

THE LINK

— NEWSLETTER —



Issue 41

Spring 2014



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- Annual Conference and AGM •
- Poetry and Prose • Dates for your Diary •

from the editor

Welcome to the Spring edition of *The Link*. Yes, Spring is bursting out all over. The bluebells and wisteria are in full bloom and the garden is awaiting me to greet it after the wet winter, but, guess what, I CAN'T GET INTO IT BECAUSE IT'S RAINING AGAIN – How frustrating! We all know how that feels from time to time

Now let's try a little mindfulness and become aware about what our mind is doing. Is it controlling us or are we allowing it to. If it's impossible to change things (like the weather), let's try and accept things as they are and relax into "being". Nature accepts itself as it is and what has to be happens naturally. The garden doesn't mind if I can't get to it (and neither do I sometimes). In fact it's probably enjoying this weather and, THERE'LL ALWAYS BE ANOTHER TIME!

Vedant Wood

Address for NACTHPC

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Copy deadline for the next Newsletter is: July 2014

Next issue will be published August 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)

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 Joint-Chairs

It was a wonderful sunny morning on Tuesday 1st April when I arrived at Kings Cross station (from a rather misty Lincolnshire) to meet Ruth, our Unit Leads Co-ordinator. We walked the short distance to Help the Hospices at Hospice House on Britannia Street for the 2014 Unit Leads meeting about which you can read elsewhere in the Link. However, now I would like to thank Ruth for the hard work she put into planning the day.

It is hard to believe that only two years ago I attended the meeting as a delegate and here I am as Co-Chair. How on earth did that happen?! I hear you ask.

At the meeting in 2012 I chose to sit at a table (they were positioned in cabaret style) at what I thought was the back of the room, only to realise that it was actually the front, and the table at which Chris (then Chair), Islay (treasurer) and Ruth (Unit Leads Co-ordinator mentioned above) were already seated. I recall being 'quite chatty' and towards the end of the day was asked if I would consider joining the committee. Saying "yes" seemed like a good idea at the time!

Also during that meeting I spoke at length to Gaenor Evans, Complementary Therapy Team Leader at St Oswald's Hospice in Newcastle, and we exchanged contact details. After I was co-opted onto the committee Gaenor was quite keen to be kept informed about my blossoming role, and after a few months, and with a little encouragement, Gaenor agreed to attend a meeting to find out more about the committee. Before long she was co-opted onto the committee and I became Vice Chair.

Last Summer Chris West made a decision to stand down from the committee and I realised that I would be expected to fill her role as Chair. However, since I joined the committee my Mother, who had been terminally ill, had subsequently died. As a result I had not been as active a Vice Chair as I intended. What followed were discussions during which Gaenor and I agreed to each take on the role of Co-Chair. However, in January of this year Gaenor and I each had our Father suddenly become very ill and they died within hours of each other. One thing we can say is that however many years one has worked in palliative care, it does not prepare you for the death of a loved one.

I began my journey in palliative care working as a nurse at St Barnabas Lincolnshire Hospice 19 years ago, and have been Complementary Therapy Team Leader since 2001. Like many nurses I am qualified in a number of complementary therapies, including being a Reiki Teacher / Master. I train staff and volunteers within the hospice (hand relaxation / massage, manicure, Reiki and relaxation) and give talks to local colleges explaining what it entails to be a complementary therapist in a palliative care setting. I believe that St Barnabas is unique in that it has nine separate clinical sites (eight Day Therapy Centres and one Inpatient Unit) throughout the county and I am incredibly fortunate to have vol-

unteer complementary therapists at each site. Lincolnshire is the second largest County in England so as you can imagine leading a team of twenty plus volunteers involves travelling a number of miles, some of which are spent behind tractors!

I read with interest the reports of the regional group meetings but feel I should clarify that as St Barnabas is the only hospice in Lincolnshire with complementary therapists delivering care to patients there is no regional group as such. However, I hold regular team meetings which are well attended, despite the tractors, and perhaps because of the promise of a talk or guided discussion (the subject could be: answering difficult questions, body image, advanced directives, analgesia, specific illnesses) and a certificate attendance for those all-important Continuing Professional Development points.

