

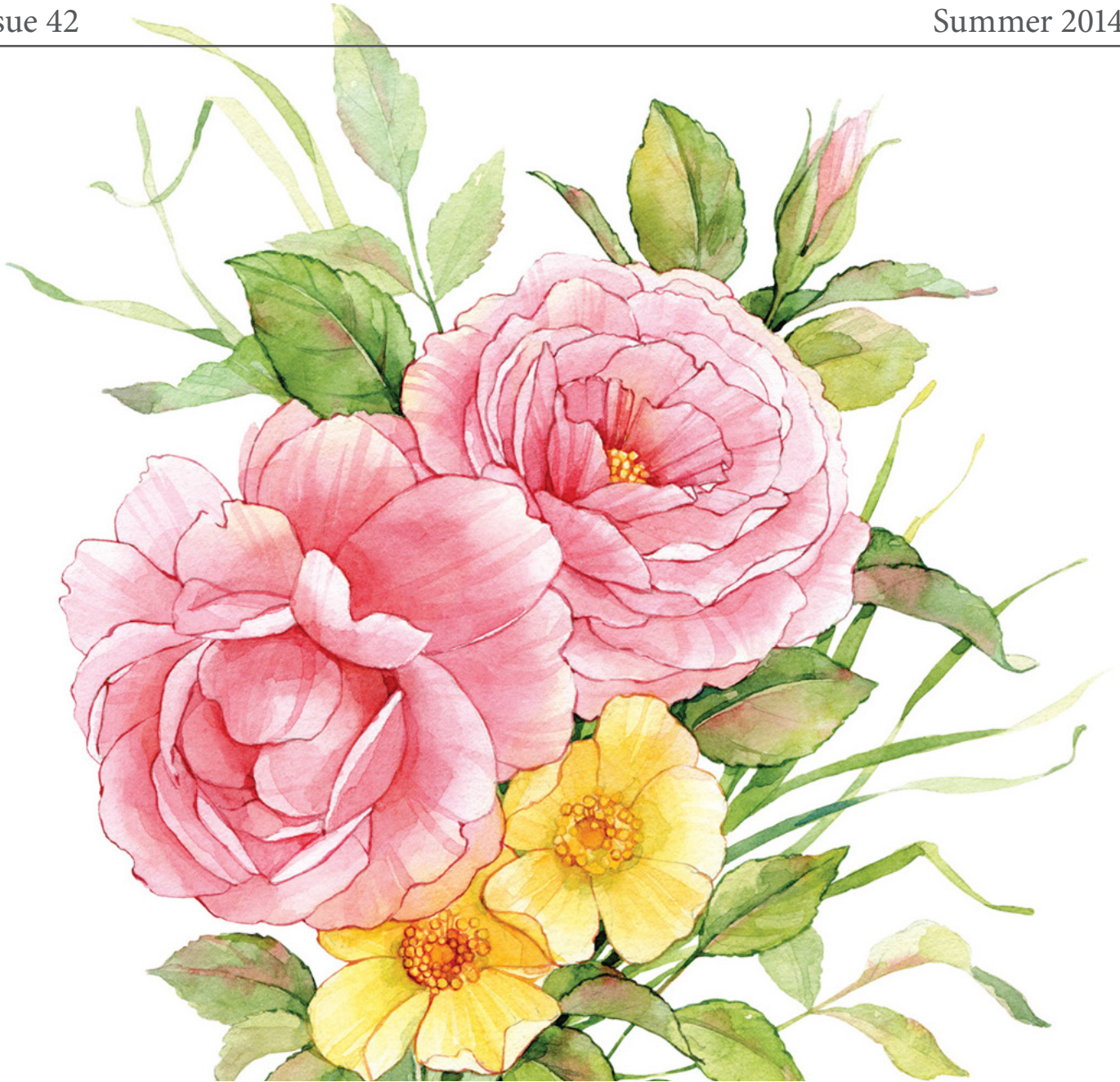
THE LINK

— NEWSLETTER —



Issue 42

Summer 2014



- Regional Group News • Holistic Corner •
- Courses and Conferences • Annual Conference and AGM •
- Poetry and Prose • Dates for your Diary •

from the editor

Welcome to the Summer edition of THE LINK. Yes, summer sun is bursting out all over but quite often at the wrong time. Weekends cooler and dull and through the week, when we are busy, the sun starts to show its face.

