

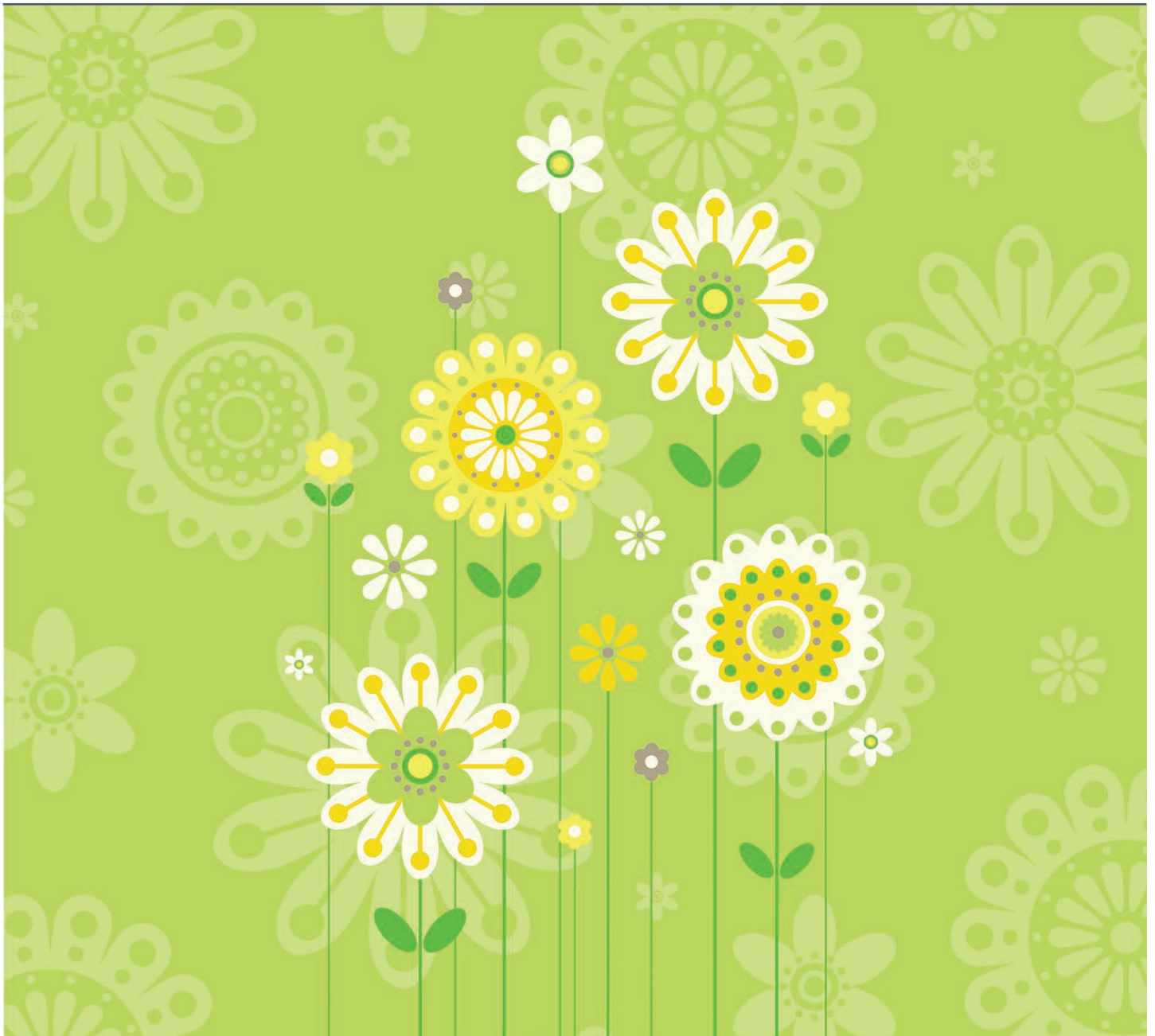
# THE LINK

## — NEWSLETTER —



Issue 37

Spring 2013



- Regional Group News • An Holistic Model •
- Poetry and Prose • Courses and Conferences •
- Dates for your Diary •

# from the editor

Welcome to the Spring edition of The Link.

Wow! Perhaps it's over at last and we can welcome spring. Spring for me usually means new beginnings, changes and a time to renew our growth. We certainly are in NACTHPC as outlined so well in our chairs report.

