What are complementary therapies?
The term complementary therapy covers a wide range of health related practices that are used alongside conventional cancer treatments. They are not given with the aim of curing disease but to support physical, psychological, emotional and spiritual recovery.

How might they help me?
Ease pain and reduce physical tension and stiffness
Relieve the side effects of treatments and assist with symptom control
Provide time to relax, talk and share any worries in a safe environment.
Promote relaxation and reduce the emotional stress that can accompany a diagnosis.
Regain control and feel more able to cope
Increase sense of wellbeing and improve quality of life
Motivate you to move on from cancer

How can I choose a therapist?
Recognised training and qualification in complementary therapy.
Hold full membership of an appropriate professional body
Have full practitioner indemnity insurance
Undertaken further training in cancer care and have practical experience
Choose a therapist with whom you feel comfortable and can build up a rapport.

How much will it cost?
Complementary therapies are available free of charge on a restricted basis in certain hospitals, through some GP surgeries or for a limited number of sessions at certain centres. Charges for private therapists vary between £30 and £50. There are some private centres that offer residential retreats. It is important to be clear of the total cost before starting any treatment.

What is available locally?
- The Cavendish Centre and Rotherham Cancer Care offer up to 6 treatments free of charge for patients and carers. There is a choice from a range of therapies and support and guidance are offered at the initial assessment.
- Weston Park Hospital provides a free in-patient massage service.
- Therapies for patients undergoing radiotherapy are provided at the Cancer Support Centre in conjunction with the Cavendish Centre.
- St. Luke’s Hospice in Sheffield offers free therapies for in patients (small charge for day patients). Hospices in Chesterfield (Ashgate), Barnsley, Rotherham and Doncaster also offer some complementary therapies.
- Helen’s Trust provides funding on a restricted basis through the six GP practices in the Hope Valley. To be eligible patients must be registered with one of these.
- There are some experienced private therapists in the Sheffield/Rotherham area.

For up to date information contact Cancer Support Centre on: 0114 2265666
Email: info@cancersupportcentre.co.uk www.cancersupportcentre.co.uk
Which complementary therapies are most commonly used in cancer care?

**Acupuncture** – The insertion of fine, sterile needles in the skin at carefully chosen points that relate to the Chinese Medicine meridian system. Most people do not find the treatment painful although there is a definite sensation.

**Aromatherapy** – Diluted plant oils, chosen by the therapist to suit your individual needs, are gently massaged into the skin. You may have to remove some clothing during your treatment. Oils may also be recommended for inhalation or use in the bath.

**Art Therapy** – Art therapy allows you to explore feelings that may be difficult to express in words through drawing or painting. To benefit from this therapy you do not have to be good at art or even to have tried it before.

**Healing** – This is the flow of healing energy through the healer to the patient to allow the body’s own self-healing mechanisms to work more effectively. It does not require a religious faith or belief and you will not have to take your clothes off.

**Homeopathy** – This is a system of medicine based on treating ‘like with like’. Appropriate remedies will be prescribed in the form of tablets, powder or drops over a period of time to stimulate the body’s own natural healing system.

**Hypnotherapy** – The therapist will gently take you into a deep state of relaxation so that you can be helped to let your mind float onto things you might wish to change and ways to do this away from anxious thoughts. You will be fully clothed and remain conscious.

**Massage** – This is one of the earliest forms of powerful ‘hands on’ therapeutic touch. It helps to release physical tension in the body that can lead to mental and emotional release and a feeling of wellbeing. You may be asked to remove some clothing.

**Nutritional therapy** – This includes dietary advice, herbs and supplements.

**Reflexology** – It is believed that different areas of the hands and feet are linked with different parts of the body. The reflexologist will assess any imbalances and by applying light but firm pressure, generally to your feet, bring the body back into balance.

**Reiki** – This is a simple form of healing which originated in Japan. You will be asked to lie or sit, fully clothed, and the therapist will gently place their hands over or on your body in areas where they feel it is most needed. Reiki is not linked to any belief system.

**Shiatsu** – A healing touch therapy based on the same principles as acupuncture but using hands instead of needles. The body is worked on fully clothed and a session should provide the opportunity to learn breathing, relaxation and visualisation techniques and discuss possible lifestyle changes you may want to make to improve your wellbeing.

**Writing Therapy** – This can provide a creative outlet for the emotional stress.
Where can I find out more information?

Cancer Support Centre
www.cancersupportcentre.co.uk  
Tel: 0114 226 5666

Cavendish Cancer Care
www.cavcare.org.uk  
Tel: 0114 278 4600

Weston Park Hospital – Sue Roebuck
www.sth.nhs.uk/westonpark  
Tel: 0114 226 5000  
Ext: 65281

St. Luke’s Hospice – Sallie Rainbow
s.rainbow@hospicesheffield.co.uk  
Tel: 0114 236 9911

Helen’s Trust
www.helenstrust.org.uk  
Tel: 01298 72368

Breast Cancer Care North & Midlands
www.breastcancercare.org.uk  
Tel: 0114 263 6487

Macmillan Cancer Support
www.macmillan.org.uk  
Tel: 0808 808 2020

Cancerbacup
www.cancerbacup.org.uk  
Tel: 0808 800 1234

Prince of Wales Foundation
www.fih.org.uk  
Tel: 020 7619 6140

Bristol Cancer Centre (Penny Brohn Centre)
www.pennybrohncancercare.org  
Tel: 0845 123 2310

Breast Cancer Haven
www.breastcancerhaven.org.uk  
Tel: 020 7384 0000

Sheffield Carers Centre
www.sheffieldcarers.org.uk  
Tel: 0114 278 8942

Complementary therapy in breast cancer
www.healthmatterscancercare.co.uk  
Tel: 01286 660678

Health Information Library, Fulwood
Tel: 0114 271 1167

Which general complementary umbrella organisations can I contact?
Which specific therapeutic organisations can I contact to find a therapist?

British Acupuncture Council  Tel: 0208 735 0400
www.acupuncture.org.uk

The Aromatherapy Organisations Council  Tel: 0870 7743477
www.aromatherapycouncil.co.uk

National Federation of Spiritual Healers  Tel: 0845 123 2767
www.nfsh.org.uk

The British Homeopathic Association  Tel: 0870 444 3950
www.trusthomeopathy.org

British Society of Clinical Hypnotherapists  Tel: 01262 403103
www.bsch.org.uk

The Massage Training Institute  Tel: 020 7254 7227
www.massagetraining.co.uk

Northern Massage Association  Tel: 01132 843264
www.northernmassage.org.uk

British Association of Nutritional Therapists  Tel: 0870 606 1284
www.bant.org.uk

International Institute of Reflexology
Reflexology Society  Tel: 01225 865 899
Tel: 01344 429 770

The Reiki Association (temporary site)  Tel: 01584 891 197
www.reikiassociation.org.uk

The Shiatsu Society  Tel: 0845 1304560
www.shiatsusociety.org,