

THE LINK

— NEWSLETTER —



Issue 34

Summer 2012



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from the editor

Welcome to the Summer edition of The Link.

For those of you who are more aware, you may have noticed that I began my last month's column by welcoming you to the winter edition. Well that was a seasonal error. It was actually the spring edition but weather wise it seems so like winter that was I obviously affected by how I was feeling. My apologies! Welcome to summer !!!???

As always the summer edition is rather sparse on reports and contributions. Perhaps it's because lots of members are on holiday or maybe they are watching the Olympics. Whilst we watch the spectacular opening, we can't forget the other side of this paradox. It appears that all is well in the world and all nations are happy under the Olympic flag but as we know this is far from the truth. Yin and Yang – dark and light. Such is life and it will always be so for balance. It is always nicer to upset the balance a little to the light side at times and bring a little glow into the lives of those people we work with. As complementary therapists this is our mission and what a wonderful one to share and be part of. Our mission is our Olympics as this is where we put our effort. I've included them in this edition just as a reminder of what event we're in and perhaps what we're up against.

Vedant Wood

New address for NACTHPC

National Association of Complementary Therapists in Hospice and Palliative Care
PO BOX C 6829, Bewdley, DY12 9AW

Contact the Editor: Vedant Wood

tel: 020 8863 0261 – e-mail: vedantwood@aol.com

51 Roxborough Road, Harrow, Middlesex, HA1 1NS

Copy deadline for the next Newsletter is: 20th of October 2012

Next issue will be published beginning of November 2012

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



We are now on Facebook!

Sign up at:

[comptherapy@groups.facebook.com](https://www.facebook.com/comptherapy@groups.facebook.com)

This is a private group. You will have to be approved by the moderator.

The posts can only be viewed by members of the group.

Letter from the Chair

Well here is the sun at last! I hope you are all enjoying it and the energy and smiles that it seems to generate.

I recently joined a new forum called Hearts in Healthcare which is championing compassion, caring and kindness in healthcare. As therapists working in palliative care we probably see the best side of healthcare but many of you will also be aware that much of healthcare in general has lost its heart. Robin Youngson has given up his job as a senior hospital doctor and is spearheading a social movement for rehumanising healthcare for the benefit of all who are a part of it – healthcare workers, patients and patient’s families alike. Part of the philosophy is that if as healthcare professionals we fail to look after ourselves and each other, we are unlikely to be able to deliver compassionate healthcare to our patients and their families.

I have become aware of some instances where nurses and therapists have managed to deliver good, compassionate care to their patients despite being treated badly within their healthcare environment but this has been at considerable cost to their own health and wellbeing. This is a subject that is not easy to address and I welcome Dr Youngson’s initiative and courage in “coming out” and stating that a healthcare system that tolerates lack of compassion and kindness is simply not good enough.

To find out more go to: www.heartsinhealthcare.com

In his book, *Time to Care*, Dr Youngson describes several instances where a small act of kindness made a huge difference to someone’s healthcare experience. I think that we all probably witness such things daily but wondered if anyone would like to share a “small act of kindness” story with other members via The Link. It would also be good to hear if anyone is struggling to deliver compassionate care in a less than supportive environment. Have you made a difference to someone today by a considerate or kind act or a welcoming smile? Feels good, doesn’t it? Feels just like sunshine!! Enjoy your summer.

