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Barts Charity

Barts Charity is the dedicated charity for all of the hospitals of Barts Health NHS Trust. Please visit bartscharity.org.uk, call 020 7618 1720 or email appeals@bartscharity.org.uk to see the ways you can get involved.

Patient information

Complementary Therapies Service

(Changes to the service due to COVID-19 - June 2020)

The Margaret Centre

Whipps Cross Hospital,
Whipps Cross Road,
Leytonstone,
London
E11 1NR



What are complementary therapies and how can they help?

Complementary therapies are a range of treatments which are increasingly being used alongside standard medical treatments. The therapies do not aim to cure or diagnose and are not provided as an alternative medicine. Complementary therapies may help by improving quality of life. This could include:

- **An increased ability to reduce stress and to relax**
- **Help with symptom management**
- **Improving your sense of wellbeing**

Due to the COVID-19 pandemic, a limited service is operational.
No face-to-face service is currently available.

Which therapies are currently available?

- **Aromatherapy** – the use of plant extract essential oils. We are able to send you an **aromatherapy inhaler** for a number of symptoms, including nausea and insomnia.
- **Massage** – we cannot offer massage at the moment but we can send you a self-soothing touch video link.
- **Relaxation and Guided Visualisation** – the use of breathing techniques and positive thoughts/images. The classes are currently running online. We can also send you a link to the CD we have created for use at a time of your choice.
- **Yoga** – gentle seated classes are currently offered online.
- **Reiki** – a therapy based on the principle that the therapist channels ‘energy’ in order to promote wellbeing. For further information see the Reiki Council webpage - <http://www.reikicouncil.org.uk>

Who is the service for?

The service is available for all Barts Health cancer patients and Barts Health palliative care patients.

Support is also available for carers, although we cannot accept multiple referrals for carers of the same patient.

How often can I have complementary therapies?

Reiki therapy is offered for up to four sessions.

Yoga and Relaxation Classes are available weekly on Wednesday afternoons.

Aromatherapy inhalers last for 3 months and can be reissued on request.

Consultations with patients will be held prior to offering the service.

How can I be referred?

Your key worker, nurse specialist or any member of your medical team can refer you into the service.

What happens next?

Following referral, a member of the Complementary Therapies Service Team will contact you in order to arrange an initial appointment.

Is there a charge?

The service is free of charge.

How to contact us

Our telephone number: 020 8539 5522 extension 5840.