What a great photo of the Yorkshire Regional group. I hope a few more groups send photographs of their group for submission in The Link. It helps to connect with other members and who knows, perhaps you'll meet them at the conference! It sounds great this year, especially when we missed one last Year. I'm really looking forward to being there.

*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](mailto:vedantwood@aol.com)

51 Roxborough Road, Harrow, Middlesex, HA1 1NS

Copy deadline for the next Newsletter is: 20th of July 2013

Next issue will be published beginning of August 2013

## 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](mailto:vedantwood@aol.com)

THANK YOU – Vedant

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**[www.nacthpc.org.uk](http://www.nacthpc.org.uk)**



**We are now on Facebook!**

**Sign up at:**

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

**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

The first really fine day of spring coincided with the finalisation of the programme for conference this year. You should have received a copy via email or your unit lead but a copy is attached to this edition of The Link for good measure. Have a look and see what you think – I hope you will agree that the conference looks very exciting and that you will want to join us there in September. Remember to take advantage of the Earlybird discount!

The AGM is really important this year so I hope that you will be able to attend. We will be voting on significant changes to our constitution in order to make the running of the association easier in the future. You will receive the AGM papers eight weeks before conference so that you have time to consider the changes.

You will by now be aware that Help the Hospices (HtH) has withdrawn administrative support for the professional associations as part of their redesign and that our administration is now being done by Islay Grieve. I wish to extend my thanks to Islay for all the hard work she does on behalf of the association and for her efficiency, kindness and support. I would also like to thank Anne Garley, former NPA manager at HtH, who has long supported us administratively and who has been an adviser and friend to NACTHPC over and above the call of duty. I have sent a card to Anne on behalf of the association to express our thanks and wish her well in her new ventures.

*Members of the Yorkshire Regional group*



Another change you will shortly be aware of is our new website. This should be going live at the end of May but you can continue to logon to the current website for the time being. Any feedback on the new website will be appreciated.

I wish you all a lovely summer and look forward to seeing you at conference in the Autumn,

*Chris West, Chair*

## Regional Group News

### Yorkshire Regional Group NACTHPC

The Yorkshire regional group met on Thursday 18th April at The Rosewood Palliative Care Centre at Dewsbury Hospital. The meeting was well attended by members from all around our area. We were looked after very well by Karen Smith who works at the Rosewood Centre.

We started our day by spending some time to remember our previous Chair Pam Colley who sadly passed away. It was our first meeting since her death and was a great opportunity to share our memories of such a wonderful lady.

We were then treated to a wonderful presentation on mouth care by Sarah Wright from Kirkwood Hospice. Sarah has undertaken



# Regional Group News

a great deal of research on this subject as part of her studies and talked to us about various mouth washes and their uses. She went into detail on the history and research around the different essential oils and their efficacy. A lively group discussion followed with lots of sharing of ideas & experiences.

As well as the presentation, there was lots of networking, the sharing of ideas and problem solving, time for reflection regarding particular patients and lots of discussion around various courses, CPD and educational information.

Our day ended with a lovely guided visualisation by Cheryl Roberts which left us all feeling calm relaxed and happy!

All in all a great day. Our next meeting will be held on Monday 23rd September at Overgate Hospice, Elland. All welcome!

Kate Cadwell

## Summary of NACTHPC Unit Leads Meeting

The meeting took place at Mary Stevens Hospice with a small number of members attending. The day began with introductions and general networking. Discussion highlighted that the majority of those attending were working in palliative care settings that rely heavily on volunteer therapists to maintain their complementary therapy service with paid staff mainly facilitating services.

We also had a session on advanced communication skills which reinforced for most of us the skills we use on a daily basis and the important part complementary therapies can have in facilitating difficult conversations.

The afternoon session led us on to look at advanced care planning and again highlighted how complementary therapists may be involved in assisting patients in addressing their future plan of care. Some of the group were already familiar with these documents and others had not yet had them introduced into their areas.

We discussed changes taking place nationally with cancer networks and how they are affecting our services and agreed that we need to look at forming a more cohesive group to empower ourselves, something that may need further networking with NACTHPC members who are unit leads or otherwise involved in cancer networks.

