

THE LINK

— NEWSLETTER —



Issue 30

Summer 2011



- Complementary Therapies and ADHD • Education Section •
- Poetry and Prose • Job Opportunities •
- Dates for your Diary •

from the editor

Welcome to the Summer edition of The Link.

St Swithin is certainly reminding us of the forty days and forty nights of rain we are likely to experience around this time of year. Thought I'd like to share this poem about it and maybe we can hope for the best next year – it's too late this year, I'm sure you'll agree.

St Swithin's day, if thou dost rain

For forty days it will remain

St Swithin's day, if you be fair

For forty days 'twill rain nae mair

(sounds a little Scottish to me)

Well, as I promised in the last issue I have contacted all the regional group leads to find out when they are holding their next group meeting with the intention of hopefully paying a visit to meet the members. I am very pleased to say that I received two offers to attend – one from the Midlands group and one from Central Southern England group. Unfortunately I couldn't attend the Central Southern group due to work pressures but I did manage to visit the Midlands group. What a great experience. I'm so looking forward to my next regional group visit.

Vedant Wood

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Copy deadline for the next Newsletter is: 15th of October 2011

Next issue will be published end of October 2011

YOUR LINK NEEDS YOU!

The Link is YOUR newsletter and I need YOUR contributions!

If you can provide an insight into your therapy; or would like to write an article on your religion's perspective on spirituality and complementary therapy; or report on events that have happened in your region; an experience you would like to share or send in some poetry then I need to hear from you.

Please send all contributions to me either by post
or by e-mail to vedantwood@aol.com

THANK YOU – Vedant

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www.nacthpc.org.uk

Letter from the Chair

Dear Everyone,

There have been a few changes on the committee recently. Sadly Jenny Gilbert has had to step down mid-term for personal reasons. I would like to thank Jenny for her very welcome contribution and wish her well for the future. Sue Holland has taken over the role of Membership Secretary from Jenny and Michele Gordon has taken over the role of Minutes Secretary from Sue.

The CT Leads networking day at Hospice House in May was well attended and well evaluated. There was a lot of discussion about the Complementary Therapy (Safeguarding Practice) Measures. The main areas of concern were around lack of consultation, the requirement of some networks that therapists be registered with the Complementary and Natural Healthcare Council (CNHC) or other regulator and obtaining the patient's written consent to treatment. As a result of this discussion and the recent membership survey regarding the Measures, a small group of CT unit leads composed a letter to the National Cancer Action Team detailing the concerns and we are currently awaiting a reply.

The CT Leads networking day also discussed evaluating practice and in particular the MyCaW tool. There was some enthusiasm

for a further meeting concentrating on outcome measures and evaluating practice, the committee will discuss this at the next meeting in August.

George Bell, Head of Education at Help the Hospices, gave an inspiring talk about the value and necessity of training a work force "fit for purpose" and introduced the subject of Help the Hospices own educational hub about to go live in pilot form. In the meantime he recommended the Current Learning in Palliative Care (CLIP) materials for private study and CPD points which are available to do online in 15 minute chunks on the Help the Hospices website: www.helpthehospices.org.uk/clip/index.htm Give them a go and let us know what you think.

Not long now until our annual conference in September. It is already quite well subscribed with lots of people coming the afternoon before for the networking meeting and to enjoy socializing over dinner. I do hope that you will be able to join us. Enjoy your summer.

Chris West

CT Leads Group

Coordinator Meeting – 20th May 2011

The CT Leads meeting was held at Hospice House and had a very good turnout of twenty five members from all areas of the UK. The day was centered around Complementary Therapy Measures (Safeguarding Practice) published by the National Cancer Action Team.

Chris West (NACTHPC chair) gave a very informative talk on the issues affecting therapists working in palliative care settings. The subject generated a great deal of discussion amongst the attendees and it was put forward that a working party would look at writing a statement on behalf of NACTHPC and its members regarding regulation and other issues such as consent.

