

Great Oaks Complementary Therapy

NEWSLETTER ISSUE 1

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“

The sooner we can get back to actual sessions the better, but on Zoom is so, so much better than nothing

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Welcome to Our Complementary Therapy Newsletter

In these challenging ‘pandemic’ times, like many others we are looking for new ways to support those most in need of support for their mind body and spirit. Receiving complementary therapy gives you some time out, and the opportunity to relax and unwind for a while. All therapies aim to improve your sense of wellbeing, relieve tension, irritability and stress and help to improve sleep patterns, Great Oaks provides a safe space for patients and carers to ‘let go’ and receive. So, how can we possibly do that from a distance? Well we are starting to deliver our therapies online through media such as ‘Zoom’ or via video calls and hopefully soon, through socially distanced sessions in the Acorn Suite at Great Oaks. So, this is the first of our regular newsletters where we hope to introduce ourselves to you, explain what we do and pass on hints, tips, and self-help tools to bring some calm into your life.



Who Are We and What Do We Do?

Wow! Looking back to last year from January to December (2019) the Complementary Therapy team racked up an impressive **2161** occasions of therapy provided through Chi gong, Sound, Reflexology, Reiki, and Aromatherapy. That's **2161** occasions that our lovely carers and patients have been able to benefit from reduced anxiety, aches and pains, improved sleep, and mobility, as well as an overall greater sense of relaxation. This means that, if only for short periods of time, relief from such issues enables them to re-charge and continue to cope with their ongoing, everyday challenges.

The Complementary Therapy team is led by Lisa Pollock the Coordinator who oversees the day to day activities of the team. Lisa is usually the friendly first point of contact for people referred to the team for therapy. Lisa manages a small team of three core staff, Donna Howell, Gerry Crossman, and Gill D'Arcy who between them deliver a range of wonderful therapies.

The team is also supported by Volunteer therapists Karen Hopes (Aromatherapist) and Jill Stern (Flower Essences)

Ann Hurcomb is the Senior Clinical Lead who has overall responsibility for the team (amongst a myriad of other duties!).



Therapists Donna Howell, Gerry Crossman & Gill D'Arcy



Senior Clinical Lead
Ann Hurcomb



Coordinator - Lisa Pollock



Volunteer Therapist
Karen Hopes



Volunteer Therapist
Jill Stern





“

I enjoyed the meditation session, sand and water remind me of Gill”

“The sooner we can get back to actual sessions the better, but on Zoom is so, so much better

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A Day in the Life of a Therapist - Gerry Crossman

Gerry is a long-standing and much-loved therapist at Great Oaks Hospice and his many therapies include Chi gong, Bowen, Aromatherapy and Bach Flower Remedies. Gerry also plays the ukulele (very tunefully) in a local band ‘The Ukes of Azzard’. Due to the Covid-19 pandemic, Gerry is having to adapt and grapple with the wonders of technology so that he can continue to offer his services to his lovely patients and carers. In doing this recently Gerry conducted an online one-to-one ‘Zoom’ meditation session with ‘Jean’, who, like many of us, is having to adjust to not being able to see and share time as normal with loved ones due to the pandemic. However, Jean was recently able to visit her two grandsons in Birmingham for the first time since Christmas due to the ‘lockdown’ imposed earlier this year. One of her grandsons who is eight - years old, decided to build a ‘camp’ under the climbing frame in the garden and invited Jean in for a ‘picnic’. Getting into the camp was extremely challenging for Jean due to her mobility issues but she was determined to overcome this, and despite cries of alarm from those around her she managed to squeeze through the bars of the climbing frame and sit on a cushion on the floor! Jean was as pleasantly surprised as everyone else around her that day to have been able to do this, and she puts this down to her meditation sessions with Gerry. Whilst not the most ideal way of meditating she says, **“the sooner we can get back to actual sessions the better, but on Zoom is so, so much better than nothing”**. We do hope that Jean’s improvements continue to allow her to better enjoy her playtime with her grandsons and that hopefully, ‘normal service will be resumed!’. Well done to Gerry for mastering the intricacies of ‘Zoom’!





Self - Help Links to Resources

- ♥ Diet & Nutrition Advice: <https://www.nhs.uk/live-well/eat-well/>)
- ♥ Anxiety Advice:
<https://www.nhs.uk/conditions/generalised-anxiety-disorder/self-help/>
- ♥ Mindful Meditation with Gerry:
https://www.great-oaks.org.uk/complimentary_therapy.html
- ♥ Great Oaks Complementary Therapy Self-help Guide: