

THE LINK

— NEWSLETTER —



Issue 40

Winter 2013-14



- Regional Group News • Dementia News • Doulas for the Dying •
- Poetry and Prose • Courses and Conferences •

from the editor

Welcome to the Winter edition of The Link.

*"In the midst of winter I finally learned
that there was in me an invincible summer"* Camus

Brrr! Just thought that this quote would help us to remember that this cold, wet weather will also pass.

Recently I handed over the reins for Regional Group Liaison to Ann Goddard and I really feel it is a great move for NACTHPC. She has also taken on the role of Midlands Group Leader, and you will see that her article in Regional Group News is her way of introducing herself to you.

Welcome aboard Ann

Vedant Wood

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Copy deadline for the next Newsletter is: 1st of April 2014

Next issue will be published April 2014

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:

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

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 Co-Chairs

Hello, how are you all feeling?

Doesn't the festive season seem so long ago? All that busy, often frantic preparation is now just a memory. We hope you had a good break and were able to spend it in a way that was right for you – creating lovely memories to reflect on.

However, when one thing ends there is always something new that follows, and we have for you, what we feel is an exciting year of focussing on complementary therapy in palliative care.

We are already in February of 2014 and have just had our first committee meeting of the year.

For the Unit Leads amongst us please mark Tuesday 1st April on your diaries as the NACTHPC Unit Leads day which is being held at Help the Hospices in London. The two main items of the day will be learning more about integrated medicine and looking at the National Guidelines for the Use of Complementary Therapies in Hospice & Palliative Care. It is over 13 years since the Guidelines were published and we think you will agree that they need reviewing and updating. It should be a very thought provoking day. Emails will be sent out with more information about the day.

The date of our Conference is Wednesday 17th September 2014 and the theme this year is dementia; a subject that is currently very much in the forefront of the minds of many people involved in the future provision of health care. So join us as we acknowledge, understand and consider the challenges and rewards of delivering complementary therapies to people living with dementia. The one day conference will be held at Warwick University with the opportunity to book B&B the night before if desired.

In our next newsletter we will tell you about ourselves. In the meantime, remember the positive comments patients make after you have given them a treatment. You really do make a difference. Now, returning to our initial question of “how do you feel?” And we hope the answer is, “proud to be a complementary therapist in palliative care”.

Gaenor Evans & Sarah Holmes, Co-Chairs

Regional Group News

The Central South Regional Group NACTHPC

Sad to say that Anne Bennett is leaving us as regional group lead and we want to send her a big thank you for all the good work she has done in keeping the Central Southern Group functioning. Happily, she is retiring and may now find the time to give to other things she wants to do – just what we all want sometimes. May we wish you best wishes for your future Anne (on behalf of NACTHPC)

The Midlands Regional Group Meeting NACTHPC

(Introducing your new regional group liaison – Ann Goddard)

I have been a member of NACTHPC for some time now and really do believe that it offers the best – perhaps the only specific support for those of us working in this specialist setting. At the conference in September last year I became a member of the committee and soon found myself taking on the role of regional groups' liaison. Of course I set out with lots of good intentions which I haven't yet fulfilled. Like all of you, my workload often gets in the way, but if I haven't yet contacted you individually, I plan to very soon. This is by way of a general introduction. As it happens, I had already offered to host the next Midlands regional meeting when I attended the Unit Leads Conference in the spring

I soon found that it's one thing to make the offer to host a regional meeting and quite another to actually get down to the planning of it! As I already run quarterly support meetings for the team of volunteers at Primrose, I didn't think a few extra delegates would make too much difference. Then I started to panic a little about speakers, until I came to my senses and remembered the wealth of knowledge and experience my team have between them. With very little persuasion hypnotherapist Aston Colley and homeopath Sheila Oxspring agreed to talk about their disciplines. With the addition of Amanda Batten, breast care CNS with whom we work very closely, I had my day set up and ready to go.

The day got off to a brilliant start with Aston, who spoke with great charisma about hypnotherapy in the hospice setting, dispelling all images of stage hypnosis with its flapping chickens and nudity. He gave a good balance of background and research with anecdotes and case studies, and a little group participation for good measure.

Sheila admitted to me during coffee break that she was rather daunted at following Aston's class act but really need not have worried as her extensive knowledge and very real passion for her therapy shone through her presentation, and left most of us wanting more, despite the excellent lunch that awaited us.