# A Holistic Model: Death and Dying – The Ultimate Journey

*This was submitted as an assignment by a student on my professional healing course. Whilst they are mostly her own opinions I just thought I'd pop this in as an interest article on what ideas others outside the palliative care field may have about death and dying.*

Our response, and/or views to death and dying is affected by the complexities of our environment (e.g. culture) and our life experiences. In some cultures there is an attempt to integrate the fact of mortality into the centre of living, so that we are encouraged to see death as normal and to face the fact that we will all die at some point. In others, there is a tendency to deny death, so that life almost becomes an exercise in keeping thoughts of death at bay. There are so many varying degrees to which we view the importance of death and the dying process, and this can change constantly over time. Mostly we find ourselves somewhere between the two; shifting backwards and forwards, depending on the time, place or situation in our lives.

For some of us it can be a journey that we consciously never wish to think about or address, until the time when we are faced with it in some way, whether it be our own death, that of a loved one, or deaths we hear about. It is then that we cannot avoid thinking about it; it is then that we become aware of it as a real concept in life. Even then, as to how much or how little we address it, I feel is all down to personal/life experiences and the often inexplicable, unconscious feelings we have towards it.

In some cases, such an experience can temporarily immobilise people, but it is not long before they resume their daily lives. Some, having experienced death and dying through the death of family or friends, still go throughout life denying that death and dying is a major part of living. They do not allow death to touch their hearts and irrationally adopt the blinkered attitude that they are going to live forever. They constantly involve themselves in various pursuits to gather around themselves material goods and possessions, believing that such things are of paramount importance, without reflecting on or considering life's purpose, and that eventually death comes to us all. There is, of course an innate genetic instinct to consider, that tells us we must provide to survive. However, as many of us are aware, the mission to gather material things, gain popularity and success and indulge in ultimate pleasure often far surpasses our basic 'needs' to survive.

I believe that one can never be entirely sure of how someone will respond or react to the death and dying process, whether it be an individual who has always avoided death and the dying process or one who has spent a lot of their life preparing for it. Some who experience death are so distraught and grief stricken they are unable to re-engage with normal life for a considerable time. Others who experience similar circumstances may feel sad for some time but then appear to have no enduring symptoms at all. It is very important and helpful for those who work in the sphere of death and dying to be aware of these different reactions, some of which may be unexpected.

I do wonder whether anyone is automatically born with an immediate innate ability to completely accept death and the dying process.

There are, of course, cultures that are especially encouraged to address the death and dying process. Buddhists, particularly in the 'Theravada tradition' (originated in Thailand) are especially encouraged to meditate upon death. They believe that life is very much a preparation for death and that the state of mind in which one dies is a key factor in what kind of birth follows. For them, death is not something that happens at the end of our lives, but from moment to moment.

At the opposite end of the spectrum, there are people who believe that death doesn't come to us at all, but believe in 'physical immortality'. 'Together Forever' is a British group that is affiliated with the 'Flame Foundation'; a group of self-proclaimed physically immortal people in Arizona. Their basic philosophy is that death is not natural but simply a withdrawal of energy. To them, life is about 'cellular unity' and therefore by actively being together, they can continually keep each other energised and alive, thus 'immortal'.

Fear of death pervades society. I feel that society itself has created this fear and hysteria around death. As populations have vastly increased over time and technology has rapidly advanced and scientific achievements have been made, the human race has created a society with the message that we should avoid death at all costs and this has contributed to a denial of death. The medical profession has a pressured and increased responsibility to take great steps to enable sick patients to avoid death, even if it often prolongs their physical, mental and spiritual suffering.

The role of religion in peoples' lives has diminished over time. For many years religion helped society to accept death and decrease the denial and fear. Belief in life after death and / or the existence of God and heaven offered hope and purpose in life and death. Their suffering for good deeds on earth would be rewarded after death. Today, fewer people can accept this concept and therefore, the fear of death and dying intensifies. Nations have now developed weapons of mass destruction which further increases the fear of violent and catastrophic death. If individuals/nations find that they can no longer deny death, they now take drastic measures to challenge it by maintaining their own survival.

Individuals deny death for many reasons. One of the main reasons is that they may feel that they are not ready to leave this world as they still have things to do, to experience and to hold on to. Our ego could well be telling us that further time living in this physical state will be of great value to our loved ones and other people in our lives. Of course, this may well be true and if they were asked, undoubtedly in most cases they would prefer us to be with them than to lose us in death. Human attachments, that are formed from the moment of birth into physical state and develop throughout life, make it very difficult to cope with the concept and eventual experience of death and dying.

