

THE LINK

— NEWSLETTER —



Issue 38

Summer 2013



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

from the editor

Welcome to the Summer edition of The Link.

A little late for summer – or is it?

Why do the British always talk about the weather? I'm sure most of you have heard that expression before. Well, for me it's justifiable because we never know what it's going to be like from one day to the next. That rings a bell! Sometimes life can be like that and especially for the people that come under our care. This issue seems to have attracted quite a few references to these particular situations and the wide scope of training on offer to help.

Seems like the south west regional group have decided to share their photograph with us. That's really friendly. Come on the rest of you and show yourselves. See you all at the conference – hopefully!

Vedant Wood

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Copy deadline for the next Newsletter is: 1st of October 2013

Next issue will be published 15th of October 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

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

It is coming up to conference time again! You should shortly be receiving a copy of the annual review and your AGM papers. We have rewritten the constitution to allow a bit more flexibility in the way we can operate; particularly to allow for proxy and e-voting. We really need a good attendance at AGM this year and I urge you to attend even if you are not coming to conference (although I hope that you will come to conference too).

This year our focus has had to be on taking back responsibility for the administrative tasks that Help the Hospices (HtH) had been doing for us for some years. HtH is no longer able to offer admin and website support to the professional associations due to their internal restructuring.

This has given us the opportunity to redesign the website which is now up and running although it is still being developed, with the Discussion Forum to come shortly. We look forward to your feedback so that we can build a website that suits our member's needs. The regional groups have been invited to develop their pages as they wish, so do contribute to that if you can.

I'll keep this short for now and hope to see you at conference in the autumn. Enjoy the sunshine!

Chris West, Chair

Regional Group News

The South-West Regional Group NACTHPC.

The SW regional group have met twice this year. Our first meeting of 2013 was held at North Devon Hospice, Barnstaple hosted by co-ordinator Beth Kelso. Beth has been in post for under a year, so it was lovely to visit and see all the changes she has implemented and meet her fabulous team of volunteer therapists. 19 co-ordinators and therapists attended in total – all contributing and sharing news and best practise.

Beth and Catherine Faulkner (Director of HR) gave us an overview of the hospice, the IPU, community service and day centre facility as well as plans for future developments. We then had a presentation from Hilary Wills on the Feldenkrais Method. We were all intrigued to find out more about the therapy, learn about the training involved, its benefits and how it can be adapted for palliative patients, carers and families. More info can be found on the website www.feldenkrais.co.uk or contact Hilary via North Devon Hospice.

We had an update from each hospice – Rowcroft reported on the recent HEARTS training with Ann Carter – therapists enjoyed the training and patients have benefitted from the techniques – the course and trainer were both highly recommended! We wel-

comed Lisa Smith – new co-ordinator at Dorothy House Hospice. Lisa had been busy planning a carers day and also informs us Janet LeSueur will be offering M technique training at some point this year. St David's Hospice is settling into its new unit and shared information on use of aroma sticks and use-by dates!



Felicity Warner gave us details (via email) of her new website and Soul Midwives School www.soulmidwivesschool.com. We also ran through up-coming training events and the AGM / Conference in September. We had an update from Christine West filling us in on NACTHPC news including new website and agenda for the conference.

Our afternoon session was facilitated by Sarah Beanland who gave us a talk on 'Colour in our Lives' and did several practical exercises with us.

Our second meeting of the year was held at Weldmar Hospice, Dorchester on Friday 26th July – hosted by Elizabeth Baines. 14 of us attended in total. We opened the session with introductions to several new members of the group. We also sent our best wishes to Yvonne Dey who has left Weston Hospice care and moved to France – we would like to thank Yvonne for contributing to the group over the years.

Recognising the increasing pressure to deliver our service and move it forward under the sometimes strained circumstances we were all eagerly anticipating a little me-time! Our next item was a soundbath. Dean Carter (musician and Sound Therapist) and his partner Rozzy from Divine Union Centre for Pure Sound gave us an interesting talk followed by a taster session. This was a hugely valuable, deeply cleansing and energising experience. We all need to be aware of self-care and this was a welcome space in the day for us all!

After lunch, we re-grouped with a little breathing space meditation facilitated by Elizabeth and we set our intention for the afternoon. Everyone shared news from their site and we discussed abdominal massage for constipation, teaching group relaxation classes, government grants for additional units, lodges and outreach centres and Elizabeth's work as a homeopath. We rounded

the day up at 3 pm with presentation of CPPD certificates, a group photo and suggestions of dates and locations for our next meeting. With the AGM and Conference in September, the SW regional group plan to meet again in November 2013.

For a copy of the minutes for either of these meetings please email Amy: amy.wheeler@st-margarets-hospice.org.uk

Amy Wheeler

Seven Wellbeing Centre – A Practitioner Care Link

Seven Wellbeing Centre is a social enterprise subsidiary of Butterwick Hospice Care.