The meeting also included a discussion on minimum data sets. Chris shared some feedback from the renewal survey, which highlights the different methods services are using to collect data regarding complementary therapies. There was an opportunity for members to share their experiences and a number of therapists are using MYCAW as a data collection tool, with others using differing methods. Sharing ideas around evaluation was invaluable considering how members can use such tools to conduct larger pieces of complementary therapy research.

The day was completed by a very lively talk from George Bell, who is head of education for Help the Hospices. He expanded on some of the issues that had been raised regarding Complementary Therapy Measures. He also discussed how Help the Hospices are developing their training and education and how NACTHPC members will be able to benefit from this service.

Ruth Davies

CT Leads Group Liaison



Regional Group News

The South East Regional Group NACTHPC

Study Day November 2010 - Canterbury College

SERG's final meeting of 2010 was at Canterbury College in the heart of Canterbury. A good start was made for those of us using the Park and Ride as the college has its own bus from the P & R to the college – so it was door to door service – and our 'guide' for the day Katrina, was a brilliant onboard hostess!

Some 20 odd of us attended the day and all of us thoroughly enjoyed the hospitality of the college. The day kicked off with brief introductions and a conference report to all those who were not at the conference by those who were.

Tracey Kennedy then led us into the fascinating world of crystals. Those of us who remembered had brought one of our own crystals – those of us who forgot had a wide choice from Tracey's own collection. Maybe the jury is still out about should we be plundering the earth for the gems but the journey Tracey took us on from cleansing our crystal to using them was both magical and very enjoyable.

Lunch was in the College cooked by both professionals and students and excellent it was too!

The afternoon started up in the library and in one of the enclaves Katrina took us through current legislation and how it affects us. I don't think any of us really like getting involved with the nuts and bolts of the legislation side of our business but Katrina gave us a lot to think about and really brought home the fact that if we do not keep up to date and aware of what is going on – not only in the various departments of our government but also those of the EU – not only the way and how we work could be affected now but also future therapists and their chance of survival could be drastically affected.

Our final event of the day was a visit to The Lanfranc Theatre for a contemporary dance performance – "Freedom of Expression" part of the College's "Museum Maker Project". To have a 'private' performance just for us was something quite special and it was truly enthralling. Afterwards we had a chance to meet the performing arts students and talk with them and their tutor – I think they had as many questions for us and what we do as we had for them – so a good interchange was had by all.

Thus we came to the end of a wonderful study day amongst the students and tutors of Canterbury College. Thank you all and in particular Katrina and Ruthanne who put the study day together.

Martyn Yates

The South East Regional Group NACTHPC

Study Day – 11th April - Heart of Kent Hospice

Another really interesting day was enjoyed by eighteen members, including some new faces, who attended the South East Region Group meeting on 11.04.11, held at the Heart of Kent Hospice.

Martyn Yates welcomed all the newcomers to SERG and the National Association and briefly talked about the role they play in our everyday life. He then gave an update on the current NACTHPC news and spoke about the co-ordinators Q & A forum, where members can put questions or disperse information. The benefit of a 'Sensory Room' within a Hospice setting was discussed as well as several other local matters.

Maureen Lyons – Occupational Therapist and Lynn Clinton – Physiotherapist, gave a very enlightening talk on their roles within the Hospice, how their work links in with the Complementary Therapy Team and how all types of treatment can work together for the benefit of patients and carers alike. We were given an insight of their work from referral to discharge, or other pathways, not solely hands on, but in their advisory capacity and encouragement for people to accept change. They work with patients and families through a whole range of situations including pain management, mobility, breathlessness, coping with fatigue, sleep therapy and finding suitable care packages in the community where appropriate, to name but a few! We heard how they work closely together and often make joint home visits to maximise the quality of life for patients and family on a physical, psychological and emotional level. We were introduced to a whole range of equipment and their (sometimes) creative uses. We were also given a number of very useful handouts.