Like Buddhists, some individuals believe in reincarnation and that the soul lives on and returns in another life. Others believe that after death we still exist as a soul and will be reunited with loved ones. There are those also who believe that death is the ultimate end. These beliefs can make it easier for some to accept death.



For me, the knowledge that I would see my loved ones again, or continue my learning and experience in my next life, still does not enable me to embrace or welcome death easily. It may eliminate any fears I may have had about death, and give me reassurance that death is not final, but attitudes about death and dying are very complex. The ultimate reason for this is that we are human. If you are a person who loves readily and easily, the weight of our human attachments to those we love makes it difficult to accept their death and our own. What makes it even more difficult is that being human, our life is largely governed by our ego and our logical mind is shaped by the influence of our families and the society and culture in which we live. Therefore, if we accept reincarnation or have some kind of existence after "death", we can never be sure that our present experiences in life will have any conscious continuity as our memory of it may be buried by the thoughts, feelings and experiences of the new existence. In short, the life I have now would no longer exist and be forgotten. Many people would feel very sad and upset by this possibility, thus making them reluctant to accept death.

To think like this is contradictory to my beliefs, as I do believe that our souls have the knowledge of what happened in this life and don't enter the next life without, at some stage, re-evaluating

their past experiences. Therefore the use of the theory that “the soul lives on” as a means of preparing us for death, would become less enticing to many if they had to account for the past misdeeds, so to speak. For many of course, it would be pleasant to and remember past experiences. From being very young, I have often consciously made a note of poignant moments in my life that I would wish to take into a next life, strongly hoping that I would remember. Many may question why it is so important for me to remember. I understand that it is probably unnecessary as it’s like looking back instead of moving forward. However, we can’t always understand why we feel the way we do

For me, death has no fear, although, the actual process of dying is different. If I knew that I would die suddenly then I would accept it much easier. However, we know there are many different ways one can die, which I personally feel would be very distressing, and if thought about, would evoke unpleasant emotions such as fear, terror and sadness.

Overall, I feel that there is nothing unusual about not wanting to die as it is a natural instinct to survive. However the extent to

which we deny and avoid death and the dying process has greatly evolved over time due to the conditioning of a materialistic society. Countries which experience a great lack of material needs such as disease and starvation, tend to accept the inevitability of death and dying more easily as they have little materiality to leave behind.

As far as we know, individuals have not experienced their own personal process of death and dying, making it uncharted territory. We may gain some understanding of what dying is like from the death of our nearest and dearest but it is very much a second hand experience. This is also from another person’s perspective and we don’t get to find out what the actual moment of “death” is like. This in itself, like so many unknown experiences, generates fear. Maybe it is this fear that constantly seems to pervade our daily lives, that differentiates us from where we are now in our physical form to where we will be after so called “death”. Maybe if there was no fear or ego there would be no reason to consider “The Ultimate Journey – Death and Dying”.

*Elaine Wood*

## Poetry and Prose

### Some expressions of English around the world...

**In a temple:** It is forbidden to enter a woman, even a foreigner, if dressed as a man.

**A cocktail lounge:** Ladies are requested not to have children in the bar.

**A Doctor’s surgery:** Specialist in women and other diseases.

**Dry cleaners:** Drop your trousers here for the best results.

**Road flood area:** Take notice, when this sign is under water, the road is impassable.

**On a poster:** Are you an adult that cannot read? If so we can help.

**In a restaurant:** Open seven days a week and weekends.

**In a cemetery:** Persons are prohibited from picking flowers from any but their own graves.

**Hotel rules:** Guests are requested not to smoke, or do other disgusting behaviours in bed.

**Hotel:** You are invited to take advantage of the chambermaid.

**Black Forest:** It is strictly forbidden on this camping site that people of different sex, for instance, men and women, live together in one tent, unless they are married with each other for this purpose.

**Hotel:** Because of the impropriety of entertaining guests of the opposite sex in the bedroom, it is suggested that the lobby be used for this purpose.