Back to NACTHPC, we had a committee meeting at the end of April at which we confirmed what is already booked for our 2014 Conference and discussed what still needs to be completed. You will have recently received an email advising you of the conference and I urge you to consider attending, not only to learn more about dementia; a subject that is currently very much in the forefront of the minds of many people involved in the future provision of healthcare, but to network with other like-minded complementary therapists working in hospice and palliative care. So I urge you to join us on Wednesday 17th September when we acknowledge, understand and consider the challenges and rewards of caring for people living with dementia. The one day conference will be held at Warwick University with the opportunity to book accommodation the night before if desired.

In the anticipation that you are tempted to book a place, Gaenor and I look forward to meeting you in September.

Gaenor Evans & Sarah Holmes, Co-Chairs

Regional Group News

Report of Unit Leads Meeting, NACTHPC

It was good to see everyone who attended the NACTHPC Unit Leads meeting on Tuesday 1 April, and from feedback received, I am pleased to say that they feel that the journey to London was worthwhile.

The day began with introductions and interestingly titles ranged from Co-ordinator to Leader to Manager. I wondered whether what our employers called us determined our pay scale, but that is certainly a subject for another day! During the morning we had a presentation from Linette Tatton-Brown, detailing the care delivered at Freshwinds, where she is Director of Integrated Medicine / Vice Director. Whilst I am sure some of what Linette mentioned many of us were aware of and carry out, it was inter-

esting to hear what a larger service is able to deliver with truly integrated care.

After networking over a lunch of very tasty sandwiches provided by Help the Hospices, we had a lively discussion about the National Guidelines for the Use of Complementary Therapies in Hospice & Palliative Care. It is over 13 years since the Guidelines were published and I recall the subject of whether NACTHPC could review and update the publication being mentioned at the Unit Leads day in 2012.

Most of us said that we have used the book for information and guidance when setting up our service. We also thought that it would be beneficial to be able to present managers with more up to date evidence supporting the use of complementary therapies in supportive and palliative care.

I am pleased to report that everyone suggested they would be willing to have some involvement in any work needed to produce future literature but it was agreed that we would need to pay someone to support us.

The first task was for me to ask the question about copyright. The National Council for Hospice and Specialist Palliative Care Services changed its name to the National Council of Palliative Care (NCPC) in 2004. I have contacted the NCPC and can now report that we have been given permission to update the guidelines but have been asked to acknowledge that the NCPC was involved in producing the previous edition.

In all we had a very thought provoking day and the way forward will be discussed at the next committee meeting.

I am very mindful of the enormous task we are potentially taking on and thank all those who attended for their support.

Sarah Holmes
Co-Chair NACTHPC

The Yorkshire Regional Group Meeting NACTHPC

We had our bi-annual get together on the 9th April kindly hosted By the Prince of Wales Hospice in Pontefract. We had a good attendance and spent a portion of our time networking, problem solving and generally reflecting and providing peer support for our members.

We were then lucky enough to have a wonderful presentation on Ayurveda by Angie Fitzpatrick a practitioner representing Tri Dosha, who kindly travelled to see us all the way from Matlock in Derbyshire. She had prepared a wonderful detailed presentation for us covering all aspects of the therapy and lifestyle. We looked at the Nadis, the energy channels and their balance; the Gunas the 3 principles of Ayurveda and the Dosha's, the 3 body/constitutional types used in Ayurveda. We did a Dosha quiz to work out whether we fell into the Vartha, Pitta or Kapha type.

We considered the Chakra's, marma or pressure points used to access the Ayurveda energy system and discussed Prana which in India is the breath or life-force, the base of all life. We talked about how yoga stimulates the Marma points and the links and similarities with other modalities and therapies. Angie brought along some lovely oil blends for us to smell and try and our discussion went on to how the therapy could be used in cancer and palliative care... a great and informative afternoon.

As per our groups Terms of Reference I have now completed my two years in office as Chair, it's been a really enjoyable time and I am now pleased to hand the baton over to Heather Dawn at the Prince of Wales Hospice.

Best wishes with the role Heather and see you at our next group meeting on Monday 22nd September at St. Catherines Hsopice, Scarborough.

Kate Cadwell

Midlands NACTHPC Regional Meeting, Tues 17th June.

Hosted by St Giles Hospice and the Cancer Support Centre.

The meeting will be held at their Lindridge Road centre in Sutton Coldfield, West Midlands (B75 6JB.)

