

## Why Holistic Therapy

Complementary Therapy is non-invasive and can support conventional medicine. It helps to improve nerve and blood supply to the body, aid relaxation and bring the body to a state of homeostasis.

## Therapies Offered

The following therapies are available from the Trust:

- Acupuncture (must be able to travel to Sheppey)
- Aromatherapy
- Counselling
- Healing/Reiki
- Holistic Massage
- Hypnotherapy
- IBX Nail Treatments
- Indian Head Massage
- Reflexology
- Reflexology Lymphatic Drainage
- Shiatsu
- Stress Management

Please note that some treatments are not suitable i.e. if chemotherapy is being given, massage will not be offered as this is contraindicated. Due to shortage of some therapists and therapist location, not all treatments are offered for the whole of Kent.

Treatments are given at a mutually convenient place and time. We take referrals from the whole of Kent.

## Therapists

We have over 40 therapists across Kent, all of whom are qualified, insured and a member of a recognised governing body.

## Volunteer/Work for us

We are always looking for more therapists to provide the above (or other NHS approved) treatments. Additionally, we continually need administration skills and people to help fundraise. The latter is vitally important for us, if we do not keep replenishing our bank account we are not able to provide this service.

## Training School

We expect our therapists to keep up to date with their skills in their specialised therapy.

In order to help therapists achieve this, we have set up a Training School accredited by the Federation of Holistic Therapists. We offer Continuing Professional Development (CPD) courses to ensure our therapists maintain their CPD points. We run courses and workshops. These events are also open to therapists outside of THTT. If you are a therapist and would like to know more please contact us.

## ENDORSEMENT

**Extract from BMJ Journal of July 1994:-**

***"Pursuit and practice of complementary therapies by cancer patients receiving conventional treatment. Conclusions – A sizeable percentage of patients receiving conventional treatments for cancer also use complementary therapies. Patient satisfaction with complementary therapies, other than dietary therapies, was high even without the hoped for anticancer effect. Patients reported psychological benefits such as hope and optimism"***



## Patient Testimonials

***"The reflexology helped in a great way, relaxing me and giving me peace and optimism during these treatments"***

***"I loved it and will probably stick with it, the therapy treatment was explained beautifully"***

***"Just to say how relaxing and beneficial I found my reflexology treatment. It has added to my sense of well-being"***

***"Harmony Therapy helped me move on from cancer"***

## How the Charity Started

Dawn Cockburn, the Founder of The Harmony Therapy Trust (THTT) was inspired to start this Charity following her sister Sylvia's illness with Cancer. The Sara Lee Trust (who treated Sylvia) operates a similar service in Sussex but nothing was available in Kent at that time. So in 2010 THTT was formed.

## Our Vision

For the "hands of Harmony" to be able to offer therapies to those suffering from life-altering illnesses (cancers, MS, MD, MND, COPD, Stroke, cardiac, renal, Parkinsons etc), wherever they live in the County of Kent.

## What can you do for Us

Anyone can fund raise including you! From a coffee morning to the London Marathon! We are grateful for all monies received. You can help us grow and enable our therapists to visit more people who will benefit from our relaxing therapies. If you can help please contact us.

### What can we do for you?

We provide **FREE** complementary therapy to those suffering from Cancer and other serious life altering illnesses in Kent. Although these therapies are NHS approved, we are self-funded. These are some of the referrers we work with:-

- Cancer Care
- Cancer Nurse Specialists
- Guys Oncology
- Harefield Hospital
- Kent Oncology
- Local GP Practices
- Macmillan Nurses
- Medway Maritime Hospital
- Kent Hospices

Our goal is to help those suffering in difficult times with therapy to give a feeling of wellness and wellbeing. Although we are a small Charity we have grown rapidly over the past few years and have treated in excess of 200 people since inception.

We are now able to provide free therapy to the "forgotten heroes" – The carers who do such an amazing job in providing support for their loved ones.



### How to Apply

Referrals must be by a Health Care Provider such as an Oncologist, Consultant, GP or a Community Nurse.



Charity No: 1139861

If you would like a Referral Form please contact

**T: 01795 663050 M: 07870 487122**

**E: [thtt2010@gmail.com](mailto:thtt2010@gmail.com)**

**[www.theharmonytherapytrust.org.uk/forms](http://www.theharmonytherapytrust.org.uk/forms)**

**[www.justgiving.com/harmonytherapytrust](http://www.justgiving.com/harmonytherapytrust)**



Charity No: 1139861  
CONSULTANT PATRON: DR C. ABSON  
FRCP FRCR

## PROVIDING FREE NHS APPROVED COMPLEMENTARY THERAPY

To those suffering from Cancer or  
other serious life altering illnesses in  
Kent

HELPING PEOPLE INTO WELLNESS & WELLBEING

*The Harty Room*  
*At The Healthy Living Centre*  
*Off Royal Road*  
*SHEERNESS ME12 1HH*