We support the work of Butterwick Hospice Care in a very practical way by providing complementary therapies and training for the general public with all of the profits raised from our activities going directly to support free patient care and the development of the hospice's clinical services.

In the UK there are approximately 55,000 social enterprises, and the development of such businesses is very much encouraged by the government as a way to meet community health and social need. The development of a social enterprise for income generation with the purpose of reinvesting profits back into a charitable business is not uncommon, and this currently happens within most Hospices through retail and other fundraising activities.

The complementary therapies service within Butterwick Hospice was established 15 years ago. During this time we have been requested many times to provide the same care for non-palliative patients and it seemed logical that with people willing to pay for our services that we should use that demand to help meet the costs of the 5000 free treatments we provide for our patients and carers every year.

Utilising the vast skills and experiences of the practitioners already working within the Hospice, we decided initially to offer therapies to fee paying customers with a view at that time to generating a small income which would be used to cover the costs of the essential oils and other products used with Hospice patients.

We extended the scope of what we would offer to training too because like many Hospices we had a package of support and training for our own staff but were finding many practitioners working within the community and other areas were asking for advice and support from our team. One of the important factors for us when considering training and education, was that any knowledge we pass on should be quality controlled and so we approached OFQUAL awarding bodies such as our local university, ITEC and some of the bigger professional Associations to get as many of our courses as possible accredited and approved and this has allowed us to develop a comprehensive programme of training to enable practitioners of all disciplines to adapt their therapies to work safely and knowledgeably within the NHS and Hospice sectors. We are now able to offer a good range of interest workshops and cpd right through to nationally awarded foundation diplomas courses for those who want to start a career in Complementary Therapies.

One of the first challenges in developing a social enterprise was what to call the business. We were advised early on not to use the name of the Hospice in the company as we needed to be absolutely clear that we would never charge the beneficiaries of the charity and avoiding using the Hospice name helped to stop any confusion. The name came from the idea that a person's wellbeing is dependent upon seven primary areas of wellbeing namely: social, intellectual, spiritual, emotional, physical, occupational and environmental. These seven aspects of wellbeing are entwined in the ethos of caring for someone within the hospice environment and therefore it was agreed that this too would be an essential part of how we care for our customers and also what we teach. Hence Seven Wellbeing Centre evolved.

Initially we operated as a pop up business within the Hospice itself. This brought challenges on many levels. Firstly, as with most Hospices, space is at a premium and so appointments could only be offered during unsocial hours, and many weekends were spent moving furniture to provide space for training couches whilst day hospice was closed. A bigger challenge was the potential conflict of interest in utilising the Hospice to provide care for those with non-palliative problems. The Hospice is not the best place for generally well people to come for a treat. Since gaining our own facilities in November last year we have been able to provide a much better environment for all sorts of people and we have been able to offer some of the less obvious treatments such as hypno-weight management and acupuncture face lift which would have been inappropriate within the Hospice itself. Generally our customers feel secure in that they are receiving therapies and training from practitioners who are used to working with very complex patients. This offers reassurance to those who are bewildered by the vast array of qualifications and services available and worry about whether a therapy is suitable for them. Further to this, our customers really enjoy knowing that when they buy services from us their payments go directly towards supporting an adult or child with life threatening illness.

Now we have a centre and can offer more services and training we are also able to offer support for the wider complementary therapy community. We offer everything from clinical supervision, Reiki share, pathology master classes and treatment swaps. We have lots of networking events and are also local co-ordinators for both the FHT and CThA. Having been involved in complementary therapies for 30 years, and directly within the Hospice for more than 15 years I have come to recognise that practitioners generally have big hearts. They give their time, skills and energy often in a voluntary capacity, but in order to have a positive impact on any client you must be physically and emotionally fit yourself. We like to see our centre as a place where practitioners can come and find what they need, whether that be a place to rest and recover, or a place to develop and learn.

As Wright Sayers-Adams (2000), so aptly state 'by discovering the sacred space within us we nourish and develop it bringing it into the wider environment to transform those around us and enhance the level of care we give'.

*Gwyn Featonby, Director Seven Wellbeing Centre Ltd
sevenwellbeingcentre.org.uk • gwynfeatonby@butterwick.org.uk*

A Holistic Model

With our Annual Conference rapidly approaching I think it is good to look back on what we have presented before. I would like to take the opportunity of recapping on the subject of our 9th Annual Conference, "Sharing the Journey". This meant looking at our expertise, the evidence of its effect and communicating it to others.

KNOWING WHAT WE DO!
SHOWING WHAT WE DO!
SHARING WHAT WE DO!

I'm sure most of us know what we do, but we don't often have the opportunity to show the full extent of what we can do. As far as sharing what we do, this is difficult because of the many different organisational factors we operate under and the fact that we are quite spread out throughout the country.