**Airline ticket office:** We take your bags and send them in all directions.

**Laundry:** Ladies, please leave your clothes here and then spend the afternoon having a good time.

**And finally the all time classic in a shop window:** If the front is closed please enter through my back passage.





# Education and Conference Section

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## Seven Wellbeing Centre Ltd

### **Palliative Care Course for Complementary Therapists**

9th September, 14th October, 11th November, 9th December 2013

4 Day Course provides a solid foundation for all complementary therapists wanting to work in the specialist fields of cancer and palliative care. **Cost £340.**

### **Lymphoedema Reflexology workshop** with Sally Kaye – Friday 14th June

Techniques used to reduce lymphoedema after treatment for breast cancer and for other common chronic conditions. For Reflexologists only. **Cost £110.**

### **Diploma in Aromatherapy, Reflexology, Massage and Anatomy and Physiology**

commences September 2013 – Further information on request

**For more information on any of the above courses please contact:  
Gwyn Featonby/Deb Bell at Seven Wellbeing Centre Ltd on: 01642 662785  
or email: [gwynfeatonby@butterwick.org.uk](mailto:gwynfeatonby@butterwick.org.uk)**

## Spirituality and Ageing

**13 November 2013 • £90**

**St Christopher's Hospice, 51-59 Lawrie Park Road,  
Sydenham, London, SE26 6DZ**

Can ageing be a period of spiritual growth and discovery? Is it possible to view ageing as a positive period in life, rather than a period of decline? This day will consider how spirituality in later years can be helpful in the process of ageing and ask if a spiritual outlook on the end of life enables the processes of change at the end of life to be faced openly and accepted.

The day will consider: whether ageing can be a period of positive change spiritually; whether ageing is seen by the young as a failure, when it offers significant opportunity for growth; what can those who work in end of life care do to enable spiritual development in the last years of life; and what resources are available to help.

- Resilience in older life – personal reflections
- What is ageing?
- Is there a spirituality of ageing?
- Namaste project
- Arts in care homes
- Spirituality in care homes
- Geo-transcendence
- The changing face of care homes
- Creativity in older life
- Carers: a home or a prison?

<http://www.stchristophers.org.uk/education/course/spirituality-and-ageing>

# Livingwelldyingwell

## May 2013 – DOULA FOR THE DYING 5-day FOUNDATION COURSE

The first stage of a training for lay people in support, companionship and mentorship for those facing death, their families and friends.

Barcombe near Lewes, E.Sussex. Open to all who are interested.  
May 2nd 3rd + 4th May 17th + 18th 2013

For brochure, more information or to register on-line: <http://livingwelldyingwell.net/courses-events/>

## Saturday May 4th – WAY OF THE ELDER

For those of you who are between 40-50 yrs old and beyond...

Creative elders just don't curl up at a 'certain age', they commit to fully living their lives and do it in a way that serves mind, body and soul – there is no room for "If only I'd..." "I wish I had..." or "What if I'd..."

Are you creative? Are you adventurous? Are you interested in the art of growing older? If your answer is yes, then please join us – Louise Anderson and Osanna Whitehouse at The Subud Centre, 26a Station Street, Lewes, E.Sussex.

For brochure, more information or to register on-line: <http://livingwelldyingwell.net/events/way-of-the-elder/>

## Wednesday 15th May 8pm – GRIEFWALKER

GRIEFWALKER is a feature length documentary about teacher, farmer and ceremonialist Stephen Jenkinson, one of Canada's leading spiritual activists in the care of the dying people and their families. He was the leader of a palliative care counselling team at Toronto's Mount Sinai Hospital and has been at the deathbed of well over 1,000 people. Part bardic storyteller, part spiritual activist, and part ceremonial farmer, this documentary is a meditation on what it takes to fall in love with being alive. He has made it his life's mission to change the way we die - to turn the act of dying from denial and resistance into an essential part of life.

"Not success. Not growth. Not happiness. The cradle of your love of life ... is death"

Venue: Community Centre, Forest Row E.Sussex • Contact: Mike Grenville 07974 924289

## May 13th – 19th is Dying Matters Awareness week

This is a nation-wide event with all kinds of initiatives and events from different organisations under the umbrella of:

[www.dyingmatters.org](http://www.dyingmatters.org) • Check it out for events near you.

## June 2013 – THE METAPHORICAL JOURNEY

A new one-day course with Hermione Elliott and Brian Graham  
Deciphering the metaphorical language of the dying, listening to and learning from those at the end of life.

Saturday June 15th at The Subud Centre, 26a Station Street, Lewes. E.Sussex.

