

The Haven is a registered charity that provides information and support to people affected by life-limiting illness such as :

- Cancer
- Multiple Sclerosis
- Motor Neurone Disease
- Parkinson's Disease

Support is offered to people of all ages including children and to all family members and carers. The Haven operates as a drop in centre with no need for medical referral and all services are provided free of charge. The Haven team of specialist nurses, therapists and volunteers work closely together to provide the highest standard of care.

Support is provided for people at all stages of their illness from the point of diagnosis onwards and is specifically tailored to meet the needs of each individual.

Specialist nurse information and advice, Complementary therapies, Counselling, Child and Family Service, Active Steps - walking groups, Therapeutic Art, Men's Support Group, Volunteer and Peer Support.

The Haven provides a range of supportive services for people affected by life-limiting illness. If you require further information, or are interested in becoming a volunteer or fundraiser, please contact:

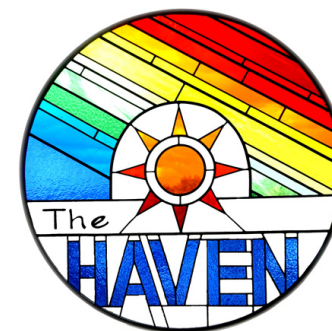
The Haven
Blantyre Health Centre
Victoria Street, Blantyre
G72 0BS
Tel: 01698 727884

The Haven (Wishaw)
Flat 78, Block 2
Wishaw General Hospital
50 Netherton Street
Wishaw, ML2 0DP
Tel: 01698 366948

The Haven (Forth)
36 Manse Road
Forth
ML11 8AJ
Tel: 01555 811846

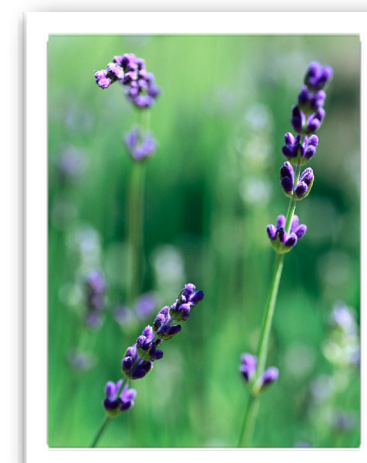
Open: Mon - Fri: 10am - 4pm

Supported by:



Complementary Therapies

..... for health and wellbeing



Reg. Scottish Charity Number: SC032130

Company Number: SC222783

www.thehavencentre.com

Complementary Therapies

A range of complementary therapies is offered to clients of The Haven in our deeply soothing and relaxing therapy room.

Complementary therapies are holistic, that is they do not just treat the symptoms of disease but the whole person. They may help to reduce anxiety and stress, promoting better sleep; may help the body cope better with pain and depression and therefore help to lift mood, enhance wellbeing and improve the quality of life.

Aromatherapy

Aromatherapy is the use of essential oils extracted from plants and trees. The oils can be applied in a variety of ways, for example massage and inhalation, tailored to the needs of the individual.

The aromas of specific essential oils can calm the mind and relax the nervous system. Combining these benefits with those of therapeutic massage, results in an enhancement of blood and lymph circulation that relaxes and tones tense and tired muscles and promotes a sense of overall wellbeing.

The stress relieving effect of the treatment may encourage the use of mental energy more productively, resulting in a renewed and refreshed sense of confidence in facing life's challenges.

Indian Head Massage

The aim of Indian Head Massage is to release stress that has accumulated in the tissues, muscles and joints of the head, face, neck and shoulders. It is helpful in relieving fatigue, insomnia, headaches, migraines and sinusitis.

Indian Head Massage helps to increase joint mobility and flexibility in the neck, shoulders and upper back. It improves blood circulation and lymphatic flow, frees knots of muscular tension and aids in the elimination of accumulated toxins and waste products. It is particularly good for reducing the effects of stress and tension.

Reflexology

Reflexology is a precisely defined form of therapy based on the principle that all areas of the body are reflected on both feet and hands. By applying varying degrees of pressure, using fingers and thumbs, to these areas, all body systems are helped back into balance.

Reflexology is a valuable way to ease the effects of stress and aids in managing symptoms of disease. It is also a way to allow safe release of suppressed emotions.

Reflexology is suitable for all age groups and is compatible with all forms of medication. Clients can also be taught to self treat using their own hands.

*For further information about complementary therapies, please contact
The Haven*

Reiki

Reiki is a Japanese word meaning "Universal Life Energy" an energy that is all around us.

Reiki promotes deep relaxation and brings a sense of peace and wellbeing. It works at all levels; physical, mental, emotional and spiritual.

Reiki can be given anywhere and at any time since no special equipment is needed. The practitioner is a channel through which the energy is drawn. As running water smooths the jagged edges of a rock until it is small enough to roll away, Reiki flows to the areas of need, soothing pain and supporting the body's natural ability to create balance. Reiki also supports all other forms of treatment.

Seated Yoga

Weekly seated yoga classes are available for those wishing to improve their flexibility and maintain positive thoughts. Learn how to keep the spine, body and lungs as healthy as possible and enjoy being a part of a group. Each week the programme varies slightly to work each part of the body holistically while sitting in a chair or wheelchair.

Included are breathing practices, stretches and relaxation - encouraging participants to use the practices at home. Carers are encouraged to come along to work with those in wheelchairs and to learn how to perform passive movements safely.