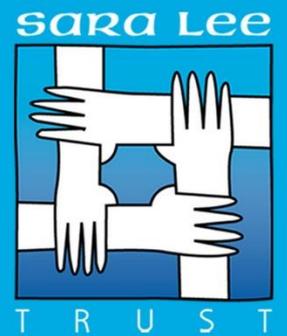


Reiki



What is Reiki

Reiki is a form of complementary therapy that uses simple gentle touch, and visualization techniques, with the goal of improving the flow of energy in a person. Reiki (pronounced ray-key) means "universal life energy" in Japanese, and Reiki practitioners are trained to detect and alleviate problems of energy flow. It is a non-invasive, gentle and safe therapy that has been taught and used in the UK since the late 1900s. Reiki is not based on any belief or faith, and is used widely in hospices and hospitals. The therapy can be deeply relaxing, bringing a sense of warmth, balance, calm and wellbeing.

What happens during a Reiki session?

At your first appointment you will be asked questions about your health and general wellbeing to help determine the focus of the therapy. You remain fully clothed in a lying or sitting position in a quiet environment while the therapist places their hands on or near the body. You may feel warmth, release, tingling or other relaxing sensations.

Who can benefit from Reiki?

The gentleness of Reiki therapy means most people find the treatment relaxing, and many experience relief from symptoms, including pain. Acute stress and anxiety can also be reduced, which, in turn, can help problems caused by these debilitating conditions.

Where will this take place?

Appointments for Reiki take place at the Rye, Winchelsea & District Memorial Hospital and the Sara Lee Therapy Centre in Sidley, Bexhill. We also see people on the wards of St Michael's Hospice and local hospitals, and we provide a home visit service for those unable to travel to us for their therapy.

How long does a session last, how many will I have, and how often will they take place?

Therapy sessions last up to 50 minutes, although the first session may take a little longer to allow time for a full assessment. We are currently able to offer a set of six sessions for patients and three for family members and carers.

How will I feel afterwards and what should I do?

After a treatment you may feel relaxed and sleepy. Sometimes people feel energised and want to use their energy. If you feel tired, it's best to rest. If you feel energised take care not to overdo it! You may feel thirstier than usual and it may help to drink extra water. It is recommended that you avoid alcohol on the day of the treatment.

Therapist qualifications

Sara Lee Trust therapists are fully trained and experienced, and belong to an appropriate regulatory body. They undertake ongoing training and are fully insured.

Complementary therapies, including Reiki, should not be regarded as an alternative to medical treatment prescribed by your doctor.



Further Information on The Sara Lee Trust Services

Who we are and what we do

The Trust was established in 1996, in memory of Sara Lee, who lived locally and died from cancer, aged 32. Today the Trust continues to provide essential care and services to people in Hastings and Rother affected by cancer and other life-threatening illnesses, including family members and carers.

We provide, free of charge, counselling, complementary therapies and group activities. The Trust delivers over 80 hours of therapy care per week to local people, including patients of St Michael's Hospice and The Rye, Winchelsea and District Memorial Hospital where we have therapy rooms and provide care on the wards. We also provide therapy in the community by visiting patients in their own homes, and from our Therapy Centre in Sidley, Bexhill.

To be referred for our services

Please speak to a health professional responsible for your care (e.g. nurse specialist, GP or consultant). They will need to complete a referral form, which can be downloaded from our website (see below for details).

To find out more about our services, or if you have any comments or suggestions to make about the Sara Lee Trust, contact us at:

The Sara Lee Trust
25 Upper Maze Hill
St Leonards on Sea
East Sussex
TN38 0LB

Tel: 01424 456608
Email: info@saraleetrust.org
Website: www.saraleetrust.org

Registered Charity Number 1055048

