



Complementary Therapies



Relaxation

Relaxation of both the body and mind can be an effective way of releasing much of the anxiety, stress and tension that you may experience as you face the day to day challenges of living with illness. Anxiety can lead to problems such as a disturbed sleep pattern, poor concentration, mood swings and low appetite. It is also the case that patients can experience worse levels of symptoms such as pain, nausea and fatigue as a result of an anxious state.

At Strathcarron Hospice we are able to provide a number of therapies which aim to help you relax physically and emotionally, offering you calm and comfort. The soothing and restful effects of gentle massage or light reflexology along with mild aromas can be helpful in achieving a state of relaxation.

These relaxing therapies have been enjoyed by many patients and carers who have found that it has helped improve their symptoms and helped them to cope with the situation they find themselves in.

We are also able to offer a simple but effective relaxation technique including a short guided imagery which can be taught to patients or carers, either individually or as part of a group. A copy of this relaxation technique is available on CD so that you can listen to it at any time.

What others have said about relaxation:

“Helps me cope with my illness – it gives me ‘time out’.”
(Comment from patient following light back massage).



“Comforting and soothing – feel like I’m floating in a bubble.”
(Patient following light reflexology of feet)



“I look forward to our relaxation group each week – it always helps me to sleep at night.”
(Comment from patient who attends Day Care regularly)



“When I am lying here, I feel as if there is nothing wrong with me.”
(Comment by a patient following a massage of face and head).



“It helps me cope with the situation that I am in – I know it won’t change the fact that my husband is so ill, but it makes the aching in my muscles better and brings stillness which is magic.”
(Relative of a patient).

General Information

Strathcarron Hospice is a registered charity providing care and support for people from across the local area with cancer and other serious illnesses. Our dedicated team offers high-quality care for patients, and support for their families and helpers. Our catchment area covers the whole of Forth Valley, and the areas of Cumbernauld and Kilsyth in North Lanarkshire.

We care in a variety of ways according to the patient's individual needs.

Services at the hospice include an In-Patient Unit, Day Care, bereavement support and a Lymphoedema Clinic.

Support is also provided in patients' own homes where Strathcarron Nurse Specialists make over 5000 visits each year.

There is no charge to patients or families for the specialist services we offer. We receive some funds from the NHS but primarily we rely on fundraising activities, voluntary contributions and legacies. If you would like further information on our work, please ask one of our staff.

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Reg Charity No: SC006704