This, I feel is what THE LINK is all about. It can help us to KNOW better what we do by keeping members in touch with new developments in the complementary field and also giving information on training opportunities.

It can SHOW what we do and at the same time SHARE what we do by presenting various articles of interest for linking members together.

How can we achieve this? Well let's start at the "grass roots" of what can be done and what we actually are able to do.

The following article looks at the journey of the patient and then impact at all levels of their life. This is followed by a Holistic Model of an ideal situation for the care of patients under hospice and palliative care. As complementary therapists we can and do play quite a useful part in this model and in many ways can do more if we are aware of all possibilities. Many of us are possibly involved in working models such as this and it would be interesting to share with each other.

Of course finance plays a vital part in what can be done but when we know the full extent of what can be done then at least we may be able to affect the choice.

Before we can look at what we can do perhaps we need to review what is actually happening to the patients.

As complementary therapists working in the field of Hospice and Palliative care, we obviously come in direct contact with patients who are suffering the physical, emotional, mental and spiritual affects of life threatening disease.

THE JOURNEY

INITIAL REACTION – On being diagnosed with any life threatening disease there seems to be 3 initial reactions

- Avoidance
- Collapse
- Taking control

Which ever reaction is taken there is the resultant effect and reaction to the person's lifestyle.

PHYSICAL REACTIONS

Prior to Diagnosis

- Something not quite right with the body
- Unusual pain
- Confusing bodily symptoms

At Point of Diagnosis

- Possibly stronger Pain
- Stronger symptoms of malfunction in body systems

Change over time

- Increase in pain
- Mobility problems
- Treatment and medication discomfort
- Loss of body image

THE EMOTIONAL/MENTAL REACTIONS

At Point of Diagnosis

- Intense shock
- Grief
- Fear
- Disbelief
- "Why me?"