There are lots of juicy courses in this month's issue, for members to broaden their skills. However I'm sure you must all be looking forward to well deserved holidays before you consider your future training needs. The important one at the moment seems to be about dementia – the focus of our conference this year. Hope to see you there!

Vedant Wood

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Copy deadline for the next Newsletter is: 16th October 2014

Next issue will be published November 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:

[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 Joint-Chairs

I couldn't have selected a better day to write my first letter as joint-chair, the sun is shining and it's another beautiful day. I thought I'd start by sharing my journey with you to where it all began.

From being a little girl I have fond memories of parading in the back garden with my nursing uniform, stethoscope and teddy bear clutched in one hand. My medical diagnosis was often that of chicken pox of which marking teddy with a red pen and stuffing a make believe thermometer in its mouth for effect was essential.

My journey began as an auxiliary nurse on unfamiliar territory with two very renowned nursing sisters with reputations that proceeded. Little did I know I would embark on a career in nursing and follow the major themes of the Beveridge Report which outlined the principles of the Welfare State and consequently the National Health Service "From the cradle to the grave".

When I look back now I can visualise my very first interview. There I was dressed in my finest with my qualifications and personal profile held firmly in hand. Even then I was organised! I waited patiently for my name to be called when I was ushered into a small room with two stern figures sitting behind a desk staring at me over their precariously placed glasses. I felt an overwhelming fear that day that continued throughout my early nursing career. The memories flood back as I write and my name resonates, "Nurse Evans". Although I can remember the fear in retrospect I was clearly being moulded and shaped into a professional and efficient nurse. I remember (embarrassingly) helping a patient into their corset. I was so proud I had fathomed it only to find I had placed the corset on upside down! Being a genius I tied both suspender clips together at the top of each shoulder and finished clothing my patient. You'll be pleased to know I survived my time working with patients with minimal casualties and graduated as a Registered Nurse from Northumbria University. I am eternally grateful to both nursing sisters who believed in me, gave me support and guidance to enrol at University as a student nurse.

I qualified as a nurse in 1994 and landed my first position as Theatre and Recovery Staff. I soon missed patient contact and transferred my skills to general medicine, neuro-medicine and district nursing. It was during my time in the community a very dear friend of mine was diagnosed with terminal cancer. Feeling helpless and desperately wanting to help I trawled the internet and came across massage sites to help patients living with cancer. Having a close friend terminally ill ironically gave me the wisdom to enrol on a Holistic Therapy Course, find my niche and change my destiny.

I sit and reflect and visualise the moment I am presented with the Rose Award for the most outstanding student of the year at the end of year ceremony. I then see myself suited and booted at Southampton Port observing the captain welcome each guest as they wait to board the Crystal Symphony. My new chapter begins as a massage therapist working on board a large cruise liner and memories start flooding back; the fear, the apprehension and the overwhelming feeling of not having packed my sea legs! The year flew by; I travelled the world and the incident where I nearly missed the ship seems almost a distant memory. The day I forgot the time change was the day I was nearly left in Gibraltar! It was

also the same day Captain Marlon had his welcome evening and yes you guessed it, I was on the list of newbies!

They say life is a journey not a destination ... well it certainly is! From working on a cruise ship to living in Canada to working in a Luxury Spa as Senior Therapist and Trainer to having my own business to finally working in palliative care with terminally ill patients. *Being around people who are near to death is enlightening and is a daily reminder not to let life slip by unnoticed.*

In 2007 I began my journey in palliative care working as Complementary Therapy Team Leader at St Oswald's Hospice. Like many therapists I am qualified in a number of complementary therapies including; Aromatherapy Massage, M Technique, Reflexology, Reflexology Lymphatic drainage, Indian Head Massage, La Stone Therapy and Facials. I work full time leading and developing a large team of paid and voluntary therapists across many sites; inpatient, day hospice, outpatient, children and young adult's service. It is with utmost respect to the volunteers we are able to offer such a professional and valued service. I am extremely proud to be leading the complementary therapy service and it is a real privilege to be part of the multidisciplinary team and work with patients and their families at the end of life.