The full day's programme is yet to be confirmed but in addition to the usual networking and sharing... the cost will cover the following:-

1. The Theory and Practice of Bowen Technique by Mike Watson of the Cancer Support Centre
2. National Guidelines for Complementary Therapy Practice in Palliative and Hospice Care. Ruth Davies will be leading a discussion group! She recently attended a NACTHPC Leads meeting where work has begun on a review. Log onto the site and you will find the current guidelines under the Resources section
3. HOT VEGETARIAN LUNCH
4. Safe complementary therapy for patients with Lymphoedema by Lymphoedema Nurse Specialist Sue Hansard from the St Giles Lymphoedema Clinic
5. The Theory and Practice of Sound Therapy by Teresa Scarlett (tbc).

Our speakers are gifting their time to enable us to keep prices to NACTHPC members to a minimum. As soon as we have fixed the price we will let you know! It will be just enough to cover the speakers lunch and travel costs, and of course to include all refreshments and hot lunch for you too. **As I am new to organising a day like this – if you are able to offer any advice or are aware of anyone's email I have missed I would be grateful if you could email me. Thank you!**

Julie Nicholas. Julie.Nicholas@stgileshospice.com

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.

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.





COMPLEMENTARY THERAPY COURSE LISTING

<i>Standalone Study Days</i>	<i>DATES</i>
<i>Aromatherapy courses</i>	
Aromatherapy For use in Clinical Settings	Sat 14th & Sun 15th February 2015
Aromatherapy Using Essential Oils in Acute Cancer Care	Fri 4 th July 2014; Fri 3rd July 2015
Aromatherapy Challenging Symptoms and Conditions	Sat 5th July 2014; Sat 4th July 2015
<i>Massage and Touch Therapies</i>	
Adapting Chair Massage for Hospice & Cancer Care	Sat 21st & Sun 22nd Feb 2015
Hearts Process	Sat 20th & 21st September 2014.
Creative Approaches to Massage	Sat 7 th & 8 th June 2014
Chair Masterclass	Sat 26th Sept 2015
<i>Mind Therapy courses</i>	
Adapting Relaxation & Creative Imagery for Individual & Groups	Sat 20th & Sun 21st June 2015
Anxiety States	Sat 5th July 2014 or Sat 29th November 2014 or Sat 4th July 2015
Breathlessness; Minimise the distress & maximise the breath	Sat 19th & Sun 20th October 2013; Sat 17th & Sun 18th October 2015
Cognitive Behavioural Therapy: uses & potential for supportive care	Sun 16th Nov 2014
Mindfulness MRE Workshop 1	24th & 25th January 2015, 24th & 25th October 2015
Mindfulness MRE Workshop 2 Teaching MRE to clients in 1-2-1 sessions.	14th & 15th March 2015, 12th & 13th December 2015
Mindfulness MRE Workshop 3 Teaching MRE to groups.	28th Feb & 1st March 2015, 30th & 31st May 2015, 16th & 27th April 2016
Neuro Linguistic Programming (NLP)	Sat 22nd & Sun 23rd November 2014
Panic & Phobia	Sun 6th July 2014 or Sunday 5th July 2015
Transactional Analysis: an introduction to develop your skills	Sat 15th November 2014
<i>Reflexology courses</i>	
Adapting Reflexology for Hospice & Cancer Care	19th & 20th September 2015
Adapted reflexotherapy for Spinal Pain and Whiplash	TBA
Clinical Reflexology I, – Expanding Your Skills	Sat 10th & Sun 11th October 2015
Clinical Reflexology II, – Master Class	Sat 14th & 15th February 2015
Reflexology Lymph Drainage Intensive	2014 TBA
Exploring Hand Reflexology	Sat 29th & Sun 30th November 2014
<i>HYPNOREFLEXOLOGY</i> ©	
Precision Reflexology – Palliative Care Approach	Sat 27th & Sun 28th Sept 2014



<i>Additional Clinical courses</i>	
Clinical Issues in Cancer Care	Fri 5th Sept 2014
Coordinating & Developing Complementary Therapy Services	Fri 7th & Sat 8th November 2014
Evaluation, Evidence & Research for Complementary Therapist & Coordinators	Sun 9th November 2014
New – End of Life Approaches to Complementary Therapies	Sat 22nd & 23rd November 2014
Practical Issues in Cancer Care	Sat 6th Sept 2014
<i>Conferences</i>	<i>Dates</i>
Clinical Reflexology Conference	Sat 17 th May 2014
2 nd Aromasticks & Essential Oil Conference Working with Challenging Symptoms and concerns	Saturday 16th May 2015
<i>Packages and Diplomas</i>	
Aromatherapy and Cancer Care Diploma Aromatherapy 5-day Post-Graduate Certificate Clinical Reflexology Diploma Adapting Complementary Therapies for Cancer Care Diploma	Hypnotherapy Diploma in Healthcare (dates available on request) Relaxation & Creative Imagery Interventions Diploma
Note: Start dates for diplomas occur at any time throughout the year apart from the Hypnotherapy Diploma	