Maggie Maule followed this with a really fascinating talk and slides of her experiences from her trip to India teaching reflexology organised through the Reflexology Outreach International Team. Their first stop was in Kolcatta (Calcutta) which was quite challenging as their students were actually either HIV or AIDS patients who had come to collect their regular medication. None of the students spoke any English and many couldn't read. However, they managed to find an excellent interpreter. Maggie talked about the cultural differences, especially in respect of men and women working together and on each other.

We saw some interesting slides of the 'accommodation' and heard how breakfast every morning was curry, rice and chapattis! The next stop was Bodghaya, a 10 hour train journey north. Here the students were nuns and midwives, all spoke fluent English and were all conversant with A & P, making life much easier with the teaching.

Maggie said that teaching reflexology in India was the most amazing and challenging experience I have had, and she left us with this ancient Indian saying:

Regional Group News

“Disease does not go near one who massaged his feet before sleeping. Just as snakes do not approach eagles.”

We were treated to another superb lunch (we regulars expect nothing less from The Heart of Kent Hospice catering staff, and they never disappoint, thank you).

After lunch Annie Baker talked to us about her very challenging remit of developing a “Drop In” for carers and the bereaved. What a huge task!

Anne spoke about how she involves complementary therapies, relaxation, some beauty sessions, CAB talks, Yoga, information focussed agencies, shows, outings and has even put on pantos – phew! All this has been achieved despite major building work happening at the Hospice. Anne has a good band of volunteers, each with their own ‘speciality’ who helps her in this constant learning curve.

We rounded off the day with LEBED – Healthy Steps, led by Sarah Bishop. When did you last see 18 ‘grown ups’ blowing bubbles, doing Hawaiian dancing and donning cowboy hats, (mostly pink), to step out to “Keep Your Hat on”? What fun!

Another great SERG day!

Jan Cameron

The Midlands Regional Group NACTHPC

Meeting– 11th April 2011 - Mary Stevens Hospice

The Midlands regional meeting took place at Mary Stevens Hospice in Stourbridge. Although this was a somewhat smaller group than usual, with only nine members able to make the date, it proved a good opportunity for networking and sharing of ideas.

We had a very informative talk from Vedant Wood on energy. This gave food for thought on how we, as therapists, protect our own energy levels, not only in complementary therapy practice but also our day to day lives.

The meeting finished with an impromptu Qi Gong session from Gerry Crossman of Great Oaks Hospice which continued the energy theme nicely and was a lovely end to the day.

The next meeting has been loosely arranged to take place at Shakespeare Hospice later in the year, details of which will be confirmed and sent out at another date.

Ruth Davies

The West and South Yorkshire Group

Prince of Wales Hospice

Complementary Therapy Staff Open Day

In January of this year the complementary therapy team at the Prince of Wales Hospice held an open day for staff. The purpose of the day was to educate staff about the new complementary service, how to refer to the service and what is available. The day included exhibits, taster treatments, and a presentation and relaxation group.

Although complementary therapies have been available for a number of years, from October 2010 the service evolved to a small team of 3, providing therapies to patients and carers of in care, day therapy and an appointment service which includes staff.

The Hospice is about to start building work to create a new day therapy, therapy suite and educational facility. The building work should be completed by September this year and then the open day will be repeated for Health Care Professionals who refer into the service from community.

The therapy suite will provide the team with 2 more treatment rooms and a small reception area where patients and carers can be welcomed into the suite. We are very excited to move into the new suite, we hope to give patients and carers a little bit of well deserved luxury!

Health Care professionals in the Pontefract and 5 towns area are more than welcome to enquire in advance. Please email Heather Dawn: hdawn@pwh.org.uk

Heather Dawn

A Success Story at Overgate Hospice

(I recently met Christine and Vedant at our Regional Yorkshire Group meeting. Our visitors had travelled from London, and this felt very positive. After listening to and sharing our individual concerns, opinions and experiences, I was asked to contribute a piece for “The Link” magazine.)