Change Over Time

- Fear
- Isolation
- Regret
- Loss
- Confusion

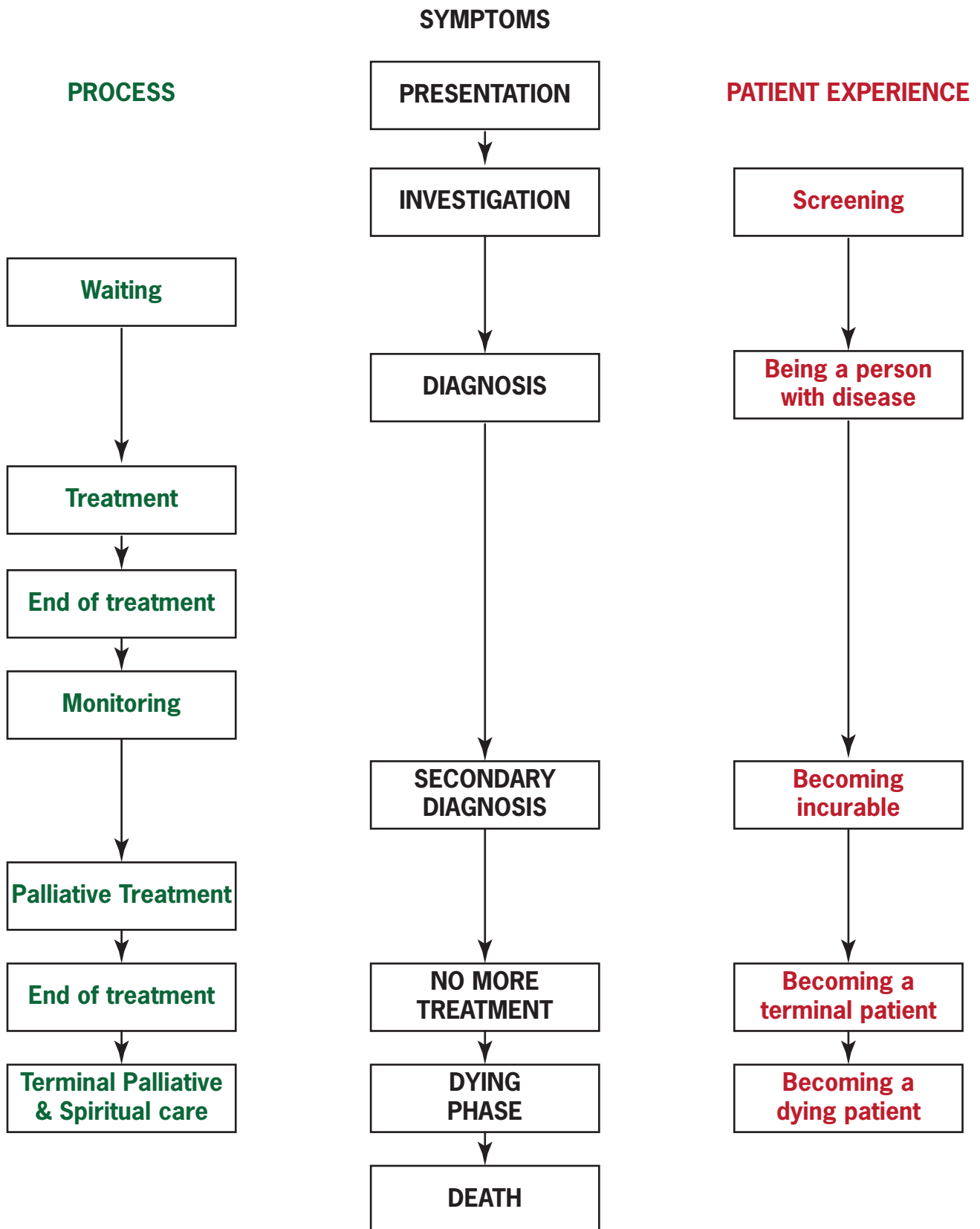
Reactions to others

- Jealousy
- Guilt
- Gratitude
- Resentment
- Failure

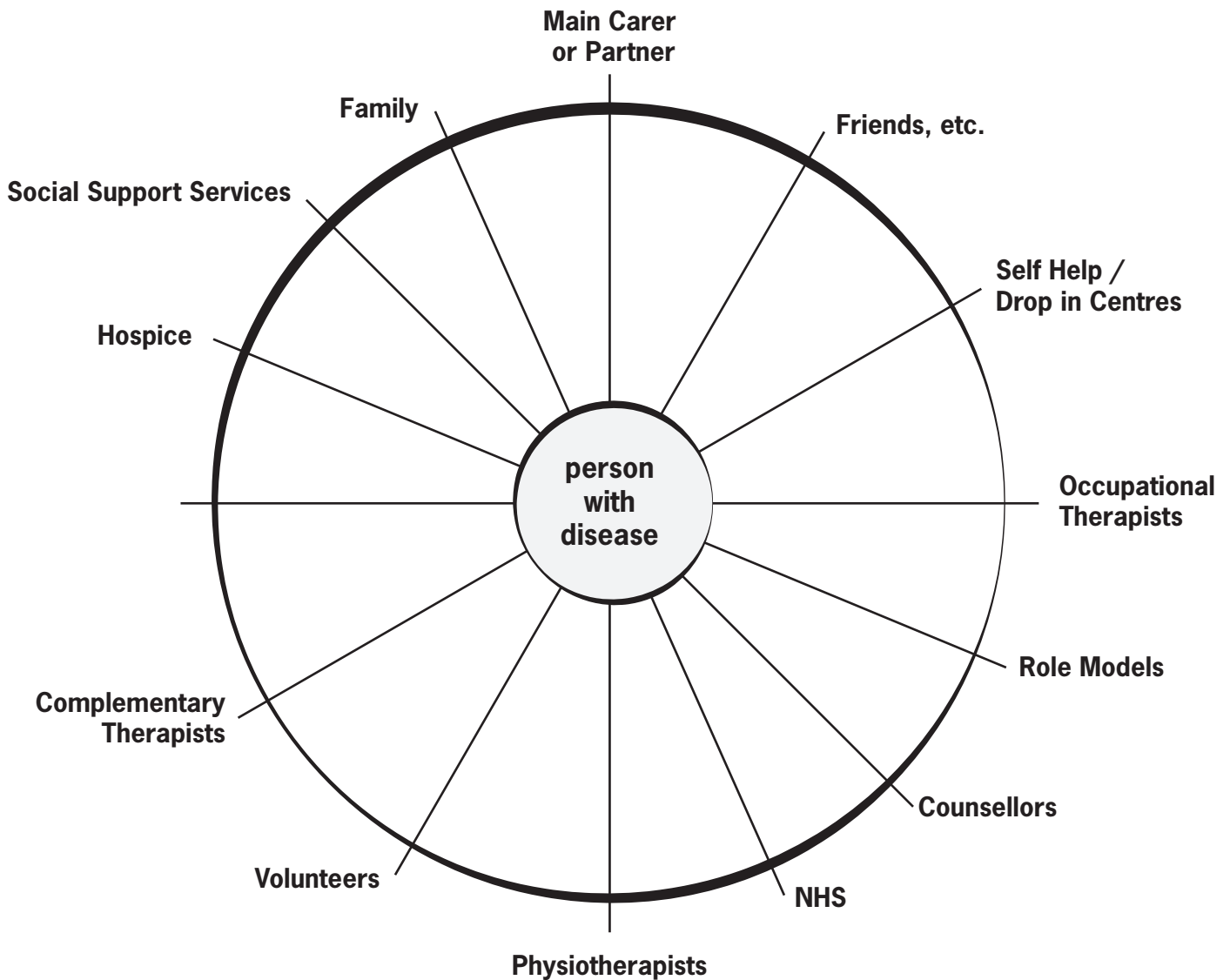
Common Reactions

- Avoidance/Denial
- Taking some control, e.g.
 - a) alleviating emotional/mental and spiritual impact
 - b) coping with symptoms and treatment
 - c) seeking alternative treatments
 - d) trying to survive
- Collapsing completely