To book please contact **Joanne Barber or Peter Mackereth**
Complementary Therapy Dept.
The Christie
Wilmslow Rd
Withington
Manchester
M20 4BX

Joanne.Barber@christie.nhs.uk

Tel: 0161 446 8238

Alternatively Booking form is available for download off the Christie website

www.christie.nhs.uk/pro/cs/comp/training

Seven Wellbeing Centre Ltd

Introduction to Hypnotherapy Hypnotherapy and Cancer Care Pathology for Hypnotherapists short courses and workshops

We offer a wide range of CPD and introductory courses for those interested in discovering skills to enhance their practice, or to raise an awareness of safe and simple techniques that can be incorporated with other treatments to benefit their patient. Dates available throughout the year on a tailor made basis so let us know your requirements.

Face The World – Beauty for the soul!

A truly unique complementary therapy facial which uses bespoke natural products in a treatment choreographed to music and incorporating Tibetan massage. We use this treatment with patients of all ages to enhance their skin condition whilst providing a luxurious experience and relaxation. It is the perfect enrichment treatment for aromatherapists and massage therapists. Contact us for further information re discounted training packages for your charity which include a special affiliate shop where you receive commission on internet sales for your charity.

Daoyin Tao Sat/Sun 27th/28th September/25th October/22nd November

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 (ie. Aromatherapy, reflexology).

Acupressure Thursday 17th July 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 September 2014

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

Lymphoedema Workshop Tuesday 6th May

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

First Aid Course Dates Available July and October 2014

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

Indian Head Massage August 2014

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 Nov 2014

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.

Seven Wellbeing Centre Ltd

Reiki Practitioner Course – Reiki Federation Approved course Training available throughout the year

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. Students can enter the course at a relevant point for their development depending on whether they are complete beginners or already have attunements.

5 Elements Workshop Sat 14th June

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 Commencing 1st May 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 commencing Sept 2014

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 662 785 or email gwynfeatonby@butterwick.org.uk.

All proceeds go directly to Butterwick



Holistic approaches to symptom management in specialist palliative care



This three module programme is designed to provide health care professionals such as Nurses, HCAs, Complementary Therapists and Allied Professionals with skills to enhance their existing role. Each module will guide the learner through a variety of complementary approaches that can be utilised when supporting patients with Specialist Palliative Care needs. The programme will provide a foundation or special interest level of training which can provide new skills, enhance existing roles and for qualified therapists the programme is suitable for CPD. Modules can be attended independently or sequentially dependant on the needs of the learner.

Module 1 **4th May 2014, 9.30am – 4.30pm** **Pre-requisites: None – Cost: £65 per person**

Module Title: Massage techniques: To calm, soothe and release tension; effective use of acupressure for symptom management.

This module focuses on massage techniques that are appropriate to a patient with specialist palliative care needs and that can be incorporated into a daily care regime. 11 Key acupressure points will be practised within the programme that supports a variety of symptoms including restlessness, pain and nausea.

- The concept of massage in Specialist Palliative Care
- Massage techniques
- The care givers role
- Acupressure techniques
- Considerations and contraindications
- Application of theory

By the end of the session you will have explored the role of the care giver and be able to put into practise a variety of massage and acupressure techniques, which can be used to enhance your existing role.

Module 2 **3rd September 2014, 9.30 – 4.30** **Pre-requisites: None – Cost: £65 per person**

Module Title: Guided visualisation: to calm the mind and promote distraction from symptoms and anxiety.

During this module we will explore how we utilise description of the senses to provoke imagination, the use of tone and the power of words to guide the mind.

- What is visualisation and why it is used in specialist palliative care
- The use of tone and pace during communication
- Planning and delivering a guided visualisation
- Developing the use of description in relation to the senses
- Connecting with the subconscious
- Safety surrounding the use of visualisation
- Structuring suggestion

By the end of the session you will be able to reflect on how these elements impact on general communication and will have practised creating and delivering a guided visualisation.