Every day is varied and I wear and juggle many hats! I am a Coordinator, Mentor and Guide, Confidant, Teacher, Infection Control Nurse, Fire Warden, Moving and Handling Facilitator and last but certainly not least a Therapist. Patients astound me to this day with their resilience and determination to set personal goals and achieve them. The patient who finds strength to attend their daughter's wedding, the patient who attends their son's graduation and the patient who wishes to get married and renew their wedding vows. *Being around people who are near to death is enlightening and it is a daily reminder not to let life slip by unnoticed.*

In 2011 (not letting life slip by unnoticed) I attended NACTHPC Unit Lead's Meeting at Help the Hospices in London. There I was feeling reenergised after a thought provoking day when I met Sarah Holmes. Sarah told me of her plans to join NACTHPC committee and I was keen to hear about future developments and be kept informed. We exchanged contact details and before long (after a little persuasion) I was travelling down to Birmingham to attend my first meeting. I was co-opted onto the committee and Sarah became Vice Chair.

Last Summer Chris West stood down as Chair, Sarah's Mum sadly died and both our father's became suddenly ill and died within an hour of each other. Understandably Sarah was not able to fulfil her role as intended and shortly after Chris stepped down we were communicating more than ever. Several phone calls later and a large phone bill Sarah and I agreed to take on the role as joint chair.

In anticipation Sarah and I are delighted to be hosting our annual conference at Warwick University. We will be joined by specialists who will be discussing the challenges and rewards of caring for people living with dementia; a subject currently under scrutiny in the media. The one day conference will be held at Warwick University on Wednesday 17th September with the opportunity to book overnight accommodation and dine at Rootes Restaurant.

Sarah and I look forward to welcoming you to conference in September.

Gaenor Evans, NACTHPC Co-Chair

Regional Group News

The South East Regional Group Meeting NACTHPC

The South East Regional Group met at the Pilgrims Hospice in Ashford in May. We had a great day packed full of a variety of inspirational people and topics. Thank you Martyn Yates (from Pilgrim's Canterbury) for organising another fantastic day with the help of Ann from Pilgrim's Ashford.

Heather Carolan, from Givaudan UK, started the day off with a fantastic presentation about the science of smell. The aroma industry is huge and it covers all types of products including perfumes, toiletries, cleaning products, food and drinks. Heather was very good at explaining the very complicated procedure of how we smell describing the anatomy of the nose and how we process this information that reaches our brain in a very simple and uncomplicated way. She explained that every item we purchase has a smell to it and the scientists are busy creating aromas that are pleasant to our noses but also are stable in the item they are being used. For example most bleaches or cleaning fluids are either lemon or pine as these are the only smells that are able to remain stable in these types of liquid. Research continues into how we actually do smell things, so the presentation created a lot of questions and lively debate as well as answering lots of questions too. We took part in a great experiment where we had to taste 3 different jelly beans (all red) we had to hold our nose with our fingers and put one of the jelly beans in our mouth and chew for a while and see if we could identify the flavour. Once we had chewed for a bit we could then let go of our noses – wow – we could then suddenly taste the flavour of apples/cherry/cinnamon, so taste relies so much on our sense of smell. This was an enlightening result as many therapists agreed that patients undergoing chemotherapy say they have lost their sense of taste, but maybe it is their sense of smell that actually has been affected?

We had a wonderful ploughman's lunch prepared by the chef at the hospice. We chatted and did some networking over lunch. There were many new members present at this meeting which is great to see new therapists being welcomed and joining the rest of the SERG members.

After lunch we heard from Sue Oliver of Pilgrims Hospice, Ashford, who explained about the Pilgrim's Hospice, Ashford (PHA) School's project. This project is designed to get school aged children into the hospice to make them aware of the great services and care the hospice provide to their patients. This is important work as there are such a lot of stereotypical views about what goes on in a hospice and many people still believe that it a place people go to die rather than a place they go to live. Sue explained that the children were brought in and paired up with a day patient and they did a craft task together for example making each other a badge. This enables the young person and the patient to chat with each other and create a bond. The young person can then go away with no fear of what happens in a hospice and pass on the news to their friends and family that the hospice is a wonderful safe place that provides so much support and care for their patients. This is a great way to educate everyone and raise awareness of the great services that our hospices provide.

Jacqui Cotterill a nurse at the Pilgrims Hospice, Ashford, talked about her experience as a volunteer first aider at the 2012 Olympics. This was very interesting and gave us all an insight into the preparation and planning that was involved in the whole process.