The Patient's Journey



Support Wheel



POSSIBLE SPIRITUAL JOURNEY

- Increase in faith and spiritual strength
- Loss of faith and spiritual strength
- Searching for faith
- Realisations of life and death
- Fear of death and dying issues
- Withdrawal from belief of any kind
- Acceptance of death
- Self reliance

From this support wheel it is possible to find and develop strategies for coping, such as:

- Normalisation
- Positivity & fighting disease
- Finding peace of mind
- Thinking of others i.e. family

A HOLISTIC MODEL

Health is a variable state based on many factors, individual concepts and understanding. Generally it can be said to be dependent on balance and harmony in all areas of life:

- The physical state– fitness, nutrition
- The emotional state – fears, concerns and beliefs
- The mental state – attitudes, management of stress

- The spiritual state – the will to live

How we can help:

- Encourage the natural fighting spirit
- Introduce ideas and techniques to encourage this to develop
- Get people Involved in their own care and recovery
- Encourage the belief that they can help themselves
- Show them how to help themselves

Suggested approaches:

- Holistic Medical counsel
- Holistic nursing for symptom control
- Counselling (bereavement, family therapy)
- Social support
- Spiritual / Reiki Healing
- Complementary Therapies

- Exercise (Walking, movement, yoga, tai chi)
- Physiotherapy
- Occupational Therapy
- Group Therapy
- Support Groups (Relaxation, meditation, sound therapy)
- Creative Therapy (Art, needlework, crafts)
- Healthy Diet (to suit patients' needs)
- Self help techniques
- Personal Services (Bathing, hairdressing, chiropody, manicures)

Please feel free to share how you feel about this model, how it fits in with you present caring model and any other suggestions you may wish to make. I'm sure this would help all of us to get an overall picture of what we can ideally work towards achieving in our own organisational structure.

Vedant Wood

Case Study

THE USE OF THE 'M' TECHNIQUE TO SUPPORT A PARENT DURING THEIR CHILD'S END OF LIFE CARE.

About myself

I have been a registered nurse for both adults and children (RGN and RSCN) since 1983.

In 2001 I trained as a massage practitioner with the Massage Training Institute (MTI).

As well as my private practice I also set up a massage service at Bristol Royal Children's Hospital on the Bone Marrow Transplant Unit and the children's oncology wards. This ran for 7 years until I left.

During this time I also set up and ran a massage service for families staying at a CLIC Sargent hostel in Bristol for a couple of years. I am currently a nurse at a children's hospice, where I am able to offer massage and the 'M' Technique to the children and their families.

History

Miss W was a young, petite, single parent who I met through my work as a nurse at a children's hospice. I had known Miss W for almost three years. She visited the hospice regularly for respite stays with her son, aged 6, who had a life limiting condition. Miss W was worried and anxious during this stay as she was expecting that her son's condition had deteriorated to the point where he was now receiving end of life care. Almost exactly a year earlier she had found herself in a very similar situation, but one which her son had rallied from and had gone on to have several months of good quality of life. Miss W was hoping the same thing would happen again.

Understandably, Miss W was on an emotional rollercoaster, she had talked to me about feeling of being out of control, powerless, depressed and angry. She was clearly experiencing intense emotional distress, anxiety and grief but she was very clear that she did not want to take any medication to help to ease her distress.

Miss W was also very sure that she did not want to leave her son for longer than a few minutes at a time. She had a bed in her son's spacious bedroom but she was not sleeping well. She had a very poor appetite and seemed to survive on nothing but coca cola drinks and cigarettes, with an occasional small meal, which she usually just picked at.

Miss W had, for a long time been troubled by irritable bowel syndrome (IBS) and during this admission she was having a flare up. This manifested itself as abdominal pain and cramping, bloated abdomen, wind and diarrhoea. This was the usual pattern when her son was very sick. For this she was happy to take medication, but she had not brought any with her, so we arranged for a doctor to see her who prescribe some medication for the IBS.

The first M Technique

On several occasions on previous admissions, I had given Miss W a massage to relieve her back ache. I knew that she liked deep tissue massage. On this occasion I persuaded her to try the 'M' Technique because this gentle 'structured stroking' technique is rhythmic and repetitive, and I have found it quickly produces deep relaxation. She agreed she would try it, providing she could have it on her bed in her son's bedroom. She was only experiencing mild abdominal discomfort at that particular time, which she scored as a two out of ten. It was evening time and her son was in no pain or distress. He was peaceful and asleep with a syringe driver of morphine in situ. We did not expect to be disturbed, except by an occasional nurse or carer, who might come in to check on her son and the syringe driver. Miss W chose some music she liked to put on the CD player.