Module 3 **8th November 2014, 9.30 – 4.30** **Pre-requisites: None – Cost: £65 per person**

Module Title: Gentle touch techniques: promoting care through touch techniques to support patients and their carers.

During this module we will explore the impact of touch in the therapeutic environment as a form of wordless communication. We will review a traditional view of the body and its energy systems and identify how the emotions can be influenced.

- The impact of touch as a form of wordless communication
- Appropriate and inappropriate touch
- Cultural taboos in relation to touch
- Traditional uses of touch as therapy
- Qi and the emotions
- Holding points of the body and face to support the emotions.

By the end of the session you will have gained a broader understanding of the body as a whole and will have practised a variety of gentle touch techniques that can be used independently or within your existing role.

***A certificate of attendance will be provided following each module.
An additional certificate will be awarded to learners who complete all three modules within the year.***

The following incentives are available when booking your course:

Dedicated learner discount: Book and pay for all three modules together and receive £20 off the 3rd module .

Early bird discount: Book a single module one month before the start date and receive an early bird discount of £5.

Service development discount: Book four (4) to ten (10) learners from your unit and we will arrange a course date to meet your needs and prices will be negotiated accordingly.

Look out for further offers and discounts!

'Like' us on Facebook www.facebook.com/PWH.comptherapy

(Remember to click 'get notifications' after hovering the 'like' button!)

To book your place please download a booking form and return with your learner profile to:

Angela Sibbit
The Prince of Wales Hospice Halfpenny Lane
Pontefract WF8 4BG
asibbit@pwh.org.uk 01977 781483

For further course details please contact our course tutor:

Heather Dawn
hdawn@pwh.org.uk
01977 781482

**Heather Dawn
Qualifications and registration**

Complementary Therapist with over 11 years experience in Specialist Palliative Care.
Professional membership and Registration: CNHC Reg, MIFPA, MFHT, MBRCP, MUKRF, ACHO Reg
Qualified teacher – Cert Ed and Member of the Institute for Learning IfL

THE 'M' TECHNIQUE®

A HANDS-ON CERTIFICATION COURSE



CONTINUING PROFESSIONAL DEVELOPMENT

CREATED AND DEVELOPED BY
R.J. BUCKLE ASSOCIATES LLC
For Licensed Health Professionals
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The 'M' Technique® can have measurable therapeutic effect on:

- Fear
- Anxiety
- Grief
- Anger
- Chronic Pain
- Chronic Fatigue
- Depression
- Headaches
- Insomnia
- Migraines
- Sprains and strains
- Low immune Function
- Stress

The 'M' Technique® was registered by the United States Patent and Trademark Office in 1998 and approved in 1999. It is also registered and protected in the UK.



What is the 'M' Technique®?

The 'M' Technique® is a registered method of touch suitable for the very fragile or when massage is inappropriate. It is a series of stroking movements performed in a set sequence at set pressure.



Touch is one of the most basic forms of communication, yet many of us are afraid to touch those who need it most and who may be feeling 'skin hunger'. The 'M' Technique® is simple enough to teach a child, yet it evokes a rapid and profound relaxing effect.

This course is open to carers and health professionals.

The 'M' is different from ordinary massage; the rhythmic stroking and distinctive pattern allow the whole person to become more deeply relaxed.

—Sara Percival RGN., St Helena's Hospice, Colchester

The 'M' Technique enables me to be really present with my patients in a way that was not possible before.

—Padma Kesav RGN., Marie Curie Foundation

The 'M' Technique allows nursing to become a two-way street where I can receive as much from patients as I give. The 'M' Technique has allowed me to accomplish a level of humanistic caring that is hard to put on paper and I am constantly amazed at how little time it takes to see such phenomenal results.

—Mary Sudano, Nurse Practitioner, New Jersey

CPD Content for Licensed Professionals

2 days, 14 contact hours.

Students are required to complete two written case studies and submit them within 6 months of the course for certification.

The course is recognised by IFA and the IFPA.



Jane Buckle
PhD MA, RGN, Cert Ed

Jane Buckle is the director of RJBA. She completed her doctorate in health management with a focus on integrative therapies. Her 2nd text book, *Clinical Aromatherapy: Essential Oils in Practice*, was published in 2003.