Then Jacqui showed us the different ayurvedic oils that are traditionally used. Being an ayurvedic therapist herself she explained the different ayurvedic therapies available and how they work. She also explained about the different Dosha's that people have (Pitta, Kapha & Vita) and how these affect your personality and physical body. If a particular dosha is over-active or overpowering then an imbalance in the body will be produced. The dosha's need to be in harmony and in balance to create a feeling of perfection and well-being. Ayurvedic medicine looks at all aspects of a person's lifestyle, diet, exercise, together with ayurvedic therapies to create harmony and bring back the balance in your body. *Sally Baker.*

Report of Unit Leads Meeting NACTHPC, April 2014

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 the title our employers gave 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 are aware of and carry out, it was interesting 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

Butterwick Hospice, Stockton on Tees Breathlessness Support Programme (Initial 1 year Pilot)

The programme is to help meet the needs of patients who have symptoms of breathlessness, related to a progressive non-cancer diagnosis. Together with Hartlepool Hospice we have developed a service which focuses on helping patients recognise and identify triggers which contribute to their exacerbations of breathlessness, develop coping strategies and self-management skills to enable them to cope at these times. The programme has been funded by NHS Hartlepool & Stockton on Tees Commissioning Group.

The service consists of a 1 day per week structured programme lasting 6 weeks, with a maximum of 8 patients on each rolling programme. The objectives of the programme are to:

- Provide an integrated support service working in collaboration with primary and secondary care.
- Provide patients with self-management tools.
- Increase social inclusion and peer support
- Deliver an innovative high quality service
- Signpost to other appropriate services
- To reduce avoidable admissions to hospital

Within the planned programme patients are offered sessions of complementary therapies to help them relax and ease some of their anxiety. Their main Carer is also able to access a therapy treatment during the programme and also be shown how to give a simple hand or foot massage to the patient to provide ongoing therapy at home.

Also within the programme patients receive:

- a weekly Relaxation Therapy session
- a weekly seated Tai Chi session
- access to Family Support
- access to Creative Writing
- 1x1 advice & support from nursing staff
- Benefits advice
- Bespoke support where applicable: medicine management; inhaler technique; smoking cessation

The programme commenced on 31st March 2014 and we would like to share with you a piece written by the last group of patients attending the programme.

*'Today we feel better because we feel well today
All the encouragement around us is making us feel stronger
And makes us feel positive, safe and loved
We are relaxed and confident within our surroundings
Today we feel fortunate to be supported with everyone around us
My massage has made me feel glowing, beautiful and giggly
Being with everyone has made us feel enriched and bright
And we don't feel blank anymore'*

もう忘れられてしまったんじゃないか？

そんな現地の声を聞いて考案した心をつなぐプロジェクト

HEARTFELT PROJECT

ハートフェルトプロジェクト

The Heartfelt Project

We all witnessed the media coverage of the devastating tsunami in Japan in March 2011. Our hearts ached for the loss and destruction experienced by the people whose families, homes and livelihood were swept away before their own eyes by the cruel force of nature. A year later, it was my privilege to be invited by Cocoro Charity to visit the area and offer holistic healing to the survivors of the tragedy.

Japanese people, especially those living in the more remote areas such as those affected by the tsunami, are conditioned by their culture not to burden others with their suffering. Even those who have lost so much in the tragedy are expected to keep their fears and worries to themselves. This lack of opportunity to express their feelings leads to severe mental health problems such as recurring nightmares, depression, high anxiety levels and in some cases, eventually suicide.

The Natural Power of Touch

It was against this backdrop of emotional suffering, that Takiko Ando, a Japanese aromatherapist, founded Cocoro charity to provide healing massage. The aim of Cocoro, which means Mind in Japanese, is to support the mental health of the local people by offering the space to share individual stories of suffering, loss and pain.

During my week in the area, I joined the team of therapists working in Rikuzentakata City, on the North East Coast of Japan, offering 15 minute hand and foot massages. This was the third visit by the charity, and once word went around that the Cocoro therapists were visiting, people of all ages queued for a massage. One lady told me that the massage was like a precious gift, bringing peace of mind and respite from inner turmoil. Another said she felt that my hands had touched her heart. One man talked and cried, and, despite the language barrier, his smile was testimony to the comfort that he had enjoyed.

