



**St Joseph's
Hospice**
Serving East London
and the City

Complementary Therapies

At St Joseph's Hospice we care for the whole person which means supporting your mental wellbeing as well as your physical needs. Complementary therapies can help you to cope with some of the stresses caused by illness. It can be relaxing and also help relieve some of your symptoms.

We offer a wide range of therapies including:

- Acupuncture
- Aromatherapy
- Holistic, Swedish and deep tissue massage
- Indian Head Massage
- Mindfulness
- Reflexology

Treatments are free of charge to our patients, their families and carers. People can have complementary therapy sessions on the wards or in our dedicated treatment rooms in Finding Space on the first floor of the Hospice.

All our therapists have professional qualifications and insurance, and volunteer their time to support patients and family members at the Hospice.

You can request the type of therapy you want (subject to availability), whether you want a male or female therapist and for a family member or carer to accompany you during treatment if you prefer.

Group Complementary Therapies

We also provide group sessions for patients, their families and carers, staff and volunteers. These include:

- Neurological support group
- Relaxation and mindfulness (online)

Complementary therapies for staff and volunteers

The complementary therapies team at St Joseph's Hospice also offer discounted private sessions for staff, volunteers and people living in the local community.

If you would like to book an appointment and have not accessed our services before please call the First Contact Team on 0300 30 30 400.

If you are already known to us please ask a member of staff to make a referral to Complementary Therapies for you.

If you would like to book a private session please email ct@stjh.org.uk or call 020 8525 3144.

Founded in 1905 by the Sisters of Charity, St Joseph's Hospice is one of the oldest and largest hospices in the UK, supporting a population of around 2.1 million people in our core boroughs of City and Hackney, Tower Hamlets, Newham and the surrounding areas.

We are dedicated to providing free of charge, high quality, specialist palliative care and support to people in our community nearing the end of their lives. We take a holistic approach to care, looking after the well-being of the whole person, as well as supporting their loved ones.

Our range of services includes:

- Inpatient care
- Palliative care at home
- Community and day services
- Therapies
- Counselling and advice

For 24 hour advice and support call First Contact on 0300 30 30 400.

St Joseph's Hospice is committed to celebrating and promoting diversity and inclusion. If English is not your first language, please let us know so that we can arrange an interpreter.

All of our leaflets are available in multiple languages on our website stjh.org.uk

Feedback helps us improve our services. While receiving our care, patients and family will be offered the opportunity to provide feedback. Or you can tell us how we are doing at iwantgreatcare.org

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Advocacy Compassion Justice Quality Respect

Charity No. 1113125



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