This last month has been a period of reflection for me. Since October 2010 my service has been delivered from makeshift arrangements, due to ongoing building work creating an extended Day Care Centre here at Overgate. I have been based in this area of the Hospice for the past eleven years, sharing space that often had to be vacated at a moments notice resulting in frustration and disappointing situations for my patients. We moved into the new build at the beginning of June – a suite of three treatment rooms, my own office and a computer and telephone! My team of

Regional Group News

wonderful Volunteers are as thrilled as I am that we now have the opportunity to provide treatments in lovely rooms that are appropriate to giving our guests the very best that we can.

Our local paper produced a '30 Years of Overgate Hospice' supplement and my own story was featured, starting as a volunteer in 1981; mop and bucket at the ready, meals to serve and flowers to arrange. Working as a volunteer for nine years convinced me that I wanted to be part of this 'special place' and 1994 saw me start work as a Nursing Auxiliary. As a qualified Massage Practitioner, I could see how much patients would benefit from 'caring touch'. Slowly the medical team recognised that the soothing treatments were very much appreciated and valued by those patients receiving them – adding an extra dimension to their care. A new Day Care Centre opened and I was offered hours to provide 'therapies' to patients – a one woman service!

In 2000 I gave up my nursing duties to concentrate on developing the Complementary Therapy service; starting with 12 hours over 4 days. Acknowledgement of the positive effects given by the therapies slowly grew, and a recent increase now gives me 31.5 hours. Now 80% of referrals to Day Care request complementary therapy input! We now have one paid therapist working over two days, and I have built a team of very supportive volunteers enabling delivery of the service at Overgate Hospice. The vision that I have held for so long is now becoming a reality; and my hope of integrating complementary therapies into a holistic care programme is part of an ongoing process of growth and development for all of my team at Overgate.

Jane Philips

5th Children's Complementary Therapy Network

Conference

Complementary Therapies and ADHD

Management of Attention Deficit Hyperactive Disorder (ADHD) was the key theme for the 5th CCTN conference held on the 7th May 2011 at the Birmingham Children's Hospital. Similar to previous years the conference gathered participants from all over the UK and internationally, representing complementary therapy, medical and allied health sectors. Of particular importance was the opportunity to share international experiences through discussions and interactive complementary therapy workshops to create a learning network and to promote the use of complementary therapies.

The opening presentations commenced with a comprehensive overview of ADHD by Dr Basia Bielinski (Consultant Paediatrician). ADHD is a common neurobehavioral disorder affecting 3-9% of children in the UK. Dr Bielinski discussed the theories about the causes of ADHD, followed by the conventional approach to its assessment, diagnosis and management. She also identified that children with ADHD may continue to have problems in adulthood.

Dr TV Sairam gave a fascinating account of Proto-Raga Therapy, a type of music therapy based on Indian 'rags' (notes), and how it has benefited disabled children he has been working with in India. The conference delegates had the unique opportunity to experience some of the personal impacts of this approach when Dr Sairam guided them through the chanting of some of the sounds that are used.

Margaret Gambardella presented the Magical Parenting Programme which she has developed for families of children with challenging behaviour, including ADHD. She gave some valuable tips from the programme that delegates could utilise with families they are working with. She also identified the importance of supporting the parents and the siblings as well as the affected child.

Dr Indu Ravindranath gave a welcome overview of Ayurveda, including the underlying principles and philosophies of this ancient system. She crystallised this information by demonstrating how it relates to the ayurvedic assessment and treatment of someone with ADHD.

In the afternoon delegates were able to participate in interactive workshops designed to teach them about specific therapeutic approaches and to learn some new skills to take away with them. There were four workshops to choose from:

- Anita Epple ran a workshop on Baby Massage, highlighting the importance of this approach in helping to enhance all forms of communication (e.g. touch, sound, smell and visual) between the parent and child.
- Lorraine Murray described the openness of children to meditation and how practitioners can teach children to use meditation (e.g. to aid relaxation and grounding).
- Margaret Gambardella gave a fascinating presentation on primitive reflexes, how they emerge and integrate, the impact on the child's learning, behaviour and emotional development of their non-integration / reactivation,

5th Children's Complementary Therapy Network

and how to aid their integration through a movement programme.