Supporting and Teaching New Skills

It is now over three years since the disaster, and the situation in Rikuzentakata has not changed dramatically. There are still 10,000 people living in temporary houses without any certainty for their future. However, the positive news is that a few spirited local people gained such tremendous inner strength from Cocoro's healing massage that they are keen to learn new skills of sharing massage in the community. The work of the charity is now geared towards supporting this transition from victim to Aroma Care Worker – and in ensuring that we nurture their motivation not only with training and supplies, but also with regular visits and supervision sessions.

As part of our on-going support for the newly trained Aroma Care Workers, we have developed The Heartfelt Project. Whilst working with the local people, I soon learnt that even the smallest of gestures has the potential to make a tremendous difference. After the massage session, each person was given a small red felt heart with a drop of essential oil. This small token of the red felt heart has now come to symbolize 'heartfelt' caring and support from around the world, and holds a depth of meaning for the local people that words cannot express.

Join The Heartfelt Project

The idea of The Heartfelt Project is to demonstrate that we care by sending photos of adults and children from around the world, each holding a red felt heart. As time goes on, the people become even more afraid that the rest of the world will forget them. The Heartfelt Project is designed to nurture their inner spirit by remembering them so they feel less alone.

1. Simply cut out a small red felt heart, and then take a photo with your smiling face.
2. Try to show your location, country or company name on the photo.
3. Email your photograph to me and we will send these photos out to the local Aroma Care Workers.
4. If you wish to give a small donation to the charity to aid the funding and essential supplies then please contact me.



More information on Cocoro Charity:

<http://www.maryatkinson.com/about-me/cocoro/>

Mary Atkinson is the UK Representative of Cocoro, a Japanese charity providing aromatherapy and positive touch activities for the adults and children still living in the aftermath of the devastating tsunami.

Story Massage for Children in Palliative Care

The ancient art of storytelling is one of the oldest art forms in the world, crossing ages, traditions and cultures. We tend to think in the narrative and make sense of our world and our experiences through stories from a very young age. It is no surprise then, that stories play such a valuable part in therapeutic interactions with both adults and children, especially in palliative care settings. Story Massage helps enhance the healing power of story telling by offering a simple and fun way of introducing the many benefits of positive touch.

What is Story Massage?

Story Massage involves the use of simple massage movements (through clothes), which are associated with spoken words to build up an engaging story. Tracing a large circle on a child's back, for example, can depict the sun, while raking with the fingers can represent lion's claws. Storylines and massage moves can be adapted easily to suit the individual needs of different children. Story Massage is so accessible, with no preparation necessary, that it can be shared wherever and whenever the time feels right. And it can take as little as a couple of minutes or last as long as you wish.

Introducing Story Massage

The idea of developing Story Massage as a fun and interactive therapy began in 2012 when I was invited to work with children affected by the Japanese tsunami. Story Massage soon became, and continues to be, an integral part of a positive touch programme implemented by Cocoro Charity to help heal the emotional wounds of the children and adults in the disaster area. On my return from Japan, I teamed up with a colleague, Sandra Hooper, to create a one day accredited training session, supported by a book and DVD, to help share the benefits of Story Massage in schools, homes, hospices and wider community settings.

Story Massage at a Children's Hospice

Angela Garrett, Complementary Therapies Co-ordinator at Christopher's, a children's hospice in Surrey, attended one of our first story massage training days. She immediately began working one-to-one with story massage for children approaching the end of their lives, and found it brought a beautiful sense of calm and peace. She then introduced the idea to parents and grandparents, encouraging them to work with the children's favourite stories, or even creating their own massage stories especially written for the child.

The next step for Angela was introducing the idea to siblings as a way of offering special attention at such a difficult time. Angela wrote to us afterwards, full of enthusiasm about the success of a story massage session at a Siblings Day with 15 children attending. The children quickly grasped the idea and were eager to write and illustrate their own massage stories. They worked in groups to try them out and Angela says that there was much laughter, praise

and mutual connection as they massaged each other's backs and told their stories.

'It was a wonderful, fun-filled day,' Angela says, 'and so rewarding to hear that the children wanted to share their stories with their families too. Afterwards, parents were keen to tell me how much the siblings had benefitted from the story massage session.'
Spreading the Word

Inspired by Angela's work, Caroline Brown, Complementary Therapies Co-ordinator at Shooting Stars CHASE in Hampton, attended a training day and reported the same spontaneous and joyful sense of connection from the siblings as they began creating and sharing their own massage stories with each other.