[www.livingwelldyingwell.net](http://www.livingwelldyingwell.net) • Tel: 01273 479 114





## COMPLEMENTARY THERAPY COURSE LISTING

STAND ALONE STUDY DAYS	DATES
Chair Master class	Saturday 28th September 2013
Adapting Massage and Bodywork in Healthcare Settings	Saturday 7th and Sunday 8th December 2013
Breathlessness; minimise the distress and maximise the breath	Saturday 19th and Sunday 20th October 2013
Heart's Process	Saturday 21st and Sunday 22nd September 2013
Cognitive Behavioural Therapy: uses and potential for supportive care	Sunday 17th November 2013 <b>or</b> Sunday 16th November 2014
Enhancing Relaxation Techniques	Saturday 12th and Sunday 13th October 2013
Neuro Linguistic Programming (NLP)	Saturday 23rd and Sunday 24th November 2013
Transactional Analysis: an introduction to develop your skills	Saturday 16th November 2013
Adapted Reflexotherapy for Spinal Pain and Whiplash	Saturday 26th and Sunday 27th October 2013
Adapting Reflexology for Hospice and Cancer Care	Saturday 21st and Sunday 22nd September 2013
Clinical Reflexology I, Expanding Your Skills	Saturday 12th and Sunday 13th October 2013
Exploring Hand Reflexology	Saturday 30th November and Sunday 1st December 2013
ADDITIONAL CLINICAL COURSES	DATES
Clinical Issues in Cancer Care	Friday 6th September 2013 <b>or</b> Friday 5th September 2014
Coordinating and Developing Complementary Therapy Services	Friday 8th and Saturday 9th November 2013
Evaluation, Evidence and Research for Complementary Therapists and Coordinators	Sunday 10th November 2013
End of Life Approaches to Complementary Therapies	Saturday 23rd and Sunday 24th November 2013
Practical Issues in Cancer Care	Saturday 7th September 2013
PACKAGES, DIPLOMAS AND CONFERENCES	
Aromatherapy and Cancer Care Diploma	Hypnotherapy Diploma in Healthcare (dates available on request)
Aromatherapy Five-Day Post Graduate Certificate	<b>Note</b> : Start dates for diplomas occur at any time throughout the year apart from the Hypnotherapy Diploma
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

Complementary Therapy Department, The Christie, Wilmslow Road, Withington, Manchester, M20 4BX  
joanne.barber@christie.nhs.net • 0161 446 8328 • Alternative booking: [www.christie.nhs.uk/pro/cs/comp/training](http://www.christie.nhs.uk/pro/cs/comp/training)

A list of local accommodation, maps and directions can be obtained from the website or by contacting our Events Officer:  
Joanne Barber on 0161 466 8236. NB: Accommodations listed are not vetted by The Christie.



## Post-Graduate Precision Reflexology

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**June 29<sup>th</sup>/30<sup>th</sup> 2013**

This post-graduate course is designed to develop skills for reflexologists who wish to be integrated health professionals. The course is centred on Precision Reflexology and the “linking” technique.

## Use of Essential Oils in the ‘Cancer Care’ and ‘Palliative Care’ Environment

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**September 28<sup>th</sup> /29<sup>th</sup> 2013**

The purpose of this course is to promote discussion, link essential oil research to sound and effective practice and improve aromatic interventions for people with cancer. This course is aimed for therapists working with essential oils and aromatherapy in the cancer care environment.

## Clinical aromatherapy for skin care challenges in cancer care

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**September 30<sup>th</sup> 2013**

This one day class is geared for clinical aromatherapists wishing to extend their knowledge, improve their skills and increase their confidence in the treatment of a range of skin complaints that are commonly encountered in clinical settings (hospital, hospice and residential home...).

## Advanced Precision Reflexology

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**November 16<sup>th</sup>/17<sup>th</sup> 2013**

This advanced precision reflexology workshop introduces the “Unseen” treatment. An “Unseen” treatment is a unique procedure consisting of foot massage combined with “linking” through the Chakra system. The advanced course is a follow on from the Post Graduate reflexology course

## Foundation in Complementary Therapies in Cancer Care

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**September 2013**

This 8 week course is designed to educate qualified Complementary Therapists who wish to further their knowledge, enhance their skills and develop their practice in Oncology. This ensures relevant and effective, and safe treatments. This course is accredited at Level 4 by (OCN), Agored Cymru.



