. The theory underlying this therapy is that different areas on the soles of the feet, hands and ears represent and are connected to the body's internal organs. The therapy encourages you to relax and let go of any stress and tension.

What is Aromatherapy Massage?

Aromatherapy is based on the healing properties of essential plant oils. These oils are extracted from plants and diluted in massage oils which are used for external massage. They can have a potent effect on your mood, emotion and well being.

What is Reiki?

Reiki is a very gentle, calming and relaxing treatment. There is no need to undress for Reiki and you may sit or lie down. The therapist places her hands on or just above you body and head in a sequence of positions, to allow life energy to flow.

How do I know which therapy is best for me?

You don't have to decide when you book your appointment, you can discuss this with the therapist who will help you decide at your first appointment.