Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Complementary Therapies at Cancer Care Suite

Version number: **1**
Last modified date: **12th November 2026**

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Patient Information

Cancer Care Suite

- Author ID: JL
- Leaflet Ref: CC 057
- Version: 1
- Leaflet title: Complementary Therapies at Cancer Care Suite
- Date Produced: March 2026
- Expiry Date: March 2028

Complementary therapies

Complementary Therapies cover a wide range of practices used alongside conventional treatments for illnesses including cancer and can be helpful in a range of other different medical situations. They aim to help with the symptoms of disease and its treatment, aid relaxation, reduce tension and anxiety. People use them to boost their physical or emotional health, or to relieve symptoms or side effects.

Wrightington, Wigan and Leigh Teaching Hospitals NHS Foundation Trust (WWL) have skilled and successful professionals offering help with the following issues:

Anxiety / Worry	Breathlessness	Stress
Constipation	Fatigue	Nausea
Frustration	Hot Flushes/Night Sweats	Sinusitis
Irritability	Inability to Switch Off	Mood Swings
Itchy Skin	Joint/Muscular Pain	Low Mood
Loss of Appetite	Pain Management	Nerve Pain
Needle Phobia / Anxiety	Sleeping Issues	

Our complementary therapies are:

Aromatherapy

This is a practice that uses essential oils extracted from plants to promote physical and emotional well-being.

Reflexology

A therapeutic practice that involves applying pressure to specific points on the feet, hands, and ears, believed to correspond to different organs and systems in the body, promoting relaxation and overall well-being.

Reiki

A Japanese energy healing practice that promotes relaxation, reduces stress and facilitates healing through the transfer of universal life force energy, which is the vital energy that flows through all living beings. It connects us to the universe and plays a crucial role in physical, emotional, and spiritual well-being, often known as Chi, Qi or Prana.

Gentle massage

The application of massage techniques for a therapeutic purpose, such as relaxation or pain relief.

Auricular acupuncture

A therapeutic technique that involves inserting 5 small, fine, sterile needles into specific points on the outer ear, to promote healing and alleviate various health issues.

Vibrational aromatherapy

Involves using the vibrational energy of essential oils that are derived from plants to promote relaxation, stress relief and emotional balance

Guided relaxation

This is a structured therapy that helps individuals reach a state of deep relaxation through verbal / written instruction. Your therapist will talk you through a technique suited for you that you can use at home to continue the relaxation process.

Relaxation techniques

These include various therapies like acupressure massage, Bach Flower Remedies and crystal therapy. All are designed to encourage relaxation, calmness and stress relief.

How to access the service

Patients receiving oncology treatments are offered complementary therapy sessions, either via 1:1 session whilst receiving chemotherapy on the ward, or via telephone sessions. You can be referred at any time by speaking with your Consultant, Specialist Nurse, ward nurse or complementary therapist.

Cancelling your appointment

We understand that there may be occasions where you are unable to attend a scheduled appointment, due to unforeseen circumstances. It is important that you let us know in advance if you need to cancel a session. If you are no longer able to attend a scheduled appointment, please call **0300 707 2573** or email **Complementary.Therapies@wwl.nhs.uk**

Due to the high demand for our service, and the impact that not attending has on your progress in treatment, regular cancellation / non-attended appointments will lead to discharge from complementary therapy service.

Arriving late for appointment

Arriving more than 15 minutes late for your appointment without notifying the therapist may result in your appointment time being shortened or missed completely, as the therapist will use that time to see ward patients.

Our complementary therapists:

Jill Lyon has been a complementary therapist since 1998 with over 11 years' experience of working with oncology patients at Wigan and Leigh Hospice, and now here at the Cancer Care Centre since 2018.

Sophia Swan has been a complementary therapist since 2002 and has provided therapies at the Cancer Care Centre since 2015. Sophia also works with other local organisations providing complementary therapies, one of these being Wigan & Leigh Hospice.

Should you require any further information, please do not hesitate to contact our complementary therapists on **0300 707 2573**

or by email: **Complementary.Therapies@wwl.nhs.uk**



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