

## How can I access this service?

You can self refer by contacting the Health and Well-Being Advice Line or be referred by anyone involved in your care.

An initial telephone consultation with one of our complementary therapy team will help you explore the options available to you.

This service is offered by experienced and qualified practitioners. Sessions can be carried out in the comfort of your home; at the Paul Sartori Therapy Suite in Haverfordwest (circumstances permitting); via telephone, or via video chat platforms.



# paulsartori

## HOSPICE AT HOME

 Complementary  
Therapy Service

# paulsartori

## HOSPICE AT HOME

 Complementary  
Therapy Service



Paul Sartori Hospice at Home  
Paul Sartori House  
Winch Lane  
Haverfordwest  
Pembrokeshire  
SA61 1RP

☎ 01437 763223

☎ 01437 765755

✉ enquiries@paulsartori.org

🌐 paulsartori.org

📘 @PaulSartoriFoundation

📷 @paulsartorifoundation

🐦 @Paulsartoriorg

### Complementary Therapy and Well-Being Advice Line

This is a free Paul Sartori service available for adults living with a life limiting condition and for carers.

If you would like to speak to a member of the Complementary Therapy team about your health and well-being concerns or if you would like to request a telephone consultation;

Contact 0791 7074300  Mon-Fri 9am-5pm



Secured with funding from the Covid 19 Supporting Community  
Action Fund administered by PAVS

Complementary therapies refer to therapeutic approaches which can be used alongside conventional health care and are used to promote relaxation, improve the quality of life and to support clients with:

- ✓ Stress and Anxiety
- ✓ Pain Management
- ✓ Insomnia
- ✓ Breathlessness
- ✓ Fatigue
- ✓ Poor Mobility

#### Self Help Tool Kit for Clients

A range of simple tools and strategies can also be used to support health and wellbeing, boost immune systems, enhance mood, and help deal with grief and loss. Tailor made products can be made by our qualified aromatherapists to suit specific client concerns. These include aromatherapy based inhalers, pulse point blends and pre blended massage creams.



## What therapies are available?



Aromatherapy



Massage



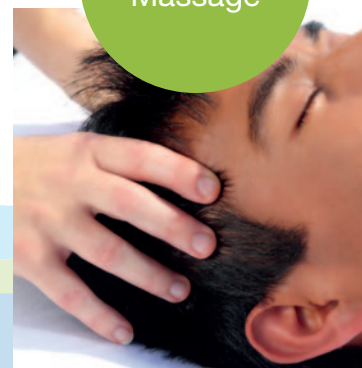
Reflexology

Complementary therapies

Reiki



Indian Head Massage



Relaxation Techniques

