

## Biography

Our biography service provides people with an opportunity to reflect on their life, and create a record of their memories and stories for themselves and their families.

Other written documents such as letters can also be prepared by biography writers.

A biographer will come into the home, usually once a week, for an hour, to record the client's stories and then type them up.

Photos can be included in the document and provide a valuable record for the family.



## Books and Resources

Books are available for adults and children dealing with illness, the end of life journey, and grief.

## Activity Sessions

We offer a range of sessions at the Hospice Mid Canterbury base. These include:

- Armchair Travel
- Exercise Therapy sessions
- Art and Craft activities
- Pamper sessions
- Chair Yoga
- Catch-up Cuppa
- Singing therapy
- Housie



## Contact details

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# Services

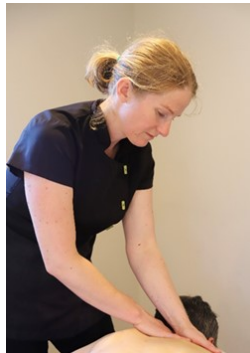
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## Complementary Therapies

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All therapies are available to both clients and caregivers free of charge.

**Massage** therapists Mikyla and Rebecca use skilful touch to ease aches and pains, to relieve tension in the body and to promote a sense of well-being. Rebecca is also trained in lymphoedema massage.



### Relaxation Therapy

with Cherie incorporates a variety of techniques including Bowen therapy for relaxation, Emmett techniques for body balance and muscle release and scnear devices to provide bio-feedback.

Relaxation therapy can help overcome anxiety, stress, panic attacks and sleeplessness.

**Reflexology** is based on the concept that every part of the body is connected by energy pathways, which end in reflex areas on the feet and hands. Justine applies



**Reiki** is a gentle holistic natural therapy which works with the energy of the body. Annie provides this therapy where the client feels most comfortable, using energised hands to soothe and balance the body, reducing tension and promoting relaxation. Annie also provides massage,



## Client Support

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Our team of volunteers are available to provide whatever support is needed, such as sitting and outings, transport and pet care.

## Counselling

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Our counselling service provides support for both clients and caregivers. Living with a life-limiting illness is difficult, and our counsellors can provide emotional and psychological support as well as strategies for coping with and managing the journey.

We provide pastoral care as well as bereavement support.