There were lots of opportunities for networking or just catching up with old friends over lunch which was provided by the wonderful

Jan, cook at Primrose. We were unfortunately not able to use the lovely grounds here as we often do for our in-house sessions (meditation and tai chi by the pond – extra therapeutic) due to building work which is still ongoing, but we managed.

The afternoon session was held by Mandy who gave a very comprehensive and informative talk on the diagnosis and typical treatment pathway of breast cancer. All three speakers were very well received by delegates with many positive comments on the feedback forms provided at the end of the day. There were also some useful ideas for me to consider when planning future sessions.

To close the day, Aston returned to lead us in a relaxation which left us floating afterwards. I have attended previous regional meetings which have ended the day with a little something for those attending (I have a lovely memory of tai chi by the memory tree in the grounds at Walsall for instance) and I don't think it is a self indulgence. We all preach the importance of self care so it's important that we practice it as well.

HOSTING A REGIONAL GROUP DAY

I find the regional meetings of NACTHPC to be hugely inspiring and informative. If you haven't attended one yet, please try to this year if you can. However large the team of people you work with, it's great to meet with others who are like minded. I never fail to feel humbled at the wealth of experience out there, and the generosity of those willing to share.

More importantly, we are always looking for CT leads that are willing to host meetings. I can't tell you there isn't a degree of organisation involved but, in my role as regional groups' liaison I am very happy to support and advise, as I'm sure are other members who have previously hosted.

In looking for speakers sometimes we need look no further than those who work alongside us. For my in-house training sessions, in addition to my volunteer therapists I have asked physio and OT to speak about their roles, our lymphoedema nurse specialist gave a fantastic talk and one of our nurses spoke about chemotherapy in a very accessible and humorous way. Several members of the counselling team have had input on active listening and boundary issues which are so relevant to us all.

I had an epiphany in realising that I could draw on volunteer help with the organisation and admin for the day. I am very lucky in having a volunteer who supports me each week with admin and Gill was more than happy, not only to do the necessary photocopying etc, but also to clear cups and lay out the lunch – oh and run down to Morrison's with 5 minutes to spare for the plates I forgot to buy! One of our volunteer receptionists, Mandy, also dealt with booking forms and maintained lists of delegates for me. I could not have done it without their help.

If you have thought about hosting a regional meeting, or if this has made you think about it, please contact me and I will help and

support you in any way that I can. I really feel that you will find it to be its own reward.

I can be contacted on : nacthpcregionalgroups@hotmail.co.uk
or : anne.goddard@hacw.nhs.uk



NATIONAL ASSOCIATION of COMPLEMENTARY
THERAPISTS in HOSPICE and PALLIATIVE CARE

Complementary Therapy Unit Leads Networking Day

Tuesday 1st April 2014
9.45 am – 4.00 pm

Hospice House
34-44 Britannia Street
London
WC1X 9JG

This one day event is for unit leads to meet and discuss various issues that are relevant to the integration of complementary therapy services in palliative care.

- 9.45 : Registration
- 10.15 : Introduction from NACTHPC joint chairs
- 10.45 : Integrated Health in Palliative Care
Speaker : *Linette Tatton-Brown*
(*Director of Integrated Medicine and Vice President at Freshwinds*)
- 3.00 : Lunch
- 14.00 : National Guidelines
- 17.30 : Round Robin and close

As in previous years NACTHPC is subsidising this event to keep costs as low as possible.

Cost per head is £50 which includes a buffet lunch

Joint meeting of the All Party Parliamentary Group on Hospice and Palliative Care (APPG on H and PC) and All Party Parliamentary Group (APPG) on Dementia 4th December 2013

I attended the above meeting as a representative for NACTHPC. The theme of the meeting was: "Parliamentary Response to the Prime Minister's Dementia Challenge: Ensuring the Last Years of life are not the Lost Years"

In March 2012 the Prime Minister launched a national dementia challenge. The National Council for Palliative Care and Dying Matters together with the APPG have been involved in a programme of work to highlight the following:

- Showcase progress with the challenge and highlight best practice.
- Focus on how to ensure that people with dementia receive excellent care and support, right up to the end of life, so that they are able to enjoy their last years.
- Hear from people with personal experience of dementia and end of life care, about what still needs to be done to ensure people with dementia live and die well.

