

Mission Statement

'The Massage Therapy Service is committed to providing a high quality service, where the therapists practice with integrity and a sound professional background.

We value our patients and treat each patient as an individual. The service is provided as an integral part of the holistic care of cancer patients at Weston Park Hospital.'



How do I book a session?

If you would like to book a massage session ask a nurse on the ward to refer you to the therapists or contact them yourself using your bedside phone or mobile.

The therapists will see you as soon as possible after they receive the referral.

The service is free of charge and aims to give a pleasurable, relaxing experience.

You can contact the therapists on:

- **0114 226 5281** Ext. **65281**



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Massage therapy service

 **Information for patients**
Weston Park Cancer Centre



**PROUD
TO MAKE A
DIFFERENCE**

SHEFFIELD TEACHING HOSPITALS NHS FOUNDATION TRUST



The **Massage Therapy Service** was established in 1995 and provides our patients with an opportunity to have a little 'quality time out' from the ward routine.

What can you expect?

The therapists use oil and play relaxing music during the massage session and then cover you in thick towels. The oil they use is a vegetable oil such as almond, grape seed, jojoba, evening primrose or calendula, which are easily absorbed by and very nourishing for the skin.

The massage relieves any stress or tension, helping you to relax. It also promotes a general sense of well-being.

With a combination of massage, simple relaxation techniques, gentle music and aromastream you can be transported to a desert island or a sunny day in the countryside without ever leaving your bed.

What the patients say

'Helped me unwind and have a sense of wellbeing'

'Helped me relax and transport my thoughts to a place outside the hospital'

'Relaxed - pain felt a little better'

Who can have massage therapy?

The service is available to all inpatients at Weston Park Hospital, both male and female. It is also available to haematology patients on wards P3, P4 and O1 at the Royal Hallamshire Hospital. The therapist makes an assessment with input from the nursing and medical staff before the session begins.

Where does the massage therapy take place?

The therapy takes place on the ward either on the bed, in a chair or using a special massage chair by the bed with the curtains closed.

A leaflet is available for all patients giving some relaxation techniques.

Aromasticks are available to aid symptom management and give a relaxing and uplifting experience.

What staff say

'It is lovely to see the patients afterwards, they look so relaxed.'

'Hearing the music on the wards helps the staff relax too.'

About the therapists

There is a team of qualified therapists running the service. All have nationally recognised diplomas and belong to a professional organisation whose code of ethics they adhere to. The therapists provide a professional service fully integrated into the ward environment at the hospital. They can also give advice to patients on where best to access massage therapy and other complementary therapies outside the hospital.



What the therapists say

'We find it very rewarding to be able to offer support to patients in a relaxing and enjoyable way.'