

## **Module seven: taking action**

# **Guidance notes**

**Module aim: to teach Guides how to help others by providing therapeutic massage.**

### **Resources**

- > Hand cream (non-scented, hypo-allergenic)
- > Copy of instructions per pair – hand massage guidance sheet
- > Paper and colouring pens for activity three
- > Flipchart/sugar paper for activity one brainstorm

# Guidance notes

## Module seven

### Who can benefit from therapeutic care?

Anyone who is tense, anxious or ill. For example, someone waiting for treatment in a hospital, a carer or someone who has recently suffered a crisis in their life.

### Where do we deliver our service?

Every year, Red Cross therapeutic care volunteers help more than 60,000 people in hospitals, hospices and community settings throughout the UK.

### What do people who have used the service say?

A doctor from Kent told us: "This Red Cross massage has helped to reduce the stress of my patients with post-natal depression." A nurse from Middlesex wrote to say: "The patients are visibly more relaxed after the Red Cross therapeutic care volunteers have been and that means the staff are less pressured in the calmer atmosphere."

Someone who benefited from the service said: "After my stroke, my hand and arm were so stiff. The massage really helped me and the Red Cross volunteer was so caring and compassionate."

We also use our therapeutic care service to help people after major emergencies such as rail crashes, fires and floods. In 2005, it was used as part of the Red Cross emergency response offer in the family assistance centre set up following the London bombings. Our volunteers helped people who had been traumatised by the incident as well as emergency workers from the police, fire and ambulance services.

Last year, our therapeutic care volunteers also supported people in rest centres set up following the flooding in the west of England and Yorkshire. They have continued to deliver the service as part of the process of helping people recover from the trauma of the floods.

### Further information

#### How do you find out more about the therapeutic care service?

Your local Red Cross office will be able to give you information about the service and volunteering opportunities or you can check out our website [redcross.org.uk](http://redcross.org.uk)

#### Five-step movement

- 1)** Pour a walnut-sized drop of hand lotion onto your hand.
- 2)** Using both of your thumbs, work your way round the wrist in small, circular movements.
- 3)** Move the flat of your hand up the back of the hand and back down the underside.
- 4)** With your thumb and forefinger, move up and down each finger three times, using small, circular movements.
- 5)** Turn the hand over and, with the heel of your hand, make small, circular movements on the palm of the hand.