Delegates were welcomed by:

Fabian Hamilton MP – Chair of APPG on H & PC

Baroness Sally Greengross OBE – Chair of APPG on Dementias

Both these speakers gave a rather staggering account of the numbers suffering from Dementia:

**300,000 are known to have Dementia in the UK
34 million world wide at a rate of 1 every 4 seconds**

Both political party representatives (Minister of State for Care and Support and Shadow Secretary of State for Health) agreed (unusual) that there was a great need for more funding to be allocated to this increasing problem. The need for better diagnosis, improved training to assist sufferers and more research into the causes and possible prevention. GPs should be encouraged to discuss with patients and Dementia friendly communities should be encouraged and supported.

It was interesting to hear that the UK is the world leader in Dementia care and it is planned by 2015 that two thirds of sufferers will be diagnosed.

Alex Burton, a speaker who suffers from early Alzheimer, said that on being diagnosed 2 years ago, he was simply given a prescription without knowing where to go and what to do for support. He said that no one can answer the question of, "What to do". His strong reply to other speakers was, "Don't just form committees – ask the sufferers".

Margaret McKenna, a woman who had first hand experience of dealing with Alzheimer said that hospital is not the place to care for Alzheimer and Dementia sufferers. There is no one directly responsible and there are no strategies to deal with it.

In the discussion that followed it was very clearly stated that there is a great need for increased support and understanding of Alzheimer and Dementia and national strategies need to be developed. All staff involved needs integrated care training

Many people are suffering without diagnosis, support and proper care.

There is a great need to bring more awareness into communities so that the physical, mental and social needs can be integrated into society.

Following on from this I feel that we have made a really good choice for our next conference theme. (September 2014)

Vedant Wood

AromaSIG

**(Aromatherapy Special Interest Group)
has arrived on Facebook!**

Do you have an interest in Aromatherapy and would like some friendly support and contacts?

Would you like to discover which oils others have found useful with particular conditions?

Would you like to use oils in mouth care or wound care but are unsure where to start?

Would you like to be kept informed of useful events, training courses etc?

In a nutshell a SIG is for mutual support, information and contact so what it does is up to those who join. We have already shared some great information on mouth care and lots of other practical issues.

Interested? Then please email Stella Reeve
at St Richards Hospice, Worcester:
therapies@strichards.org.uk
or if you are already a Facebook user find us at
www.facebook.com/groups/aromasig

Holistic Corner

Amicus Mortis – a friend in death

When I come closer to the end of my life, I often think how wonderful it would be to have a, 'Friend in Death'. Someone unafraid, who would have confidence in my journey – happy with 'not-knowing' – to help me navigate it, perhaps even guiding my soul journey, to advocate for me when I'm not able to do that for myself, to hold, love, be quiet, laugh, cry or pray with me.

It's many years since I first heard the term *Amicus Mortis* – it touched something deep within me then, not only a longing for myself, but also, as a former palliative care nurse, a recognition of a huge gap and the need for this role. It is a guiding principle that I return to all the time. It's as though my internal 'Sat Nav' was programmed and set to follow this direction, as *Living Well Dying Well* has formed and grown.

Living Well Dying Well is a young charity (2011) and as well as running awareness raising workshops for health professionals and the public, we train people to be *Doulas* (companions) for the dying. I was struck this week by one student's definition of *Amicus Mortis* in her portfolio:

"Walking alongside; being with, not doing to; owning inner authority; tuning in; being authentic; bringing continuity; giving time, space, trust to process; profound and mysterious journey; quiet spaciousness; quality of presence; softness and love".

I couldn't have said it better myself. And I am sure all qualities that complementary therapists would recognise.

The impulse to develop the course (which is quality assured by Edexcel) came from a growing awareness that death is becoming more and more medicalised, and this brings an increasing alienation from death for many people. We have gone from the majority of deaths being at home only 50 years ago, to over 60% happening in hospital. This is against surveys that show 70% would still like to die at home. As citizens we have lost the skills to be with it and we see there is a huge need for someone to walk alongside individuals and families offering the kind of practical, emotional and spiritual support described above. An important part of the *Doula* role is to bring confidence to families to encourage and empower them, reinforcing the fact that death is a natural and normal event.