We've also been delighted to share Story Massage with nurses and therapists at Zoe's Place Baby's Hospice in Liverpool where the positive response and creative ideas were so heartwarming. And now we are looking forward to running an in-house Story Massage training day at Rachel Children's Hospice in Kinross, Scotland in early September. We've just heard that members of the activity teams, sensory working group and homecare team are all attending the day.

Story Massage for Adults

Story massage is not just for children. We've been working with staff at care homes, hospitals and hospices to introduce ways of using story massage with people with dementia. The familiarity of stories combined with the gentle nurturing power of touch can bring comfort, ease restlessness and maybe even prompt some happy memories.

We've also received this moving feedback from Denise James, a complementary therapist in Scotland.

'I have been privileged to work with a lady in her 30s who has primary school age children. She is a palliative patient. The story-telling massage has given her something positive to share with her daughter; she is so excited. They are going to write a story together based on their favourite story and create a picture storybook with massage movements to share with each other. She plans to keep this in her daughter's memory box so that in years to come she can have a very positive memory of how she helped her mummy.'

Would you like to know more about Story Massage?

Do visit our website www.storymassage.co.uk to find out more about our book and DVD, and our FHT accredited and in-house training days.

Mary Atkinson
01243 779600
info@storymassage.co.uk

story massage

www.storymassage.co.uk

**Accredited Day Course and In-House Training with Mary Atkinson and Sandra Hooper,
authors of *Once upon a touch... story massage for children***



Training Dates:

Thursday 25th September 2014, London SE11, £95

Tuesday 14th October 2014, Cambridge. £95 (book by September 2nd 2014 for early bird rate of £80)

Friday 11th November 2014, Herne Bay, Kent. (book by October 2nd 2014 for early bird rate of £80)

Friday 14th November 2014. Bournemouth. £95 (book by October 2nd 2014 for early bird rate of £80)

Facilitators:

Mary Atkinson and Sandra Hooper are massage therapists with experience of using positive touch activities in many different settings including palliative care.

Course content:

Ten simple massage strokes form the basis of our training, book and DVD.

You will learn these strokes and then we will work together to create massage stories of your own.

This will help build confidence with using story massage in the way that most suits you.

It is fun and interactive, just like story massage!

**To book your place and find out more information about in-house training opportunities:
contact info@storymassage.co.uk More information on the website: www.storymassage.co.uk**

Thank you so much! You have given me a wonderful and adaptable tool for my 'tool kit'.

The training gave me confidence to facilitate Story Massage sessions.'

Angela Garrett, Complementary Therapy Co-ordinator, Christopher's Children's Hospice.

Traditional Therapy Training

www.elementalhealth.net

info@elementalhealth.net

07931 222414

Course Dates 2014

3rd September – Module 2 Holistic Approaches to Symptom Management in Specialist Palliative Care

25th and 26th September – Crystal Workshop

27th September – Crystal Acupuncture

9th and 10th October – Stress Release Massage

25th and 26th October – ART of Touch Professionals

8th November – Module 3 Holistic Approaches to Symptom Management in Specialist Palliative Care

29th November – Guided Visualisation

30th November – Using Positive Words and Creating Affirmations

12th December – Understanding Energy

Reiki Training available by arrangement

For more course dates visit:

<https://www.google.com/calendar/embed?src=7pf9pg881nkm36j2d77ddl35h8%40group.calendar.google.com&ctz=Europe%2FLondon>

THE 'M' TECHNIQUE® AT THE COTSWOLD CARE HOSPICE

The 'M' Technique Practitioners Course

Are you interested in therapeutic touch for 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: The Cotswold Care Hospice, Gloucestershire

Dates: This is a two day course, and will be held on Saturday 18th October and Sunday 19th October 2014.

Course fees: £200

For further information and booking please contact:-

Philippa Hunter 01453 756143, or at pharoma01@sky.com

or go to www.mtechnique.co.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 3rd July 2015 |
| Aromatherapy : Challenging Symptoms and Conditions | 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. |
| Adapting Head Massage for Hospice & Cancer Care | Sat 25th & Sun 26th April 2015 |
| 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 29th November 2014 or Sat 4th July 2015 |
| Breathlessness; Minimise the distress & maximise the breath | 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 | 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 |
| Exploring Hand Reflexology | Sat 29th & Sun 30th November 2014 |
| <i>HYPNOREFLEXOLOGY</i> | Sun 17th May 2015 |



| <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> | |
| 16th Clinical Reflexology Conference Theme: The debates | Saturday 14 th May 2016 |
| <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

Events calendar; Seven Wellbeing Centre at Butterwick Hospice

Complementary Therapy Diplomas

Diploma training in Reflexology, Massage, Aromatherapy, Complementary Therapies as well as core ITEC modules and level 3 certificate in Anatomy, Physiology and Pathology for 2014/2015. Enrolling now for September 2014 start date

Reiki (levels 1 and 2 and practitioner course)

Training from beginner to practitioner level in Reiki. Reiki One and Two attunements are run as weekend courses. The practitioner course consists of a range of range of workshops to complement the attunements.