**For further details contact:** Angela Green  
Clinical Lead Complementary Therapy, Velindre Cancer Centre,  
Whitchurch, Cardiff, CF14 2TL

**Tel:** 029 20615 888 **Email:** [angela.green@wales.nhs.uk](mailto:angela.green@wales.nhs.uk) **Web:** <http://www.wales.nhs.uk/cancercentre>

Velindre Cancer Centre  
Canolfan Ganser Felindre





National Association of Complementary  
Therapists in Hospice and Palliative Care

**NACTHPC**

**Conference and AGM**

Thursday 19<sup>th</sup> September 2013

"Looking in the mirror...  
I don't see me!"

Including an optional workshop,  
networking and social programme on  
Wednesday 18<sup>th</sup> September

University of Warwick, Coventry





NACTHPC Conference 2013, University of Warwick, Coventry

**Programme: Wednesday 18<sup>th</sup> September 2013**

15.00    Networking and coffee    Physics Building

**15.30    Changing Faces**

***Colin Darling, Midlands Regional Officer, Changing Faces***

Changing Faces is a charity for people and families who are living with conditions that affect their appearance. Colin will talk about the charity's double aim of *Changing Lives and Changing Minds* which encompasses support for individuals and their families, education for professionals and the goal of 'face equality' – fair treatment and equal opportunities for all, irrespective of how they look.

16.30 -17.00    Networking

19.00    Pre-dinner drinks in Rootes Bar

19.30    Dinner in the Sutherland Suite

**Programme: Thursday 19<sup>th</sup> September 2013**

8.30    Coffee and Registration

Physics Building

9.00    **2013 Annual General Meeting**

**10.00    Altered images**

***Max Watson, Palliative Care Consultant, Northern Ireland Hospice***

An overview of the challenges presented by changing self-image due to life limiting illness.

11.00    Coffee and Networking

**11.30    Reflexology Lymph Drainage**

***Sally Kay, Reflexologist***

An award winning reflexology technique which focuses on stimulating the lymphatic reflexes on the feet to help with the management of secondary lymphoedema following breast cancer. It is a unique sequence that has been researched and developed by Sally whilst working in cancer care.

12.30    Lunch

Rootes Restaurant

**14.00    Reaching your full potential**

***Ryan Walshe and Steve Adair from the Beat Male Cancer Project***

Ryan and Steve will talk from the perspectives of a cancer survivor and a family member of a person with cancer. The Beat Male Cancer project works to change perceptions of cancer and enable people to reach their full potential and achieve peace of mind

**15.00    Being in the present moment**

***Alan Watts, Sound therapist***

The use of sound and vibration to help patients and their families spontaneously and creatively express their feelings and connect in the present moment.

16.00    Closing remarks



National Association of Complementary Therapists in Hospice and Palliative Care

Application for Conference 18-19<sup>th</sup> September 2013 University of Warwick, Coventry  
(please complete a separate form for each person)

Name \_\_\_\_\_ Membership no. \_\_\_\_\_

Email \_\_\_\_\_

All correspondence will be by email unless requested otherwise

Hospice/Unit \_\_\_\_\_

Job title \_\_\_\_\_

Address for communication \_\_\_\_\_

\_\_\_\_\_

Postcode \_\_\_\_\_ Telephone no. \_\_\_\_\_

Any specific requirements? eg. diet, access \_\_\_\_\_

\_\_\_\_\_

**Thursday 19<sup>th</sup> September 2013**

Earlybird conference fee (members) Application and payment must be received by 21st June 2013 to be eligible for this discount	£ 90	
Conference fee (members)	£ 115	
Conference fee (non members)	£ 125	

**Wednesday 18<sup>th</sup> September 2013** This includes the workshop and networking event 3 - 5pm

Dinner, bed and breakfast in single ensuite room on campus	£ 90	
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Please complete and return this form with a cheque made

Total	£	
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payable to NACTHPC. To: NACTHPC, PO BOX C 6829, BEWDLEY DY12 9AW

Payment may also be made directly to our bank account, please email for bank details. Email: [nacthpcevents@hotmail.co.uk](mailto:nacthpcevents@hotmail.co.uk)

Other queries to: [nacthpc@hotmail.com](mailto:nacthpc@hotmail.com) or Tel: 07810 71355

Closing date for applications is 30<sup>st</sup> August 2013. Cancellations up to 26 August 2013 will be refunded at 50%. Cancellations after 26<sup>th</sup> August 2013 cannot be refunded.