Chris West, Chair

Who we are

Philosophy

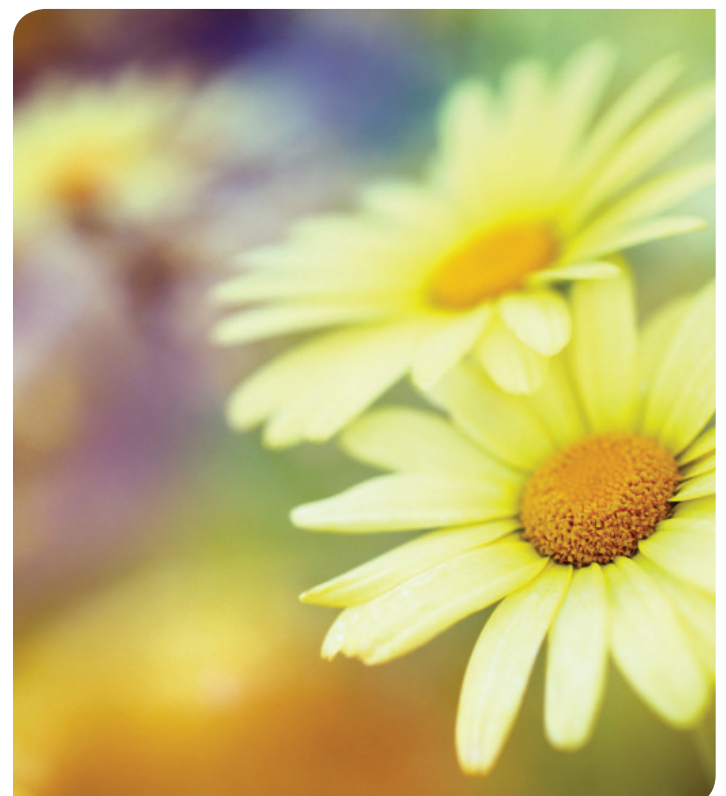
The National Association of Complementary Therapists in Hospice and Palliative Care (NACTHPC) was established to promote a greater understanding of the use of complementary therapies to enhance the quality of life of people living with progressive illness, and to support complementary therapists in their care.

Mission Statement

NACTHPC is committed to the development of the use of complementary therapies in hospice and palliative care. We offer professional advice, promote good practice, and share knowledge and expertise amongst members and other professionals.

The objectives of the Association are:

1. To develop a national and regional support network for members
2. To encourage and promote an exchange of knowledge, experience and best practice
3. To raise the profile of the use of complementary therapies at local, regional and national levels
4. To provide professional advice on the development of complementary therapy services
5. To collaborate with other professional bodies at regional and national levels
6. To be involved in new developments for the use of complementary therapies



Regional Group News

The South West Regional Group NACTHPC

The SW regional group met at St.Margarets in Yeovil on June 22nd 2012. We were delighted to meet Beth Kelso, new co-ordinator at North Devon Hospice and intrigued to find out more about her move down from Scotland to the sunny (!) South Coast.

We welcomed Vedant Wood who gave us a talk on 'The Placebo Effect' and kindly stayed for the majority of the meeting to give input and represent NACTHPC hospice.



The round-up of news from each site provided the most insight into what's happening in hospices around the South-West and we shared tips and ideas as well as discussing areas of concern and consideration. Having everyone's opinion on issues made for interesting discussions and action points. Some of the issues covered included:

- therapist induction process and retention
- clarifying boundaries
- issues affecting home visits including; ethics, infection control, confidentiality and communication, lone worker policies, treatment records, equipment
- Seeking and recording consent
- supporting staff
- generating donations
- patients seeking private therapy from therapists associated with the hospice

We also used the meeting as an opportunity to review courses and communicate upcoming training events and meetings. If you would like to promote your course please drop me an email on the address below.

We added to our book list with recommendations on subjects including: aromatherapy, spirituality and mindfulness based meditation.

Amy Wheeler

*Minutes of the meeting are available from Amy email:
amy.wheeler@st-margarets-hospice.org.uk*

COUNTESS MOUNTBATTEN HOUSE EDUCATION

End of Life Care: Issues in the Community Setting

Tuesday 6th November 2012
The Eastpoint Centre, Southampton
09.00 to 16.30

Application forms and further details:

Nicky Gibbons, Education Secretary,
Countess Mountbatten House, Moorgreen Hospital
Telephone 023 8047 5332 E-mail: nag1@soton.ac.uk

NACTHPC Study Day

At
St Wilfred's Hospice
(Chichester)

Monday 5th November 2012

2 Speakers Booked

For more information contact:

Anne Bennett
anne.bennett@stwh.co.uk
01243 755 833

West Midland Regional Group

Laughter Therapy Skills Workshop

facilitator
Joe Hoare

Wednesday 24th October 2012

Cancer Support Centre
Sutton Coldfield

Flyers and Booking Forms to be circulated to Regional Groups

A Holistic Model

Positive Touch for Children of the Tsunami

As therapists, our natural reaction is to reach out and help others. And I am sure, like me, you felt helpless seeing those terrifying pictures of the devastating tsunami that hit the north east coast of Japan in March 2011.