It is early days for us, but the *Doulas* we have trained are finding their place in the community; nursing homes and some hospices have recognised a gap in what they offer. They see that some patients are lonely and often fearful, yet the staff are too busy to spend quality, companionable time with them. We hope in the future, to be able to work in hospitals also. What could be more important than having a compassionate, supportive relationship with another human being at the end of life?

The next 5-day Foundation Course is March 26th 27th 28th + May 1st and 2nd is held in E Sussex.

In addition a one day workshop: Who are we in the Face of Death and Dying? For Palliative Care professionals, is on March 1st 2014.

Information: www.livingwelldyingwell.net – Tel: 01273 479 114

Hermione Elliott
Director



Who are we in the face of death and dying?

An experiential workshop for counsellors and professionals in palliative care who are working at the deep end of death and dying.

The day will provide opportunities to explore:

- What happens to us when we work with the grief and pain of others?
- How we may defend or absent ourselves and become desensitised
- Our vulnerability in the face of death
- Confronting what remains unspoken
- Our own relationship to life and death
- How we might be ignoring or neglecting ourselves
- Finding new ways to attend to ourselves while tending others

Date: March 1st 2014 • 10 am – 4.30 pm

Venue: The Tin Tabernacle, Barcombe, E. Sussex, BN8 5TJ

Fee: Early Bird by January 31st: £65, thereafter £75

Facilitators

Hermione Elliott has a background in nursing, midwifery, palliative care, counselling and training. She has facilitated workshops on Image work and the holistic approach to cancer in Britain and Japan. She is the founder and director of Living Well Dying Well, pioneering the training of End of Life Doula's in Britain. She also runs workshops related to death and dying in the UK, Australia, Sweden and Ireland. She is passionate about supporting people practically, emotionally and spiritually at the end of life.

Brian Graham has been working in a therapeutic context for more than 30 years. He teaches internationally, on transpersonal psychology training programmes in London, Sweden, Italy and Kenya. He also works as a therapist and clinical supervisor in private practice, and as clinical supervisor for the Counselling Service team at Canterbury University. He believes that our relationship with life and death and finding purpose and meaning in life are crucial and is committed to supporting people on their life's journey.

To register please go to:

<http://livingwelldyingwell.net/events/who-am-i-in-the-face-of-death-and-dying/>

or call: 01273 479 114 or email: office@livingwelldyingwell.net

Seven Wellbeing Centre Ltd

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 – March 3rd 2014

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

Palliative Care Course for Complementary Therapists – Next enrolment March 2014

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

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

Certificate in Palliative Care Course for Complementary Therapists

Thursday 6th March

Thursday 3rd April

Thursday 1st May

Thursday 5th June

This 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

Daoyin Tao Practitioner Course (Exclusive to Seven Wellbeing!) – 4days

Saturday 3rd May

Saturday 4th May

Saturday 31st May

Saturday 21st June

A unique blend of Chinese acupressure and western massage techniques.

It releases tension and stress and induces deep relaxation, relieving such problems as headaches and sinuses

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

Aromatherapy Workshop

“Mixing and Blending”

St Richard’s Hospice, Wildwood Drive, Worcester, WR5 2QT

Friday 20 June 2014 – 9.30 am to 4.00 pm

Building on the success of our first aromatherapy workshop in 2013, we are delighted to announce the theme for 2014 is “Mixing and Blending”

The workshop will be “hands on” to allow you to practice the art and science of blending essential oils and to look at different approaches to blending for particular conditions and clients.

The workshop will be led by Aromatherapists, **Liesl Potts MIFA**, and **Stella Reeve MIFPA** with **Val Wellings**, Education & Learning Facilitator at St Richard’s Hospice. Val is also qualified in holistic massage.

The cost is £75 per person to include full notes, buffet lunch and Certificate of Attendance. Book your place on or before 20 March 2014 and you will receive our early bird discount of £10.

The workshop is aimed at fully qualified aromatherapists with an interest in cancer and palliative care.

We invite you to join us for a fun, relaxed and informal day.
For more details and to book your place please contact :

The Education Team at St Richard’s Hospice on : 01905 763 963
or by email at : education@strichards.org.uk.



Poetry and Prose, etc.

Here comes those records again !