Education Centre at St Christopher's

## Cancer and Palliative Care for Complementary Therapists

16 June 2013 priced at £60

Statistics show that one in three people will develop cancer and that around 30% of all people with a cancer diagnosis will use complementary therapies alongside their conventional treatment. This study day is aimed at qualified therapists (aromatherapy, massage, reflexology) who have an interest in, or are new to, this specialist area.

Topics will include :

- cancer and the cancer journey
- the palliative care approach
- communication issues
- adaptation of complementary therapies
- self-care for the therapist.

[www.stchristophers.org.uk/education/course/cancer-and-palliative-care-for-complementary-therapists](http://www.stchristophers.org.uk/education/course/cancer-and-palliative-care-for-complementary-therapists)

If you would like to receive updates from the Education Centre at St Christopher's please completed the online form at:

[www.stchristophers.org.uk/education/emailupdates](http://www.stchristophers.org.uk/education/emailupdates)

Tracy O'Flaherty  
Education Marketing Officer  
St Christopher's Hospice  
51-59 Lawrie Park Road,  
Sydenham,  
London, SE26 6DZ

## 6th Children's Complementary Therapy Network (CCTN) conference

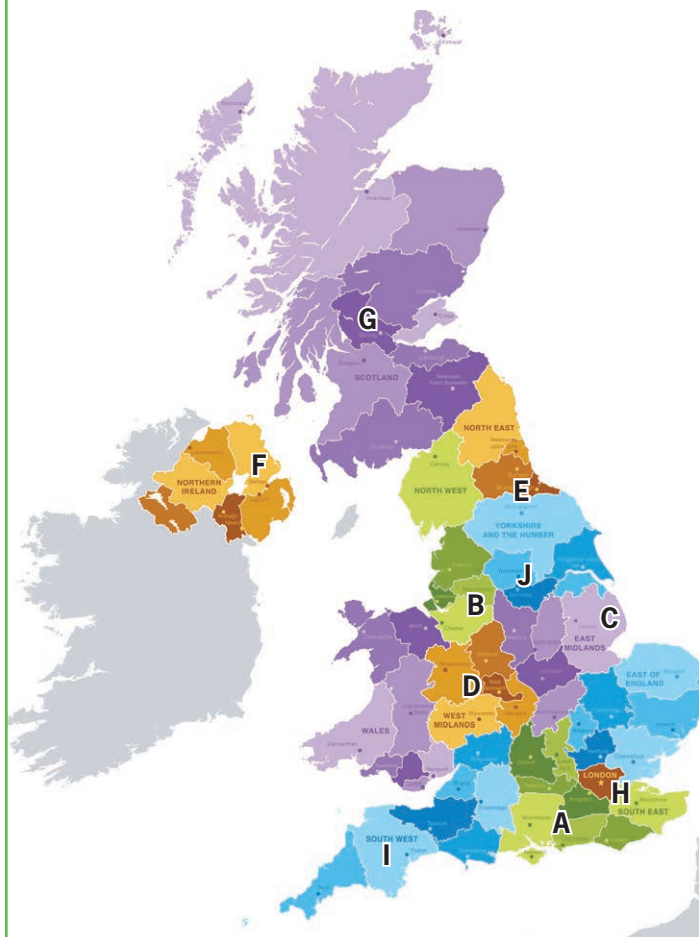
Saturday 18th May 2013  
at Birmingham Children's Hospital

This conference will bring together a wide range of professionals interested in learning about and advancing the field of complementary therapies and integrated medicine in children.

Presentations on paediatric CAM will be complemented with interactive workshops to enhance delegates' skills and knowledge.

Delegates will include complementary therapists, doctors, nurses, physiotherapists, OTs, researchers, teachers, service developers, etc.

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

Date	Event/Venue	Contact
Saturday 18th May 2013	6th Children's Complementary Therapy Network (CCTN) conference (See page 8 for full details)	<a href="http://www.freshwinds.org.uk/cctn">www.freshwinds.org.uk/cctn</a>
18th to 19th September 2013	NACTHPC Annual Conference & 13th AGM Warwick University	<a href="http://www.nacthpc.org.uk">www.nacthpc.org.uk</a>

## “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](mailto: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 July 2013. Next edition published beginning of August 2013.