So it was a real privilege to be invited to join a team of four volunteer complementary therapists working in Rikuzentakata, an area almost totally destroyed by the tsunami. The invitation came from Takiko Ando, founder of Cocoro, a small Japanese charity set up to provide caring touch and aromatherapy in the tsunami area. Takiko, a Japanese citizen, had been a victim of the earthquake in Kobe in 1995 and recognized the need to offer healing of the emotional wounds that become deeper in the aftermath of such tragedy.

Our trip took place in April 2012 and we stayed four days in the disaster area. Although I have worked as a volunteer therapist at a hospice for twelve years, nothing could have prepared me for the intensity of the loss endured by the local people. Most had lost loved ones, homes, possessions and their livelihood. And a year after the disaster, it became clear that long, lonely days spent in temporary accommodation overlooking a bleak landscape, punctuated by piles upon piles of rubble, was slowly sapping their strength and will to live.

Yet in the face of such trauma, these people remain resilient and receptive to offers of help and support to help them rebuild their future. Their courage and generosity of spirit shone through their tired faces and it was humbling to be able to offer some peace and comfort through the healing power of touch. We gave free 15 minute massages at a variety of venues including community centres and schools, and despite the language barrier and short duration, the response was overwhelmingly positive. People said they felt refreshed, relaxed, nurtured and clearer and focused in their minds.

The older generation place their vision of the future with the children and this was the main reason that Takiko had asked me to join the team, the only English person in the group. Takiko had read my book *'Healing Touch for Children'* and had attended one of my talks on 'Positive Touch for Children' in the UK. She could see the benefits of introducing positive touch to the children who were still suffering from the after-effects of the tsunami. Communicating through email, we wrote a simple story about the healing power of nature accompanied by basic moves for children to try on each other. An image of the sun rising in the sky, for example, goes with a circular movement on the back.

We took our 'Smiling Flower' story massage to a mother and toddler group, and three kindergartens. The spontaneous smiling faces and happy exclamations brought tears to my eyes. Teachers

and parents told us that the children's smiles raised their morale and gave them energy to cope with the daily challenges. The children said the massage made them feel so special that they wanted to share the good feeling with their families.

Each kindergarten was presented with a laminated story book and DVD of the massage moves in the hope that the benefits would continue for many years to come. In a recent report, the local social welfare team said the children and teachers were continuing to enjoy the story massage, making their own creative adaptations, and most importantly, sharing it with their families and friends.

Mary Atkinson



For more information on Cocoro's work and our Positive Touch for 'Tsunami Children Project' please visit: <http://tinyurl.com/CocoroUK> or www.maryatkinson.com And please contact Mary if you would like a free copy of the 'Smiling Flower' Story Massage.

Research Section

Hello there.

My name is Gerry Crossman and I'm the education and research officer for NACTHPC. I'm pretty new to committees and areas like research. But one thing I have noticed since being in a hospice and palliative care environment is our contribution as complementary therapists to the wellbeing and journey of our patients and their spouses and carers.

We all know that we perform sterling work and we need this to be recognized. One of the ways by which we can do this is by research.

What can we do and how can we take part in studies and research? We are probably doing this without realizing.

Are you making notes of what you're doing and achieving?

Do you listen to the client, and how they are feeling?

Are you observing them before and after a session?

Are you taking notes of the carers observations?

Do you also share your experiences with your fellow co-workers and therapists?

Because I have taken on this role as a research officer I thought the best place to start would be in areas in which I work. In my establishment they have asked to conduct a study on Qi Gong. I started setting this up by listening to the clients and some of the benefits that they were receiving such as stress reduction, more mobility and general wellbeing.

