

What to Expect

Your first session will be an informal assessment where you can discuss the treatments and your preferences with the therapist, raising any queries and decide on your treatment plan.

Am I eligible to receive CT?

If you have first hand experience of a life-threatening illness or are a relative or carer of someone who has, or you have experienced bereavement, then you could be eligible.

How do I get referred?

You need to talk to your GP, Macmillan Nurse, Breast Care Nurse or other Allied Health Professional and ask for a referral.

Where are we?

We have clinics in Barrow, Ulverston, Grange, Windermere and Cartmel. We are also part of the Hospice at Home team who provide home visits when required.

How much does it cost?

All Hospice care is provided free of charge but donations, however small, are always gratefully received.

All therapies are provided by clinical practitioners who have had specialised training in supportive and palliative care and who collectively have over 30 years experience.

St Mary's Hospice

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St Mary's Hospice

Caring for local people throughout South Cumbria

St Mary's Hospice Services

Complementary & Creative Therapy Service



Why have complementary therapy services?

Complementary Therapies are becoming increasingly valued. We offer a variety of therapies in order to help relieve stress, to aid relaxation, to promote a sense of well being and develop self help/coping skills. The therapies are given alongside conventional medical treatments and are not to be regarded as an alternative to what has been prescribed by a Consultant or GP. The importance of complementary and creative therapy in holistic care is recognised by St Mary's Hospice as one of the specialist services providing supportive and palliative care to the people of South Cumbria. Our therapists are trained to clinical standards and will ensure that the treatments offered will suit your individual needs. Complementary therapy has been used for many years as an aid to both physical and mental relaxation and to offer individual supportive care to patients and their families.

Some information about the therapies we offer:

Art Therapy

Art Therapy is a psychological service, offered individually and in groups, which provides a supportive setting to help you physically, mentally, emotionally, intellectually and spiritually. Art therapy uses art materials and the relationship with the therapist to creatively explore difficult feelings and become more attuned to your inner needs. The therapist will assist you in this practical process and encourage you to express and communicate intuitively, experimentally and imaginatively. It is not necessary to be 'good at art'

Therapeutic Gardening

We have extended our programme to include gentle gardening with professional assistance. Patients and their carers will be enabled to benefit from the natural environment of the Hospice, including the greenhouse, courtyard, garden and our developing Healing Garden of vegetables, herbs and cutting flowers.

Aromatherapy

The benefits of natural plant oils are used within a gentle massage which can help the body cope with a variety of physical & emotional conditions all within a comfortable and caring environment.

Craniosacral Therapy

This is a non-manipulative gentle, hands on therapy. It has the effect of being deeply relaxing thus helping the release of physical or emotional tension. Those who received this therapy often find they have increased energy and a greater sense of well-being.

Simple Lymphatic Drainage

This is a gentle and effective way to improve lymphatic drainage through gentle massage. It is also a way of giving the individual after care which can be used at home. Referral for this service can be given through a specialist nurse or GP.

Reflexology

Reflexology is the practice of treating specific reflexes in the hands and feet that correspond to all parts of the body. This can help reduce stress and anxiety, improve circulation and enable the body to return to a state of normalisation.

Chair Massage

This massage uses our specialist chairs to provide all the benefits of massage without the couch. If preferred treatment can be given fully clothed without oils.

Creative Imagery and Relaxation

We provide a variety of techniques including relaxation and guided visualisation to help achieve a deep state of rest. Can be used for both individual and group sessions.

Remedial Massage Therapy

Remedial massage employs various techniques to manipulate the soft tissues of the body i.e. muscles, tendons & ligaments. Massage can be beneficial in treating a variety of conditions and as an excellent tool to aid relaxation.

'Moving on Positively' Groups

A variety of sessions either to follow individual sessions or for immediate access depending on requirements. Examples of content might be stress management, relaxation techniques and creative journal work.

'Healthy-Steps' Moving You to a Better Health with The Lebed Method

Healthy-Steps using The Lebed Method is a 27 year old programme of therapeutically sound, gentle movements and exercises to music. The programme was designed by cancer survivor and professional dancer Sherry Lebed Davis and physician/surgeons Dr. Marc Lebed and Dr. Joel Lebed in the USA.

Originally designed for breast cancer survivors it has been found beneficial for other cancer survivors, those suffering with lymphoedema, individuals dealing with chronic disorders such as fibromyalgia, MS, chronic fatigue syndrome, seniors, and anyone wanting a gentle exercise programme.

The programme combines sound physical therapy practice with the freeing aspects of movement, incorporating music, positive reinforcement from a group, and empowerment from information and education. It is a potent package that addresses mind, body and spirit. And, it is FUN!

St Mary's are pleased to be the only Hospice in the North West currently offering this programme.