Reiki two Attunement: Saturday 20th and Sunday 21st September (also 3x reiki share evenings)

£200

Practitioner course 5 days (also 12x Reiki share sessions):

£760

Sunday 19th October

Sunday 9th November

Sunday 18th January

Sunday 15th March

Sunday 31st May

Daoyin Tao Practitioner Course

FHT accredited 4 Day course running on the following dates:

Saturday 27th and Sunday 28th September

Saturday 25th October

Saturday 22nd November

Daoyin Tao, 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. As it works predominantly to release stress and tension in these areas, it is particularly helpful in relieving neck and shoulder pain, inducing deep relaxation and relieving problems such as headaches and sinus problems.

A full treatment lasts around 30 minutes and does not require the removal of clothing, making Daoyin Tao the ideal therapy for busy working clients who may wish to access treatment during their lunch break. This makes Daoyin Tao the ideal therapy to compliment any practice.

Currently Daoyin Tao practitioner courses are only available through Seven Wellbeing Centre Ltd.

£340

Advanced Essential Oils Workshop

Sunday 26th October

The day is aimed at all Aromatherapists interested in the expansion of the oils they currently use within practice. Participants must have a level 3 Diploma in Aromatherapy. This workshop looks at the properties, chemistry, contraindications and uses of 16 essential oils and 2 carrier oils not covered in the Level 3 Aromatherapy Diploma training.

£60

Seven Wellbeing Centre Ltd

Events calendar; Seven Wellbeing Centre at Butterwick Hospice

Indian Head Massage

Saturday 15th and Sunday 16th November

Two day workshop is for anyone with an interest in Indian Head Massage. Previous experience is not required. The training has a largely practical element and will provide the learner with basic skills and knowledge to allow them to practice Indian Head Massage safely.

Learners with a professional qualification in massage will be able to extend their scope of practice. A certificate of attendance will be issued for CPD purp

Level 4 Certificate in Palliative Care

To commence September 2014

This 4 month course is awarded by Teesside University and has been developed specifically to support complementary therapists from all disciplines in developing the necessary skills and knowledge to provide care within cancer and palliative settings.

Learners must have a minimum of level 3 qualification in their chosen therapy but previous palliative care experience is not required. The course attracts CPD points with both CThA and FHT will be able to extend their scope of practice. All fees from training support the free care we currently provide for adults and children within Butterwick.

All fees from training support the free care we currently provide for adults and children within Butterwick Hospice. For further information or to book a place please contact Emma Sanderson 01642

For more information on any of the above events, please contact Emma Sanderson at:

Seven Wellbeing Centre Ltd on 01642 662 785 or email gwynfeatonby@butterwick.org.uk.

All fees from training support the free care we currently provide for adults and children within Butterwick Hospice





Post-Graduate Precision Reflexology

October 25th/26th 2014 - Jan Williamson

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

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

September 27th/28th 2014 - Rhiannon Harris

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

Use of Essential Oils in Rest, Recovery and Repair

29th September 2014 - Rhiannon Harris

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

HypnoReflexology©

June 14th 2014 - Peter Mackereth

HypnoReflexology© has been developed to bring together therapeutic concepts from hypnotherapy and creative imagery with the art and skill sets of reflexologists. For example utilising deep relaxation combined with reflexology to explore and suggest ways of helping with a chronic symptom or making changes to improve health e.g. pain, smoking cessation.

Foundation in Complementary Therapies in Cancer Care

September - October 2014

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



For further details contact: Angela Green
Clinical Lead Complementary Therapy, Velindre Cancer Centre,
Whitchurch, Cardiff, CF14 2TL
Tel: 029 20615 888 Email: angela.green@wales.nhs.uk Web: <http://www.wales.nhs.uk/cancercentre>

Velindre Cancer Centre
Canolfan Ganser Felindre



Poetry and Prose, etc.