- Morag Heirs, Annie Hall and Philippa Fibert put forward three different perspectives of homeopathy and ongoing research work that each of them were doing to study the use of homeopathy in children with ADHD. Morag reiterated the challenges of designing trials suitable for complementary therapies.

During the breaks, delegates also had the opportunity to view various poster presentations and exhibitor stalls covering a variety of topics, including:

- Family workshops to teach families simple complementary therapy skills.
- The Listening Training Program for improving auditory skills and communication.
- Sensory therapy for children with limited mobility (combining music and aromatherapy).
- The use of NES Health Infoceuticals for behaviour and learning issues in autism.
- Information on Reiki from the UK Reiki Federation.

Reiki taster sessions were also available during the day from members of the UK Reiki Federation.

The conference was a great opportunity not just for learning but also for networking with like minded people.

Dr Shah

Delegate feedback

"The lectures and seminars provided a comprehensive insight into medical and complementary approaches to the care of children with ADHD and their families. It increased my understanding of the many factors which can contribute to the condition. It also provided contacts with people who have developed new ways of helping children. The whole day was wonderful."

Background of the Children's Complementary Therapy Network (CCTN)

The Children's Complementary Therapy Network (CCTN) helps to support the use of complementary therapies for children by providing a common platform for varied professionals to share training, learning, educational and research opportunities, and clinical practice, in the field of complementary therapies for children.

Free membership of the CCTN is open to any professional interested in the use of complementary therapies for children. Existing members include complementary therapists, doctors, nurses, physiotherapists, occupational therapists, teachers, researchers and service developers. The network has over 400 members both in the UK and internationally.



Education Section



Certificate in Palliative Care for Complementary Therapists

Butterwick Hospice Stockton
Commencing Monday 19th September 2011

The course is delivered by a wide range of specialist practitioners working within the field of cancer and palliative care. Tutors include complementary therapists, physiotherapist, palliative doctor, specialist nursing staff, Haematology nurse specialist, and Macmillan team. Induction to Teesside University, academic writing skills and pupil support will be provided by senior lecturer, Ann French, from the School of Health and Social Care.

Bed & Breakfast may be secured at a special rate of £20 per person per night on request.

This course has been delivered successfully for over 10 years at Butterwick Hospice Care and is a pre-requisite for complementary therapists working within some hospices and NHS services.

Introduction to Managing Lymphoedema

Butterwick Hospice Stockton
Commencing Monday 3rd October 2011

This workshop is delivered at Butterwick Hospice in Stockton by Gwyn Featonby and Glynis Finnigan. Gwyn is a qualified Nurse, Acupuncturist and Aromatherapist. Glynis is head of Complementary Therapies at Butterwick Hospice. Both have received specific training and have extensive experience in the management of patients with lymphoedema.

This workshop has been successfully delivered over many years and is mandatory for all nurses, HCAs and Complementary Therapists working within Butterwick Hospice.

For more information about these or other courses run by
Seven Wellbeing Centre Ltd and
Butterwick Hospice please contact:

Gwyn Featonby
Director
Seven Wellbeing Centre Ltd
Butterwick Hospice Care
Middlefield Road
Stockton on Tees, TS19 8XN
Tel: 01642 607742
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E-mail: gwynfeatonby@butterwick.org.uk
www.sevenwellbeingcentre.org.uk

Help the Hospices Conference

26-28 September 2011

Bournemouth

For more information go to:

www.helpthehospices.org.uk/conference2011

NACTHPC

11th Annual Conference
A Practical Spirituality
Loss, Love, Life, Laughter

on Thursday 15th September 2011
at University of Warwick, Coventry

Preceded by
networking and update event
and social dinner
on Wednesday 14th September
Filling up fast!
Don't forget to register now
if you want to come

Thoughts about Life

When the world says,
“Give up,”
Hope whispers,
“Try it one more time.”

A short walk is so difficult,
when no one walks with you.
But a long journey is just like few steps
when you walk with someone
who loves and cares for you.

