

Hat Tricks

One-to-one sessions incorporating innovative ways and ideas on how to wear headscarves, turbans and hats for people who are experiencing hair loss during cancer treatments.

Home Visits

If patients are too sick to travel, arrangements can be made for some therapies to be delivered in the home.

GROUP SESSIONS

Relaxation and Movement

(alternate Monday mornings)

This is a quiet, informal drop-in group session in which simple ways of relaxing the body through movement and stillness are taught using Tai Chi. A welcome opportunity to mobilise and enjoy your inner capacity for calm.

Body and Mind

(every Friday morning)

These drop-in sessions include relaxation, very simple movement to release tension and maintain a natural range of movement, and breathing exercises. Health topics are discussed from time to time.

Referrals

Clients may contact the Centre directly or be referred by relatives, carers and health professionals.

The General Practitioner and Consultant, where appropriate, will be informed of each individual referral thus enabling us to provide an integrated and informed service.

Is there a charge?

Although there is no charge for the service, donations will be gratefully received.

Bradford Cancer Support Centre Services

The Centre provides a range of services to cancer patients, their relatives and carers, at all stages of the disease. These include counselling, transport, complementary therapies, self help support groups, Asian Women's group (Umeed), IT classes and creative arts. Welfare Benefits advisers give advice on benefits and debt-related problems and advice on most issues, including legal matters.

For further information contact

**Bradford Cancer Support
Daisy House Farm,
44 Smith Lane, Bradford
BD9 6DA, Tel: 01274 776688
Fax: 01274 776555**



Registered Charity Number 519429

A Guide to Our Complementary Therapy Service

*Many people find that
complementary therapies,
alongside their mainstream cancer
treatment, are very helpful.*

**Bradford Cancer Support
Centre provides services
and support for people
affected by cancer**

Complementary Therapy

Complementary Therapy refers to non – medical treatments used alongside conventional medicine to enhance symptom control and improve quality of life.

An initial consultation will ensure that you are offered an appropriate therapy and each therapist will adapt techniques to suit individual needs.

Who may benefit?

If you are living with a diagnosis of cancer it may help to express your feelings and relax in a quiet, confidential setting whilst benefiting from a gentle form of therapy.

Anxiety, pain and side effects of treatment can be eased to enable you to cope better with your illness.

If you are a relative, carer or have been bereaved you may benefit from a course of sessions to enable you to give time to yourself, discuss your situation and re-energise thereby assisting your ability to cope.

Our Therapists

Our Complementary Therapists are all qualified in their respective therapies and registered with professional bodies. They receive ongoing education and supervision within the Centre and have a special interest in working with cancer patients.

THERAPIES AVAILABLE

Aromatherapy, reflexology, massage, Indian head massage, hypnotherapy and Reiki are available as one-to-one sessions. 'Relaxation and Movement' and 'Body and Mind' group sessions are a drop-in facility. 'Hat Tricks' offers individual support and innovative ideas with headwear when hair loss occurs.

Aromatherapy

Aromatherapy is the controlled use of essential oils to promote physical, psychological and emotional well-being.

Treatments are usually offered in the form of a gentle massage. Warm towels, soft music and gentle touch can prove very therapeutic in themselves.

Reflexology

This is a specialised form of foot massage working on the reflex areas of bare feet to promote relaxation, relieve stress and tension by stimulating the body's own healing mechanism.

It is a safe, simple and effective therapy suitable for anyone, which can be performed whilst sitting in a chair or lying down on a couch.

Massage

Massage is one of the oldest therapies in existence and can relieve pain, promote physical and mental relaxation and stimulate the body's vital energy to encourage circulation and lymphatic flow.

Indian Head Massage

A massage technique, which works on the shoulders, arms, neck, scalp and face. It can help ease tension, headaches, migraine and stress. The seated massage can be performed with or without the use of essential oils.

Hypnotherapy

The practice of promoting healing and possible change using the power of the person's mind. This is achieved through deep relaxation of the body and conscious mind.

Reiki

Reiki is a system of 'hands on' therapy which promotes well-being; physically, emotionally, psychologically and spiritually.

During a session you will remain fully clothed and be made comfortable (sitting or lying down). The therapist places the hands very gently just on or off the body in a series of positions from head to feet. A feeling of 'safety and warmth' is often how recipients describe the sensation.