Also in the research study, questions asked were asked about how they found out about Qi Gong and how often they practiced.

I hope soon to have this information collected and published and share with other groups and hospices.

But let's move away from Qi Gong and look at a broader picture and the other tools and therapies out there.

Recently I prepared a Bach flower remedy for a client and I noticed three larger bottles of remedies which are often used in our establishment. One of these was Star of Bethlehem and it is frequently used for certain emotional issues such as bereavement. This could be monitored and fed back to us as therapists.

Those of you who are aromatherapists could observe record and share the essential oils that you use, and also measure the benefits you have found in the palliative care environment.

Whatever therapy you use it's worthwhile communicating with your co-workers and associates and note how your therapies are doing in the palliative care environment.

This to me is the beginning of research. We all know we are worthy of our chosen path, so let's back it up with some recorded evidence.

Gerry Crossman.

Star of Bethlehem




Education Section

COMPLEMENTARY THERAPY COURSES AT THE CHRISTIE – Research and Education School of Oncology


STAND ALONE STUDY DAYS	DATES
Adapting Creative Imagery for Individual and Groups	17th - 18th November 2012
Adapting Reflexology for Hospice and Cancer Care	17th - 18th November 2012
Anxiety States	1st December 2012
Aromatherapy 3: Using Essential Oils in Acute Cancer Care	14th September 2012
Breathlessness; Minimise distress and maximise the Breath	20th - 21st October 2012
Clinical Issues in Cancer Care	7th September 2012
Aromatherapy 3: Using Essential Oils in Acute Cancer Care	14th September 2012
Breathlessness; Minimise distress and maximise the Breath	20th-21st October 2012
Clinical Issues in Cancer Care	7th September 2012
Clinical Reflexology 1 – Expanding your skills	13th-14th October 2012
Cognitive Behavioural Therapy: Uses and Potential for Supportive Care	18th November 2012
Coordinating and Developing Complementary Therapy Services	9th-10th November 2012
End of Life approaches to complementary therapies	24th November 2012
Enhancing Relaxation Techniques	13th-14th October 2012
Evaluation, Evidence and Research for Complementary Therapy Coordinators	11th November 2012
Exploring Hand Reflexology	1st-2nd December 2012
Healing Modalities	24th-25th November 2012
Panic and Phobia	2nd December 2012
Practical Issues in Cancer Care	8th September 2012
Precision Reflexology – Palliative Care approach	29th-30th September 2012
Transactional Analysis: An Introduction to develop your skills	17th November 2012
PACKAGES AND DIPLOMAS	
Aromatherapy and Cancer Care Diploma	Note: Start dates for diplomas occur at any time throughout the year
Aromatherapy Five-Day Post Graduate Certificate	
Clinical Reflexology Diploma	
Adapting Complementary Therapies for Cancer Care Diploma	
Relaxation and Creative Imagery Interventions Diploma	



To book please contact: Joanne Barber or Peter Mackereth – joanne.barber@christie.nhs.net – 0161 446 8328
 Alternative booking: www.christie.nhs.uk/pro/cs/comp/training



The Seven
Wellbeing Centre

**Certificate in Palliative Care
for Complementary Therapists**




**Butterwick Hospice Stockton
Commencing Monday
18th September 2012** 
in support of

B
Butterwick
Hospice Care

Certificate in Palliative Care for Complementary Therapists

This course provides a solid foundation for complementary therapists from all disciplines who would like to work in the specialist fields of cancer and palliative care.

The course comprises four study days plus two sessions in clinical practice working alongside a Butterwick Hospice Complementary Therapist. Lectures and workshops are facilitated by a number of clinical specialists currently working within health care settings

Lectures are supported by a work book and resource book which may (optional) be submitted to Teesside University. Students who reach the required standard will be awarded a University Certificate of Continuing Development and 20 level 4 credits which can be used towards higher education awards.

The course also attracts 20 CThA CPD credits.

To attain the certificate all four study days and two practical days must be attended, but for those who are interested in certain topics only, a certificate of attendance will be provided.