We always look and care for the person
whom we love the most.
But we fail to look back at those
who love us the most.

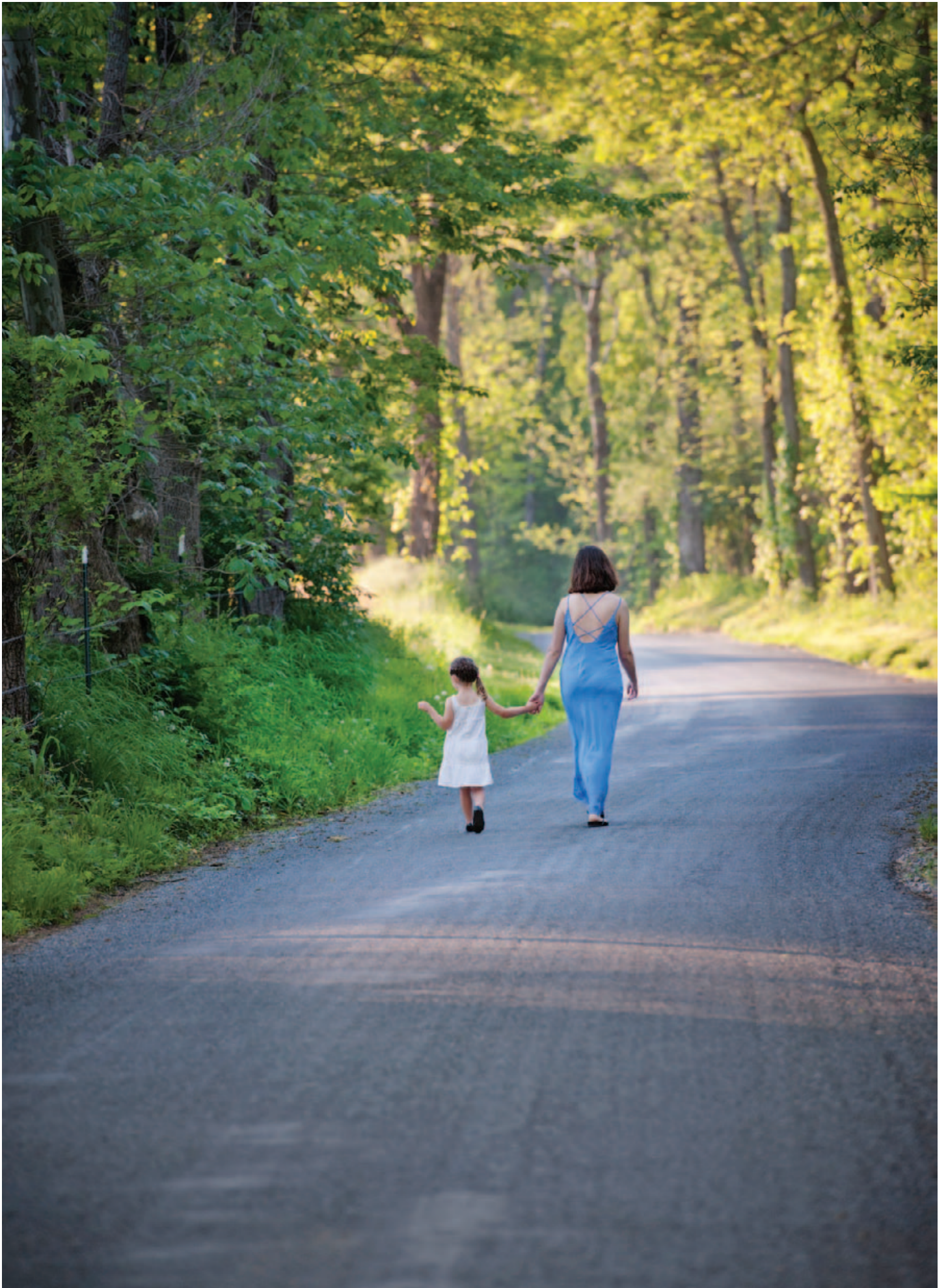
Death is not the greatest loss in life ...
The greatest loss is when
relationships die inside us while
we are still alive ...