Working on a client on a bed is not as easy as working on a massage couch. It is wider and squasier and there is no face hole. Fortunately, it was a variable height bed so that I could get the bed at the right height for me. I believe that the person giving the treatment needs to be comfortable and they should not risk injuring themselves, by working over a client at an inappropriate height or adopting an awkward position.

I then followed the set routine for the 'M' technique. The back and back of legs while lying in a prone position, then turning Miss W over and proceeding with the face and shoulders, neck and arms followed by the hands and arms and then the feet and the fronts of the legs. I ensured that the pressure I used stayed light and constant. As agreed prior to starting the 'M', I included the optional abdominal 'M' technique into the routine, in the hope that it may have a beneficial effect on her IBS symptoms. Once I started, Miss W made some initial appreciative noises but quickly became deeply relaxed.

I very much enjoyed giving the treatment; it is a complete privilege to support a family at such a difficult time and to be able to have a 'tool box' of different techniques, other than just my nursing skills on offer, in order to support them. To be able to offer the 'M' technique is extremely satisfying for me and beneficial for the families I encounter through my work at the hospice.

When I had finished the hour long full body 'M' technique, Miss W slowly stretched and said she felt wonderful and thanked me. She said she felt very relaxed and was sure she would have a better night's sleep that night. I said that I would offer her another 'M' technique as soon as the opportunity arose.

Following Treatments

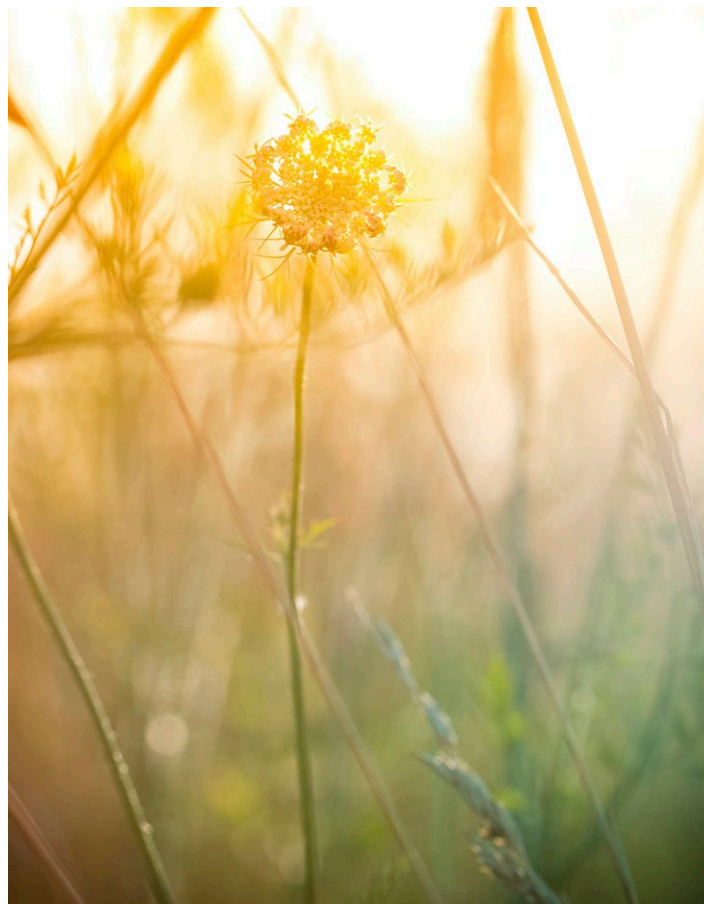
Over the next few days, as Miss W continued with her bed side vigil, I had the opportunity on several occasions to go to her son's room and offer her a few minutes of 'M' technique, while she was sitting in her chair, either on her hands or feet. Miss W seemed to appreciate this bit of positive touch as a distraction from her terrible situation, she always seemed to relax quickly and benefit from the 'M'. The flare up of her IBS continued but she took her prescribed medication, which Miss W thought helped somewhat. I feel the gentle touch of the 'M' technique, helped her to relax and may also have helped the IBS indirectly.

During this time I was also able to show Miss W how to do the 'M' technique on the hands and feet, so that she could give her son some gentle soothing and comforting touch. This enabled Miss W to 'do' something to help her son, which I feel she found enormously empowering. Although the little boy was asleep much of the time, when he was awake he did seem to enjoy having his mummy do the M technique on him.

Miss W's son died two weeks after his admission to the hospice. I was able to continue offering the 'M' technique, every couple of days. Sometimes just on a hand and arm, or foot and on one other occasion as a full body, including the abdomen. This continued until Miss W left the hospice on the day of her son's funeral.

(See 'M' technique advert below for further information)

Eileen Davies: RGN, RSCN, MTI, MTech.



