



# The Shakespeare Hospice

## Therapy Services

Occupational Therapy

Physiotherapy

Complementary Therapy



[www.TheShakespeareHospice.org.uk](http://www.TheShakespeareHospice.org.uk)

Charity Number. 1064091

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# What our service offers you

Therapy services at the Hospice includes Complementary Therapy, Occupational Therapy and Physiotherapy. Each Therapy promotes holistic wellbeing and quality of life through their interventions.



## **Occupational Therapy**

Focuses on your wellbeing and individual ability to participate in activities that are important and meaningful to you.



## **Physiotherapy**

Physiotherapy helps people through movement, exercise, manual therapy, education & advice.



## **Complementary Therapy**

Covers a range of specific therapies, helping to provide moments of calm and relaxation by easing symptoms and improving quality of life.



*“This was a very relaxing treatment. I slept well and felt energised the next day”.*

Complementary Therapy Patient

# Occupational Therapy

Occupational Therapy is about working together to help you to optimise your engagement and participation in the activities that are important to you. Through assessment, advice and strategies the Occupational Therapist will support you to achieve your optimal level of function.

## How can Occupational Therapy help?

- Complete individual assessment to identify needs.
- Together create a plan to work towards the goals that are most important to you.
- Provide advice and education to help optimise your functional ability.
- Assess and provide equipment to assist in the participation and completion of everyday activities.
- Support with advice and strategies to manage symptoms like fatigue.

“*The advice and support has helped me to look at how I plan my day more differently and has helped to improve my energy levels.*”

Occupational Therapy Patient

# Physiotherapy

Physiotherapy aims to support you to improve or maintain & optimise your mobility, physical function & independence to enable you to continue with your everyday activities. This is achieved by assessing your abilities & offering advice, education & strategies to manage your symptoms.

## How can Physiotherapy help?

- To maintain their mobility & independence through advice & education.
- Assessment and provision for appropriate equipment including walking aids.
- To manage symptoms such as breathlessness, anxiety and fatigue.
- Teaching personalised exercise programs to improve and maintain mobility, strength, balance & function.
- To adapt to their changing condition, allowing them to work towards achieving whatever goals are most important to them.
- Promotion of comfort & safety.



*“The exercises took my mind away from negative thoughts and they were gentle enough to feel muscles stretching without strain. Good to have some new movements introduced to keep it interesting”* **Physiotherapy Patient**

# Complementary Therapy

Our Complementary Therapy Service is designed to work alongside conventional medicine to support and ease physical and emotional symptoms like pain, sleep issues, anxiety and nausea. This approach helps to promote relaxation and enhance the overall wellbeing of patients and their loved ones.

All Complementary Therapy clients will have an initial assessment and a treatment plan will be discussed prior to treatment.

## Who provides the treatments?

We offer individual or group sessions with our senior or volunteer Complementary Therapy team as well as offering over the phone or online sessions depending on your requirements.

## How long will a treatment session last?

Following your initial assessment with a member of the Complementary Therapy team, a session will last approximately 20 – 45 mins depending on the treatment choice.

### Our Complementary Therapy Treatment Menu

- Bespoke Aromatherapy Products
- Gentle Indian Head Massage
- Reflexology • Reiki
- Relaxation Techniques • Massage Therapy
- Self care Rituals • Time Out Guided Meditations

**Our services are available to anyone registered with a GP in South Warwickshire**





## **How to access our services:**

To discuss the services for yourself or a loved one, or if you are a Health Care Professional and would like to refer a patient, please contact us on:

**Email: [Tsh.referrals@nhs.net](mailto:Tsh.referrals@nhs.net)**

**Call: 01789 266852**

**Website: [TheShakespeareHospice.org.uk](https://TheShakespeareHospice.org.uk)**

Referrals can also be made on our website at:

**[TheShakespeareHospice.org.uk/Services/ReferToUs](https://TheShakespeareHospice.org.uk/Services/ReferToUs)**

Whether you are a patient, a carer or a loved one, we are here to support you and will listen with sensitivity and compassion to help ease any anxieties you may have.

Notes:

**The Shakespeare Hospice** aims to provide the highest possible standards of care for all people using our services, shops, and supporting us with their time and/or fundraising. We are committed to ensuring consistent high standards at all times and we welcome suggestions and feedback where we may have fallen short of those standards, as well as at times when we have achieved them.

You may send your comments to us in any of the following ways:

**Call: 01789 266852**

**Email: [enquiries@theshakespearehospice.org.uk](mailto:enquiries@theshakespearehospice.org.uk)**

**Write to: The Shakespeare Hospice, Church Lane, Shottery, Stratford-upon-Avon, Warwickshire, CV37 9UL**



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