

CANCER LIFELINE OFFERS A RANGE OF COMPLEMENTARY THERAPIES THAT ARE DESIGNED TO SUPPORT PEOPLE AFFECTED BY CANCER.

We offer one to one:

Complementary therapy appointments to cancer patients, their family members and carers.

Complementary therapy is the name given to a number of therapies which can be used to support you during and after your treatment.

Complementary therapy does not treat or cure cancer but it can help to manage symptoms and side effects. The therapies we offer are aromatherapy, reflexology and massage.

Our complementary therapy team are specially trained to treat people with cancer and haematological conditions.

Possible benefits to you:

The aim of complementary therapy is to help improve your sense of wellbeing and teach you simple relaxation techniques.

Massage

We use gentle massage with cancer patients and our techniques are adapted to meet your needs.

Aromatherapy

Aromatherapy is the use of essential oils (natural oils from plants) to improve physical and emotional wellbeing. The aromatherapist will carefully select essential oils and blend a combination for you. You may also be shown how you can use essential oils at home.

Reflexology

Reflexology is a specialist form of massage of the feet and hands. There are areas (zones and reflexes) in the feet and hands that represent and are connected to different parts of the body.

It is important to tell the therapist if you are on medication as some essential oils may affect how some medicines work.

To maintain modesty, during complementary therapy only the part of your body being treated will be uncovered.

Group Complementary Therapies

Our programme of group activities is designed to promote a sense of wellbeing and improve your quality of life. We will teach you how to reduce stress and help you learn a range of relaxation techniques.

What are the benefits of Complementary Therapies?

Complementary therapies can help relieve a variety of conditions including, anxiety, depression and low mood, insomnia, breathlessness, nausea, muscle and stiffness pain.

Will I experience any side effects?

Very occasionally people have side effects from these therapies. These side effects are usually not serious and don't last very long. They include: tiredness, headache and skin reaction. If any side effect lasts longer than 24 hours please contact your doctor for advice.

How do I arrange a complementary therapy appointment?

Call in or telephone us to make an appointment.

First appointment / Assessment

Complementary Therapy appointments last approximately 50 minutes.

At your first appointment your complementary therapist will take your history and discuss the most appropriate treatment for you. If complementary therapy is suitable for you a programme of treatment will be arranged.

Do I need to bring any information with me?

Bring along your list of current medication you are taking. This will help the therapist assess what type of treatment is best for you.

How much does it cost?

The service is FREE.

Do I need to inform my doctor?

It is always good to speak to your doctor about your healthcare choices. With your permission, as a courtesy, Cancer Lifeline will send your GP a leaflet about our service and let them know that you are receiving treatment with us.

help is at hand...

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