Education and Conference Section

THE 'M' TECHNIQUE®

The 'M' Technique Practitioners Course

*Are you interested in touching
the critically ill or very fragile?*

*If you are, then this course will give you the skills to use
gentle touch in difficult and sensitive situations.*

Venue: St Peter's Hospice, Bristol.

Dates: This is a two day course, and will be held on
Saturday 5th October and Sunday 6th October 2013.

Course fees: £200.
We offer a 50% discount for hospice workers.

For further information and booking please contact :-

Philippa Hunter 01453 756 143, pharoma01@sky.com
or Lorraine Millard 0117 915 9433,
lorraine.millard@stpetershospice.org.uk
www.mtechnique.co.uk

NACTHPC

Calling all Conference goers

The time for this wonderful
event is drawing close

**Wednesday 18th
to
Thursday 19th September
2013**

**We need your support to
make it a success
so come along and join
YOUR
association in a great day**

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>

Seven Wellbeing Centre Ltd

Daoyin Tao – Saturday/Sunday 12&13 October, Sat 3&30 November

This is a unique blend of Chinese acupressure and western massage techniques. It is an advanced energy massage of the shoulders, neck, ears, scalp and face. It works to release stress and tension and helps to relieve neck and shoulder pain, inducing deep relaxation. A treatment lasts approximately 30 minutes and does not require the removal of clothing, ideal for busy working clients who may wish to have a treatment during their lunch break. Applicants will have a qualification in anatomy and physiology and some form of body work (i.e. Aromatherapy, reflexology).

Acupressure – January 2014

This ancient art involves using the fingers and thumbs to stimulate the body's natural healing abilities. The points used are the same as those used in acupuncture, but without the needles. This benefits those with needle phobia and the very young or old who have complex problems. It is simple to learn and apply and can be used to help relieve pain, stress and nausea. This workshop is suitable for complementary therapists, nurses and carers.

Healthy eating for Complementary Therapies – Commencing March 2014

6 weeks evening classes to achieve the ITEC level 3 award in healthy eating and wellbeing

Lymphoedema Workshop – Dates available October 2013 and March 2014

Learn the theory and practical techniques to control and relieve the symptoms of lymphoedema.

First Aid Course – Dates Available October 2013

One day course approved by HSE provides certification required for insurance and registration with the large complementary therapy organizations.

Counselling Course – February 2014

Two day course suitable for complete beginners and those working within the care industry at any level. Also useful as an introduction for those considering undertaking a full certified course.

Indian Head Massage – October 2013

Previous experience not required. Learn the basic skills and knowledge to use massage techniques on the head neck and shoulders to relieve stress and tension.

Aromatherapy for Children – Commencing November 2013

A three day course for qualified aromatherapists who wish to extend their knowledge and skills to work confidently with children. The course will promote awareness of the benefits and limitations of the use of aromatherapy with children; it will include common childhood illnesses as well as more serious conditions such as cancers.

Reiki Practitioner Course – Commencing November 2013

Reiki has many different beneficial properties and is commonly used within the healing process. Extremely relaxing, and useful for use with self, friends and family. This one year course incorporates level 1&2 and includes practice development, related pathology and everything you need to know to use Reiki within the complex care environment.

5 Elements Workshop – Saturday 22nd February 2014

This 1 day work shop is suitable for any therapist, but especially relevant to Dao-yin Tao graduates or students. Participants will learn different ways of developing treatment plans for their clients, giving them a more person centred approach, which shows that the health of the spirit is essential to a person's wellbeing, helping you to treat the "whole".

Palliative Care Course for Complementary Therapists – Monday 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. Accredited by Teesside University.

Diploma Level 3 courses in Aromatherapy; Reflexology; Massage – commencing September 2013

Full and part time study available for ITEC accredited full diplomas in complementary therapy.

Pathology master classes – Wednesday evenings monthly throughout the year.

Autumn topics include breast cancer, neurological disorders and essential oil chemistry revision. If there is a topic you would like included please let us know.

Meditation classes and Reiki Share

Meditation for beginners, mindfulness and reiki shares are held every Tuesday evening

For more information on any of the above events, to register a place or to find out the next CThA or FHT local meeting dates please contact Gwyn Featonby/Emma Sanderson at: Seven Wellbeing Centre Ltd on 01642 662785 or email gwynfeatonby@butterwick.org.uk.

All proceeds go directly to Butterwick



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 or 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 or 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	Note : 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

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.



National Association of Complementary
Therapists in Hospice and Palliative Care

NACTHPC

Conference and AGM

Thursday 19th September 2013

“Looking in the mirror...

I don't see me!”

Including an optional workshop,
networking and social programme on
Wednesday 18th September

University of Warwick, Coventry



NACTHPC Conference 2013, University of Warwick, Coventry

Programme: Wednesday 18th 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 19th 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 18-19th 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 19th 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 18th 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

Other queries to: nacthpc@hotmail.com or Tel: 07810 71355
Closing date for applications is 30st August 2013. Cancellations up to 26 August 2013 will be refunded at 50%. Cancellations after 26th August 2013 cannot be refunded.