- Patient has chest pain if she lies on her left side for over a year.
- The patient refused an autopsy
- Bladder is under control but can't stop the urine from seeping
- Heart problem is fixed. Patient died at 10.07 this morning
- The blood work-up showed no antibodies present. Need the rest of the blood to be sure
- Patient has two teenage children, but no other abnormalities
- The patient is tearful and crying constantly. She also appears depressed
- On the 2nd day the knee was better. On the 3rd day it disappeared
- Complains of chest pain occasionally. Otherwise just a pain

Encouraging that healing smile with a few school day misunderstandings

- Guy's Hospital was founded to commemorate the Gunpowder Plot
- What is a microbe? A robe that mics wear
- An appendix is a portion of a book which nobody has yet discovered a use for
- The sweetbread is called the Pancreas, being named after the Midland Railway Station which is in London
- Artificial respiration is what you make a person alive with, when they are only just dead



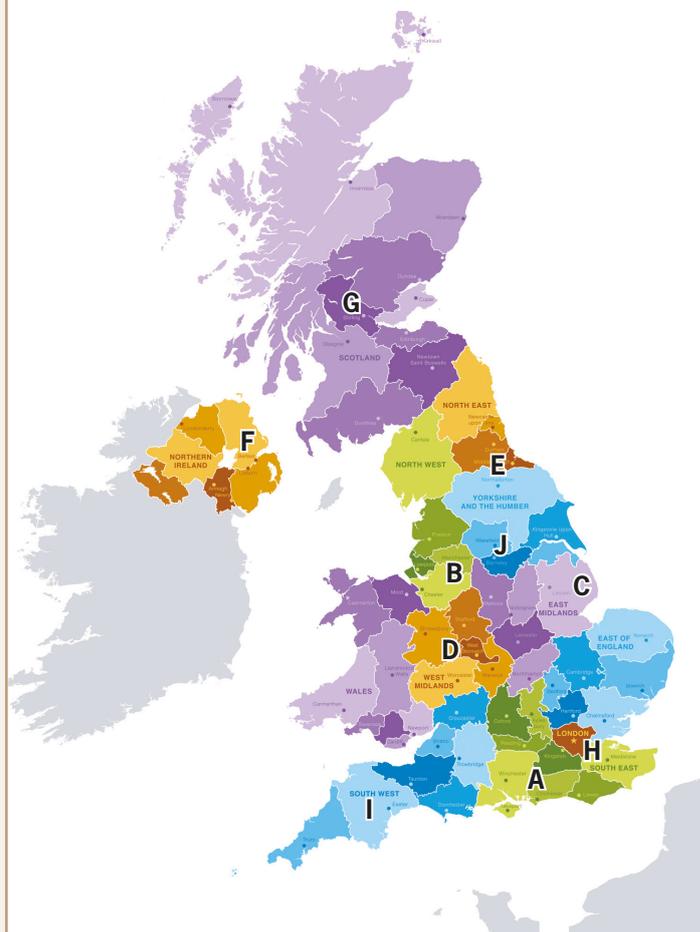
A healing thought

Deep peace of the running wave to you
Deep peace of the flowing air to you
Deep peace of the quiet earth to you
Deep peace of the shining stars to you
Deep peace of the sun of peace to you
Anon

I'm sure we all know this feeling

Sometimes inner work can feel like the slow dismantling of walls, removing rocks piled high from past avalanches, one stone at a time. Leaning into faith and fuelled by holy curiosity we continue and then ... one day the wall that once seemed so solid is gone and light and air and love flow unimpeded, and you can't help but smile at every little thing, feeling awake & grateful to be alive. May the inner barriers be discovered & dismantled so we find ourselves in the flow of the love that sustains us. *Oriah*

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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NACTHPC Regional Groups

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J West and South Yorkshire	Kate Cadwell	k.cadwell@nhs.net (work) katecadwell@blueyonder.co.uk (home)	Barnsley Hospital NHS Foundation Trust

“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 April 2014. Next edition published April 2014.

Dates for your Diary

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

Date	Event/Venue	Contact
1st March 2014	Workshop: Living Well–Dying Well	See advert on page 5
1st April 2014	NACTHPC Unit Leads Day	See advert on page 2
20th June 2014	Aromatherapy Workshop: ‘Mixing and Blending’	See advert on page 7