Instructor: Jayne Welch

Date: 20th/21st September 2014

Location: St Oswald's Hospice

Phone: 07773726479

Contact: jayne@ridinglea.co.uk

Cost: £200

50% reduction for hospice workers if course held in their hospice.

Course is accredited by FHT and CThA

Poetry and Prose, etc.

My Life

Behind me is a forgotten past
A part of me is still there and always will be
Before me is a world of hope
Unknown to everyone,
My new life

To the sides of me are the ways I didn't go,
The lives I shall never experience
Beneath me is a world of bitterness,
Where joy is destroyed and love is a sin
Above me is a world of joy
Full of happiness and laughter,
Where hatred is destroyed

All around me is my life

Beth Upton

Dare you pass this on to the family grandparents! – or perhaps you're one yourself

WHAT IS A GRANDPARENT (some answers by a class of 8 year olds)

Grandparents are a lady and man who have no little children of their own. They like other peoples.

Grandparents don't have anything to do except be there when we come to see them.

They are so old they shouldn't run or play hard. It's good when they drive us to the shops and buy us sweets.

They don't say, "Hurry up!"

When they read to us, they don't skip and they don't mind if we ask for the same story over again.

They have to answer questions like "Why isn't God married?" and "How come dogs chase cats?"

They can take their teeth and gums out.

Resonance

HOME

From whence we come
And to where we return
When life's work is done
We carry within us
This remembrance
Which resounds ceaselessly,
Silently,
Throughout our whole being

Choose to nurture this;
Choose to harmonise our turbulent ways
With the resonance of endless, radiant bliss

Sinking into the depths of peace
Supported by buoyant vibrations,
Held in the fullness of the infinite,
Connected to the rhythm of stillness

As the ephemeral mist lifts,
Realisation floods my mind;
The dawn of truth
Smooths my furrowed brow;
Time stands still
For a moment eternal

– Alone in birth
– Alone in death
The stark chasm of isolation
Bridged but by

Enfolding, winding,
Golden chords
Chords of love

Love: that redeeming energy,
Transcending all realms.
Love: that all graceful symphony,
According harmonisation of souls

Heather Martin

NACTHPC

Conference 2014

University of Warwick, Coventry

Wednesday 17th September 2014

9.00 Coffee and Registration

Engineering Building

9.30 2014 Annual General Meeting

10.00 **Alzheimer's Society**

Provides information, practical support and services for people living with dementia and for their families. From Alzheimer's cafes and telephone support lines to extensive research programmes, the society aims to address every aspect of living with dementia.

10.40 **Dementia Friends**

Steve Randle

People with dementia sometimes need a helping hand to go about their daily lives and feel included in their local community. Dementia Friends are volunteers who make a commitment to do something practical in order to make a positive difference in the life of someone living with dementia.

11.10 Coffee and Networking

11.35 Speaker to be confirmed

12.35 Lunch

Rootes Restaurant

14.00 **Namaste Care Programme**

Engineering Building

Min Stacpoole, RN, BA(Hons), MSc

Namaste means to 'honour the spirit within'. The Namaste Care Programme, originated in USA, aims to enhance quality of life for those nearing end of life with dementia by providing comfort and pleasure through the stimulation of all 5 senses. Early advanced care planning provides support for people with dementia and their family and enables health care professionals to adapt and utilise existing skills to make life more meaningful even in the very final stages.

Min is lead researcher assessing the benefits of implementing the Namaste Care Programme in UK care homes.

15.00 **Angela Cardew and Kim Forde, Therapists from St Barnabas, Lincolnshire Hospice**

Angela will speak about her experience as a carer and Kim will share her experiences of treating people with dementia whilst using massage and light therapy

16.00 Closing remarks

Application for NACTHPC Conference

Wednesday 17th September 2014 – University of Warwick, Coventry

(please complete a separate form for each person attending)

Name Membership No.

Email

All correspondence will be by email unless requested otherwise

Hospice/Unit

Job title

Address for communication

Postcode Telephone

Any specific requirements?

eg. diet, access

Earlybird conference fee (members) £95.00
Application and payment must be received by 30th June 2014 to be eligible for this discount

Conference fee (members) £ 120.00

Conference fee (non members) £ 140.00

Dinner, bed and breakfast £ 90.00
in single ensuite room on campus on Tuesday 16th September

Total £ _____

Please complete and return this form with a cheque made payable to NACTHPC to

NACTHPC, Sarah Holmes, c/o St Barnabas Lincolnshire Hospice, Hawthorn Road, Lincoln, LN2 4QZ

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 Tel: 0773 773 4496

Closing date for applications is 5th September 2014. Cancellations after 31st August 2014 cannot be refunded.