Poetry and Prose, etc.

Two friends were walking through the desert. During some point of the journey, they had an argument and one friend slapped the other one in the face. The one who got slapped was hurt, but without saying anything, wrote in the sand:

“Today my best friend slapped me in the face”

They kept on walking until they found an oasis, where they decided to take a bath. The one who had been slapped got stuck in the mire and started drowning, but his friend saved him. After he recovered from the near drowning he wrote on a stone:

“Today my best friend saved my life”

The one who had slapped and saved his best friend asked him, “After I hurt you, you wrote in the sand, and now you write on a stone, Why?”

The friend replied, “When someone hurts us we should write it down in sand where winds of forgiveness can erase it away, but when someone does something good for us, we must engrave it in stone where no wind can ever erase it.”

Learn to write your hurts in the sand and carve your benefits in stone.

They say it takes a minute to find a special person, an hour to appreciate them, a day to love them BUT THEN, AN ENTIRE LIFE TO FORGET THEM.

(The following poem was inspired by a patient of Pilgrims Hospice, Margate and was submitted by Maggie Newman – complementary therapist. I think it’s really nice when patients feel they can be part of THE LINK.)

Not Yet the Night

Not yet the night.
Hold me still here a while
in this luminous twilight,
where birds make their pitched drowsing sounds.

No, not yet the night, where fear stalks, sour and knowing,
like a detective in a noir film.
So much has fallen and gone to shadow.
How small I have become.

Once I filled these shoes and walked,
travelled moons and suns, gave birth to shooting stars.
Was that all not unknown?
All those bottles labelled ‘drink me’ led me on.

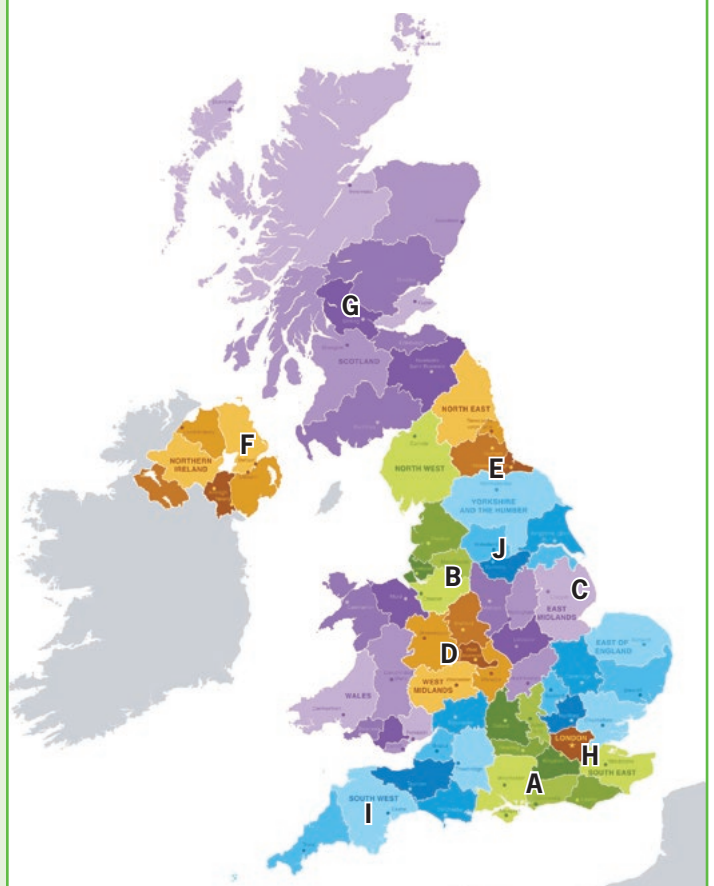
With mantras I have prepared myself for the leaving.
The stars surround me in this luminous twilight
their brightness lighting the way to
a new and infinite dawn.

Now for those that are getting on a little

Answering machine message, “I am not available right now, but thank you for caring enough to call. I am making some changes in my life. Please leave a message after the beep. If I do not return your call, you are one.

- Aspire to inspire before you expire.
- My wife and I had words, but I didn’t get to use mine.
- Frustration is trying to find your glasses without your glasses.
- The irony of life is that, by the time you’re old enough to know your way around, you’re not going anywhere.
- God made man before woman so as to give him time to think of an answer for her first question.
- I was always taught to respect my elders, but it keeps getting harder to find one.
- Every morning is the dawn of a new error.

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	Web Liaison	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	amy.wheeler@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
18th to 19th September 2013	NACTHPC Annual Conference & 13th AGM Warwick University	www.nacthpc.org.uk
13th November 2013	St. Christopher's Hospice "Spirituality and Ageing"	see advert in Courses section

"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 1st October 2013. Next edition published 15th October 2013.