Life is not about the people
who act true on your face ...
Its about the people who
remain true behind your back ...

Time decides whom you meet in life
Your heart decides whom you want in life ...
But your behaviours decides
who will stay in your life ...

You can win life by all means ...
Yes ...

If you simply avoid two things ...
Comparing – with others
Expecting – from other
Life will be more beautiful !!



Job Opportunities



Position

Volunteer complementary therapist.

Qualifications & Training

St Oswald's Hospice is currently looking for an experienced Aromatherapist to work with patients on the in-patient unit.

You will need to have NVQ or VTCT Level 3 in Aromatherapy Massage & have relevant professional membership & insurance.

Experience

Experience working in a health care setting.

Experience working within a multidisciplinary team.

Experience working with patients with life limiting illnesses.

Personal qualities & attributes

Demonstrate highly developed interpersonal and communication skills.

Working with patients with life limiting illnesses and their families.

High level of commitment to work.

Reliability & flexibility.

Able to work autonomously as well as under supervision.

Confident & self assured to work within a busy environment.

Calm & professional manner.

Able to adapt to changes circumstances.

Able to build effective relationships with staff & volunteers.

Gaenor Evans

Complementary Therapy Team Leader
St Oswald's Hospice Ltd.

Switchboard: 0191 285 0063 Ext: 270

<http://www.stoswaldsuk.org/>



Freshwinds is a charity in Birmingham offering complementary therapies to people with different health problems through a variety of projects.

Job Opportunities

Complementary Therapy Co-ordinator

(Salary: £21,000 - 24,000 p.a.)

We are seeking to recruit an enthusiastic and committed individual to join the Integrated Medicine Programme team.

Complementary Therapists

(Sessional rates of pay – variable depending on the project – see job description)

Aromatherapists, Massage therapists and Reflexologists are invited to apply to join our bank of sessional therapists.

For an application pack (including the job description) visit:

www.freshwinds.org.uk/vacancies/current-vacancies/

or e-mail: jobs@freshwinds.org.uk

For more information please contact, Dr Hassan or Dr Shah:

Tel: 0121 415 6670

Freshwinds,
Prospect Hall,
12 College Walk,
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B29 6LE

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South West	Awaiting new regional coordinator		

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For further information or enquiries regarding Regional Groups contact: Vedant Wood 07939 144 174 or 0208 863 0261

Dates for your Diary

Details of more events, education and training at www.nacthpc.org.uk

Date	Event/Venue	Contact
15th September	Emergency First Aid in the Work Place	see Education Section for details
14-15th Sept	NACTHPC 11th Annual Conference A Practical Spirituality - Loss, Love, Life, Laughter	www.nacthpc.org.uk
Commencing 19th September	Certificate in Palliative Care for Complementary Therapists (with 4 further study days)	see Education Section for details
26-28th Sept	Help the Hospices Conference Bournemouth	www.helpthehospices.org.uk/conference2011
28th September	The PSP Association's 17th Annual Symposium 20 Cavendish Square, London, W1G 0RN	admin@pspeur.org
Commencing 3rd October	Introduction to Managing Lymphoedema	see Education Section for details

"THE LINK" NOTICE BOARD

Please note that while the Association is pleased to include details of courses, forums and events in The Link newsletter it is unable to accept responsibility for the quality or the content of these courses. The charges below only apply to courses and events etc. that are profit making. Any courses, events etc. which are free and of benefit to members will be advertised with no charge.

To place an advert on the Notice Board in an edition of 'The Link' send details of your forthcoming event to the editor:

Vedant Wood, 51 Roxborough Road, Harrow, Middlesex HA1 1NS.

Tel: 0208 863 0261 e-mail: vedantwood@aol.com

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Cheques should be made payable to NACTHPC and reach Vedant together with the course/event details no later than 15th October 2011. Next edition published end of October 2011.