Call for Volunteers

Volunteer Therapists needed to join the complementary therapy team
at St Ann's Hospice in Manchester.

We are looking for reliable therapists who can either offer 3 hours a week at one of our hospice sites or would be willing to help occasionally at one-off events. Our therapies include aromatherapy, reflexology, reiki and Indian head massage and we would like to hear from anyone who can offer at least two of these therapies.

For further information please contact the Helen at: hmurphy@sah.org.uk

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?

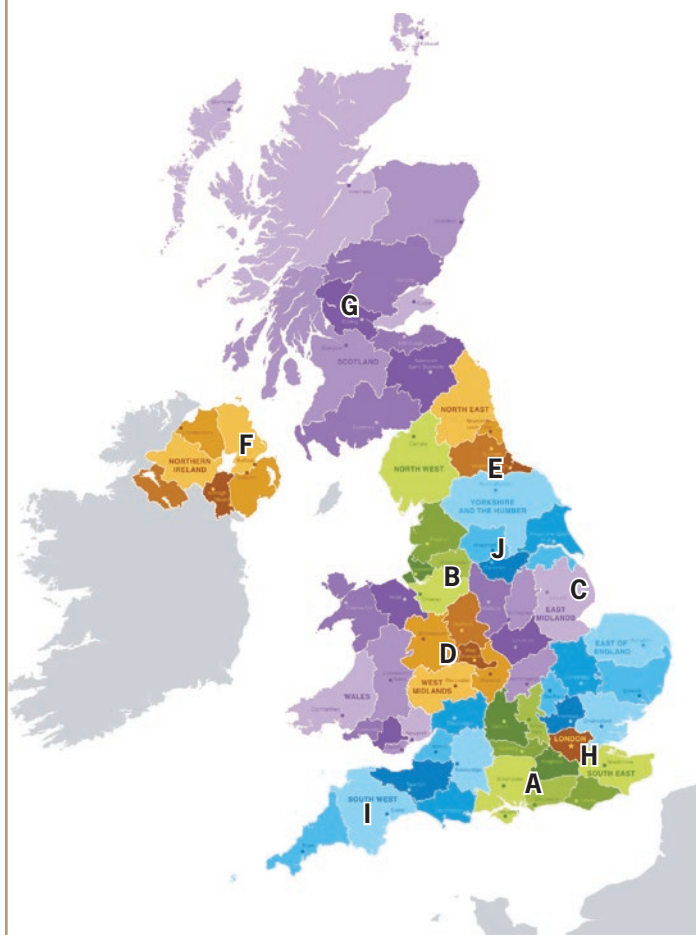
Would you like to be kept informed of useful events, training courses etc?

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

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	Co-Chair & Web Liaison	gaenorevans@stoswaldsuk.org
Ann Goddard	Regional Group Liaison and work on The Link	nacthpcregionalgroups@hotmail.co.uk anne.goddard@hacw.nhs.uk
Michele Gordon	Minutes Secretary	michele.gordon@nihospicecare.com Work : 02890 781 836 ext 3079
Islay Grieve	Treasurer and Administrator	nacthpcEvents@hotmail.co.uk
Sue Holland	Secretary	nacthpc@hotmail.com Mobile : 0773 773 4496
Sarah Holmes	Co-Chair	sarah.holmes@stbarnabashospice.co.uk
Vedant Wood	Editor, The Link	vedantwood@aol.com Mobile : 07939 144 174

NACTHPC Regional Groups

Group	Contact	Email & Telephone	Address
A Central Southern England	Mel Perry (temporary)	mel.perry@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	Ann Goddard	nacthpcregionalgroups@hotmail.co.uk 07954 420 855	
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 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 July 2014. Next edition published August 2014.

Dates for your Diary

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

Date	Event/Venue	Contact
20th June 2014	Aromatherapy Workshop: ‘Mixing and Blending”	education@strichards.org.uk 01905 763 963
17th September 2014	NACTHPC 13th Annual Conference	

NACTHPC

Annual Conference and 14th AGM

Wednesday 17th September 2014

“Exploring Dementia”

University of Warwick, Coventry