This course is suitable for complementary therapists who have post registration experience in their chosen therapy. Previous experience or knowledge of issues related to cancer and palliative care is not required.

Courses and Conferences

Course Structure

Day One

Tuesday 18th September, 9.15-4.30

An overall introduction to palliative care and induction to Teesside University. The day will focus on the holistic management of the dying patient, including the importance of multi professional care.

Day Two

Tuesday 23rd October, 9.15-4.30

Day 2 focuses purely on cancer. What is cancer? How is cancer treated and what are the physical and psychological impacts on the patient? Radiotherapy and chemotherapy will be covered along with how complementary therapies can be adapted to work with the patient.

Day Three

Tuesday 20th November, 9.15-4.30

Clinical governance, legal aspects of patient care, self care, research and development in CAM, reflection and supervision are explored in order to examine how complementary therapies can be safely integrated into practice.

Day Four

Tuesday 20th December, 9.15-4.30

Symptom management, pain management, nausea, vomiting, bowel dysfunction, Lymphoedema, fatigue and nutrition are all covered to give the learner a clear picture of how patients may be managed effectively with a range of orthodox and complementary therapies.

Certificate in Palliative Care for Complementary Therapists

I wish to book a place on the above course

Name:.....

Address:.....

.....

Post code:.....

Tel:.....

Email:.....

The cost of tuition for this course is £320 paid in full on booking or as a deposit of £80 and the balance by 3 instalments.

Payment method:

I would like to pay £80 as deposit

I would like to pay £320 in full payment

I enclose a cheque for the specified amount

(Cheques should be made payable to:
Seven Wellbeing Centre Ltd.)

Or Please debit my Visa/MasterCard/Maestro/CAF
Charity Card with the specified amount
Card Number

Issue No: (Switch/Maestro) _ _

Start date: _ _ / _ _ Expiry date: _ _ / _ _

3 digit security number: _ _ _

Signature:.....

Date:

A light lunch is provided.

Dietary requirements? Yes / No

.....

Do you require disabled access? Yes / No

Please forward this booking form to the address
overleaf.



The Central South of England meeting of
National Association of Complementary Therapists in Hospice and Palliative Care

Monday 5th November 2012 from 9.30 to 15.30

At St Wilfrid's Hospice, Day Hospice, Grosvenor Road, Chichester PO19 8FP
Cost £20 – For further details and information see opposite

General enquiries to:

Anne Bennett
01243 755 833
anne.bennett@stwh.co.uk

or

Mary Atkinson
01243 779 600
maryatkinson@clara.co.uk

As parking is very limited at the Hospice we regret that it is not possible to park on site. There is limited parking in the residential roads around the Hospice – please ensure that you park considerately.

National Association of Complementary Therapists in Hospice & Palliative Care – 5 November 2012

Please complete this Booking Form and return to:
Education Department, St Wilfrid's Hospice, Grosvenor Road, Chichester PO19 8FP
Fee £20 (in advance, non-refundable). Cheques payable to 'St Wilfrid's Hospice'.

Name and address

Designation and workplace

Tel No Email

Vegetarian lunch provided (please let us know any special dietary requirements)

Signature

Programme of Events

Monday 5th November 2012

Please bring this programme of events with you on the day to save photocopying costs – thank you. We're really excited about such an interesting day with two excellent speakers and plenty of opportunity for meeting up with fellow therapists.

9.30 : Refreshments and registration

10.00 : Creative Journaling – Caterpillars to Butterflies

We will invest time in ourselves expressing our creativity and exploring our lives based on the theme of caterpillars to butterflies. Neither writing nor artistic skills are a prerequisite to enjoying this session.

Ann Beazer is a regular presenter in the Education Department at St Wilfrid's Hospice who has been 'journaling' since the mid 70's. Ann is qualified in the "Creative Journal and Expressive Arts" and "Visioning" methods pioneered by Dr. Lucia Capacchione in the USA. She considers Creative Journaling to be invaluable for maintaining a sense of perspective about life's many challenges.

There will be a 30 minute break in the morning session for refreshments.
(This is also an opportunity to be shown around St Wilfrid's Hospice).

