

Complementary therapies fact sheet

Meningitis
NOW

The aim of this fact sheet is to provide information about complementary therapies and how they can be accessed.

We know that some complementary therapies have helped with the after effects of meningitis* experienced by some people. Also, see our website at www.MeningitisNow.org.

What is Complementary Therapy?

A **complementary therapy** is one that can be used in addition to, or alongside, conventional medicine and can complement the treatment provided by doctors and other health care professionals. Complementary therapies treat the patient as a whole, rather than symptoms in isolation. They include therapeutic and aromatherapy massage, reflexology, osteopathic treatments and acupuncture.

Regulation of Complementary Therapies

Regulation of complementary therapists in the UK is by voluntary self-regulation. This means that there are no laws in place to protect the public from unqualified or incompetent therapists.

In accordance with the 2007 Government White Paper professional associations in each therapy have been working together to agree standards for each complementary therapy. The General Regulatory Council for Complementary Therapies (GRCCT) will establish a national register and validate the status of all registered therapists. Until this is established, always discuss the therapy with your doctor before beginning a course of treatment. Some complementary therapies may be available through the NHS and your doctor may be able to refer you directly.

Therapies you may find helpful

We ran a pilot project in 2013 looking at the impact of some complementary therapies following viral meningitis; see our website for more information www.meningitisnow.org. As a result we can now consider making direct referrals (dependent on criteria being met) for a course of one of the following complementary therapies:

Acupuncture, the insertion of fine needles into the skin, stimulates a better movement of energy and circulation to help relieve pain and tension-related problems.

Cranial osteopathy uses gentle movements to the head, neck and spine, which do not involve strong manipulation. It can help in the treatment of back, neck pain, headaches and tension-related problems.

Reflexology uses pressure techniques on specific areas of the feet or hands to stimulate a response in corresponding areas of the body. It can help with relaxation and the relief of some symptoms.

How to access this support

If you would like to find out more about the criteria for being referred please call our Meningitis Helpline on **0808 80 10 388**, send an email to helpline@meningitisnow.org or complete an enquiry form here: www.meningitisnow.org/how-we-help and one of our support team will contact you with more information.

*Meningitis refers to meningitis and meningococcal septicaemia

Find out more

Association of Physical and Natural Therapists
www.apnt.org

Association of Reflexologists
www.aor.org.uk

British Acupuncture Council
www.acupuncture.org.uk

British Medical Acupuncture Society
www.medical-acupuncture.co.uk

Cranial Osteopathy
www.cranial.co.uk/cranial-osteopathy/

Cranio-Sacral Therapy Association
www.craniosacral.co.uk

Federation of Holistic Therapists
www.fht.org.uk

**Institute of Complementary and Natural
Medicine**
www.icnm.org.uk

International Institute of Reflexology
www.reflexology-uk.net/site

**Meningitis Now cannot accept any
responsibility for the complementary
therapy treatments you access.**

**If you have any questions or wish to
discuss anything in this factsheet in
more detail, please phone our helpline.**

**Meningitis Now is the UK's largest
meningitis charity and is here to help
you, when you need us and for as
long as you need us. We are saving
lives and rebuilding futures through
awareness, research and support.**

We offer on-going support for all those living with the impact of the disease. We support individuals, and their families, including those who have been bereaved, helping to rebuild lives after meningitis and septicaemia.

We can:

- Listen; and answer your questions about meningitis and septicaemia
- Talk to you about your individual experience and how we can tailor our help to you
- Provide support locally to you
- Put you in touch with others who have been through it too
- Support you and those closest to you; children, teenagers and adults

If you have any questions, or are interested in finding out how we can help, please get in touch.

Meningitis Helpline: 0808 80 10 388 (UK)

Email: helpline@meningitisnow.org

We are proud of the work we do, but we can't do it alone. We rely on voluntary donations and need help from people like you. Every penny, pound, hour and day given makes a big difference. Find out how you can help www.MeningitisNow.org



Meningitis Helpline
0808 80 10 388 (UK)

Meningitis Now

Fern House • Bath Road
Stroud • Gloucestershire • GL5 3TJ
Tel: 01453 768000 • Fax: 01453 768001
info@meningitisnow.org

References for the content of this fact sheet are available on our website.

Thank you for your interest in complementary therapies



Criteria:

- Referrals will be for those aged 16 years +
- Referrals can only be made at least 3 months after the diagnosis – to give the body time to recover from acute phase of the illness
- The referral will be to help with physical symptoms which are a result of meningitis
- Therapies available are Acupuncture, Cranial Osteopathy or Reflexology.
- The set of 10 sessions will be fully funded by Meningitis Now and the therapist will invoice us directly for payment

Process:

- Please discuss your request for complementary therapy with your GP
- Complete the Complementary Therapy Request form, indicating your choice of therapy and return to our head office
- Please also send written confirmation of your diagnosis of meningitis if not already received. This can be a letter from your doctor or other health care professional or a copy of a hospital report which refers to your diagnosis/treatment of meningitis
- A member of the support team will discuss the request with you and a referral will then be made to a professional therapist, taking account of symptoms, client requests, availability of suitable therapist and accessibility
- The referral will be for one set of 10 sessions of either: Acupuncture, Cranial Osteopathy or Reflexology. It will not be possible to extend the number of sessions available
- Cancellations – if you need to cancel an appointment please give the therapist as much notice as possible; cancellations with less than 48 hours' notice will be counted as one of the set of 10 sessions as the therapist will charge a cancellation fee

If you have any questions please contact:

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