



Bright Hope

in North West Leicestershire

Giving support when you need it

Time
for
you



Complementary Therapy

Balance and reset

info@brighthouse-nwl.org.uk • 01530 648 553

www.brighthouse-nwl.org.uk



Complementary Therapy

Taking place in one of our dedicated, relaxing therapy rooms at Bright Hope House, our complementary therapy service offers a wide array of benefits to the individual.

What is complementary therapy?

Complementary therapies are used to enhance the wellbeing and quality of life for the person receiving it and are designed to work alongside conventional medical treatments.

The therapies can help in areas such as reducing stress and tension, improving sleep, lifting someone's mood, reducing anxiety and improving wellbeing.

Types of complementary therapies

Aromatherapy

Aromatherapy is the controlled use of essential oils to help bring balance to the human mind, body, and spirit. The word 'aroma' means a fragrance of sweet smell, and the word 'therapy' means a treatment designed to help someone feel better and grow stronger. The essential oils that are used are natural essences, steam distilled and expressed from aromatic plants. Aromatherapy can work on both a physical and emotional level.

Massage

Gentle manipulation of the body's soft tissue, using specific techniques which enhance the effect of the essential oils, allowing them to be absorbed into the body and bloodstream. Our therapist will discuss which area of your body will be most beneficial.

Reflexology

Reflexology is a type of massage that involves applying different amounts of pressure to the feet. It may provide pain and stress relief, among other benefits. Reflexology is based on the theory that your hands and feet are connected to certain organs and body systems.

Face and Scalp Massage

A deeply relaxing massage, where gentle pressure is applied across the pressure points of the head and face.

"It takes me away for an hour and then I am relaxed for the entire day."

Peter
Complementary therapy guest
(name changed)

Who can attend?

The service is open to anyone aged 18 years and over, who is registered to a North West Leicestershire GP surgery and who has a condition that leads to a reduction in the quality of their life or have been diagnosed with a life limiting illness. Carers are also welcome to use this service.

We do have a small number of volunteer drivers should you not be able to get to Bright Hope House. However, we ask that, where possible, guests get themselves to us independently.

How to access our service

Anyone can refer to this service if they meet the criteria mentioned. This can be done by completing our referral form on our website yourself, speaking to a health or social care professional who can refer you, or by calling our Care Services Manager on 01530 648 553.

What will happen at my first appointment?

At the first appointment an initial consultation will take place where our therapist will ask about your general health and wellbeing. This enables the therapist to ensure you receive the most appropriate treatment for you.

How often will I be seen?

Following on from your initial consultation, you will be booked in for six treatments, which will take place on the same day and time every other week.

Will I have to pay?

All services provided by the charity are free to the person receiving them, however they come at a cost to the charity. Bright Hope in North West Leicestershire currently costs in excess of £300,000 a year to run. We would appreciate it if people using our services made a donation for the support they have received.

Smoking/Vaping

Bright Hope House is a no smoking/vaping building. Please use the outdoor designated smoking area.

Mobile Phones

We ask that mobile phones are turned off or set to silent whilst accessing our complementary therapy service.

Support Cafés

We also have a complementary therapy service operating at some of our Support Cafés. Please call us for details.



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Giving support when you need it

Our mission and vision:

Bright Hope offers a range of non-clinical, therapeutic and social care services in North West Leicestershire.

The charity supports adults with a life limiting condition, or one that leads to a reduction in quality of life, as well as offering support to their partner, carer or family.

About us:

Bright Hope in North West Leicestershire is a local charity, which prides itself on the existing range of valuable services provided for those over 18 years living with a life limiting illness, or other conditions that significantly limit the quality of life.

We also recognise the vital role of those in caring roles. We strive to ensure support for family members and carers, enabling them to recharge their batteries and take a well-earned break.

It is possible to self-refer to all of our services apart from counselling, which must be made by a health or social care professional.

The full range of our services and online referral form can be found on our website, or please contact us by any of the ways below.

For further details contact us at:
Bright Hope House,
Talbot Lane, Swannington, Leicestershire LE67 8QT

info@brighthope-nwl.org.uk or call **01530 648 553**

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Charitable Incorporated
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