12.30 : Light Vegetarian Lunch

13.30 : 'Calming your anxious mind' – an introduction to mindfulness practice

Liz Clarke is a qualified yoga teacher and a mindfulness practitioner. She is currently in the process of completing a Masters degree in mindfulness at Bangor University. She uses mindfulness practice within her weekly yoga session for patients at St Wilfrid's day hospice and also leads sessions for patients and their carers.

15.15 : Thoughts for the end of our day together

15.30 : Going home time!

Poetry and Prose

(Julie Andrews from 'Sound of Music' sang this to commemorate her birthday. Try singing it to the tune of 'My Favourite Things' - in your head of course- and you might get the funny side of it. The title is mine - Ed.)

Things to come

Botox and nose drops and needles for knitting,
Walkers and handrails and new dental fittings,
Bundles of magazines tied up in string,
These are a few of my favourite things.

Cadillacs, cataracts, hearing aids and glasses,
Polident, Fixodent and false teeth in glasses,
Pacemakers, golf carts and porches with swings,
These are a few of my favourite things.

When the pipes leak, when the bones creak,
When the knees go bad,
I simply remember my favourite things,
And then I don't feel so bad.

Hot tea and crumpets and corn pads for bunions,
No spicy hot food or food cooked with onions,
Bath robes and heat pads and hot meals they bring,
These are a few of my favourite things.

Back pain, confused brains and no need for 'sinnin'
Thin bones and fractures and hair that is 'thinnin'
And we won't mention our short shrunken frames,
When we remember our favourite things.

When the joints ache, when the hips break,
When the eyes grow dim,
Then I remember the great life I've had,
And then I don't feel so bad



In search of that healing smile

These notes that were left in milk bottles should help.

Dear Milkman:

'I've just had a baby, please leave another one.'

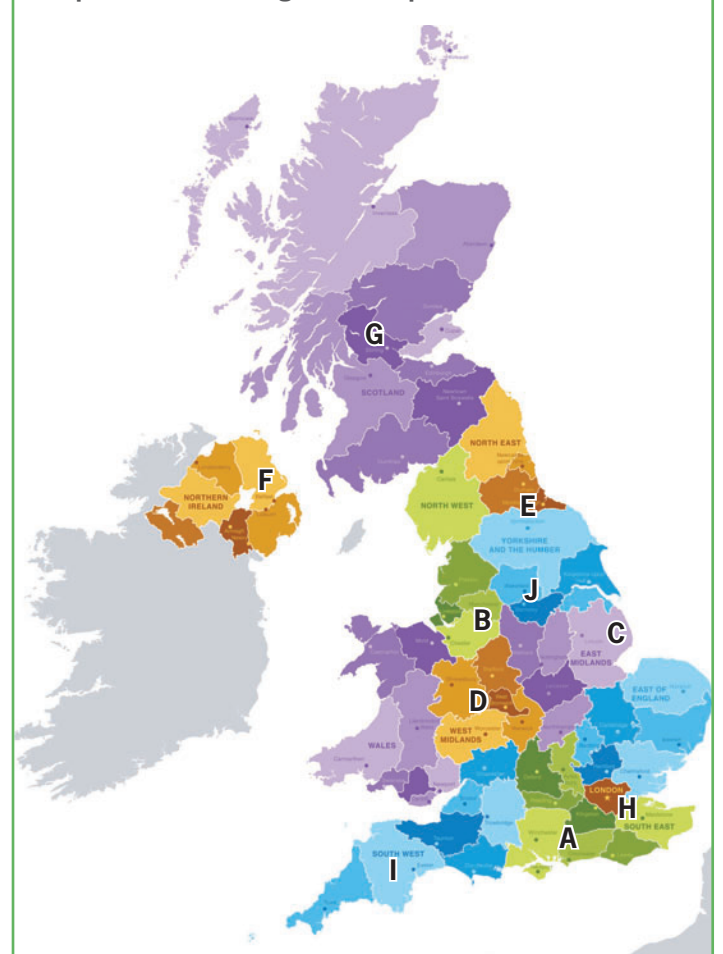
'Please close the gate behind you because the birds keep pecking the tops off the milk.'

'Sorry not to have paid your bill before but my wife had a baby and I've been carrying it around in my pocket for weeks.'

'Please send me a form for cheap milk as I have a baby 2 months old and I didn't know about it until a neighbour told me.'

'No milk. Please do not leave milk at No. 14 as he is dead, until further notice.'

Map of NACTHPC Regional Groups



NACTHPC Executive Committee

Name	Committee Role(s)	Contact Details
Gerry Crossman	Education and Research Lead	Gerxman@aol.com Mobile : 07543 540 416
Ruth Davies	CT Unit Leads Liaison Special Interest Group Link	NeDv357@aol.com Mobile : 0776 624 1890
Gaenor Evans	New Member	gaenorevans@stoswaldsuk.org
Michele Gordon	Project Link, Minutes Secretary	michele.gordon@nihospicecare.com Work : 02890 781 836 ext 3079
Islay Grieve	Treasurer Conference Organiser	nacthpcevents@hotmail.co.uk
Sue Holland	Secretary	nacthpc@hotmail.com Mobile : 0773 773 4496
Sarah Holmes	Vice Chair	sarah.holmes@stbarnabashospice.co.uk
Christine West	Chair Website Liaison	nacthpcchair@hotmail.co.uk
Vedant Wood	Editor, The Link Regional Group Liaison	vedantwood@aol.com Mobile : 07939 144 174

NACTHPC Regional Groups

Group	Contact	Email & Telephone	Address
A Central Southern England	Anne Bennett	anne.bennett@stwh.co.uk 01243 755 833	St Wilfred's Hospice Grosvenor Road Chichester PO19 8PF
B Greater Manchester	Anita Mehrez	kameld5@aol.com 0161 432 7381	Rehabilitation Unit, Christie Hospital NHS Foundation Trust Manchester M20 4BX
C Lincolnshire and North Lincolnshire	Sarah Holmes	sarah.holmes@stbarnabashospice.co.uk 01522 518 209	St Barnabas Hospice Lincoln LN12 1RE
D Midlands	Ruth Davies	NeDv357@aol.com	Mary Stevens Hospice StourbridgeDY8 2JR
E North East	Glynis Finnigan	glynisfinnigan@butterwick.org.uk 01642 607 742	Butterwick Hospice Care Stockton on Tees TS19 8XN
F Northern Ireland	Michele Gordon	michele.gordon@nihospicecare.com 02890 781 836	Northern Ireland Hospice Belfast BT36 6WB
G Scottish	Jen Wood	jenwood2@gmail.com 0773 935 0322	St Columba's Hospice Edinburgh
H South Eastern	Martyn Yates	martynathome46@yahoo.co.uk	
I South West	Amy Wheeler	amywheeler@st-margarets-hospice.org.uk	St Margaret's Hospice, Yeovil, Somerset
J West and South Yorkshire	Kate Cadwell	k.cadwell@nhs.net (work) katecadwell@blueyonder.co.uk (home)	Barnsley Hospital NHS Foundation Trust

Dates for your Diary

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

Date	Event/Venue	Contact
24th October 2012	Laughter Therapy Skills Workshop Cancer Support Centre, Sutton Coldfield	loretto.cattell@btinternet.com
6th November 2012	End of Life Care (See Courses and Conference Section)	nag1@soton.ac.uk
18th to 19th September 2013	NACTHPC 12th Annual Conference	www.nacthpc.org.uk



Join clinical aromatherapists from around the world for 3 days of conference and trade show

7-9th September 2012 – Trinity College Dublin

Save the date!

Hosted by Rhiannon Harris

International Journal of Clinical Aromatherapy

Register your interest and reserve your place now at www.ijca.net/botanica2012.php

“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

Rates: ¼ Page: £10 (per issue) ½ Page: £18 (per issue) Full page £35 (per issue)

Cheques should be made payable to NACTHPC and reach Vedant together with the course/event details no later than 20th October 2012. Next edition published beginning of November 2012.