(little snippets like this sometimes mean a lot!)

Seek NOT to be accepted,
Seek to be YOU
And accept yourself
For whom YOU are

Aine Belton

You weren't born to hide in the shadows

BEGIN

Begin again to the summoning birds
to the sight of light at the window,
Begin to the roar of morning traffic
all along the Pembroke road.
Every beginning is a promise
born in the light and dying in the dark
determination and exaltation of springtime
flowering the way to work.
Begin to the pageant of queuing girls

The arrogant loneliness of swans in the canal
Bridges linking past and future
Old friends passing though with us still.
Begin to the loneliness that cannot end
Since it perhaps is what makes us begin,
Begin to wonder at unknown faces
At crying birds in the sudden rain
At branches stark in the willing sunlight
At seagulls foraging for bread
At couples sharing a sunny secret
Alone together while making good.
Though we live in a world that dream of ending
That always seems about to give in
Something that will not acknowledge conclusion
Insists that we forever begin ...

Brendon Kelly

Just for today, I choose to ...

Acknowledge that I do
have the power to change things,
and make the decision to
take the first steps towards
making things better in my life.

Universal Laws

Law of Mechanical Repair: After your hands become coated with grease, your nose will begin to itch.

Law of the Workshop: Any tool, when dropped, will roll to the least accessible corner.

Law of the Telephone: When you dial a wrong number, you never get an engaged tone.

Law of the Alibi: If you tell the boss you were late for work because you had a flat tyre, the next morning you will have a flat tyre.

Variation Law: If you change queues, the one you have left will start to move faster than the one you are in now.

Bath Theorem: When the body is immersed in water, the telephone rings.

Law of Close Encounters: The probability of meeting someone you know increases when you are with someone you don't want to be seen with.

Law of the Result: When you try to prove to someone that a machine won't work, it will.

Law of Biomechanics: The severity of the itch is inversely proportional to the reach.

Theatre Rule: At any event, the people whose seats are furthest from the aisle arrive last.

Law of Coffee: As soon as you sit down to a cup of hot coffee, your boss will ask you to do something which will last until the coffee is cold.

And some Universal Truths...

Triangular sandwiches taste better than square ones.

You're never quite sure whether it's against the law or not to have a fire in your back garden.

You always feel a little bit scared when stroking horses.

The smaller the monkey the more it looks like it would kill you at the first given opportunity.

Nobody ever dares make cup-a-soup in a bowl.

Driving through a long dark tunnel makes you feel excited.



National Association of Complementary
Therapists in Hospice and Palliative Care

NACTHPC

Conference

and 14th AGM

Wednesday 17th September 2014

"Exploring Dementia"

at

**University of Warwick,
Coventry**



NACTHPC Conference 2014, University of Warwick, Coventry

Programme: 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 **Tommy Whitelaw**

Tommy's passion to raise awareness of dementia and the impact on families grew from his own experience of caring for his mum. He is now working on a project collecting stories from carers ('Dementia Voices') and travels the country speaking to health and social care workers and others ('Tommy on Tour')

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 **Massage and Bright Light Therapy for People with Dementia, Kim Forde**
and

**Caring for someone with dementia from the perspective of a daughter
who is a complementary therapist, Angela Cardew**

Angela and Kim are both therapists from St Barnabas Lincolnshire Hospice

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 no. _____

Any specific requirements? eg. diet, access _____

Wednesday 17th September 2014

| | | |
|------------------------------|-------|--|
| Conference fee (members) | £ 95 | |
| Conference fee (non members) | £ 105 | |

Tuesday 16th September 2014

| | | |
|--|------|--|
| Dinner, bed and breakfast in single ensuite room on campus | £ 90 | |
|--|------|--|

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

| | |
|--------------|--|
| Total | |
| £ | |

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

Cancellations after 3rd September 2014 cannot be refunded.



Your committee needs YOU!!

We are always looking for new committee members to join us, and in particular we would like to elect a new member of the committee with the knowledge and experience to take on the role of IT Advisor. This will enable us to manage and promote wider use of the NACTHPC website and social networks and use technology effectively to support the work of the committee and members across the country.

If you think that you might be able to help, or wish to find out more information, please contact

Sarah Holmes or Gaenor Evans via: chair@nacthpc.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?

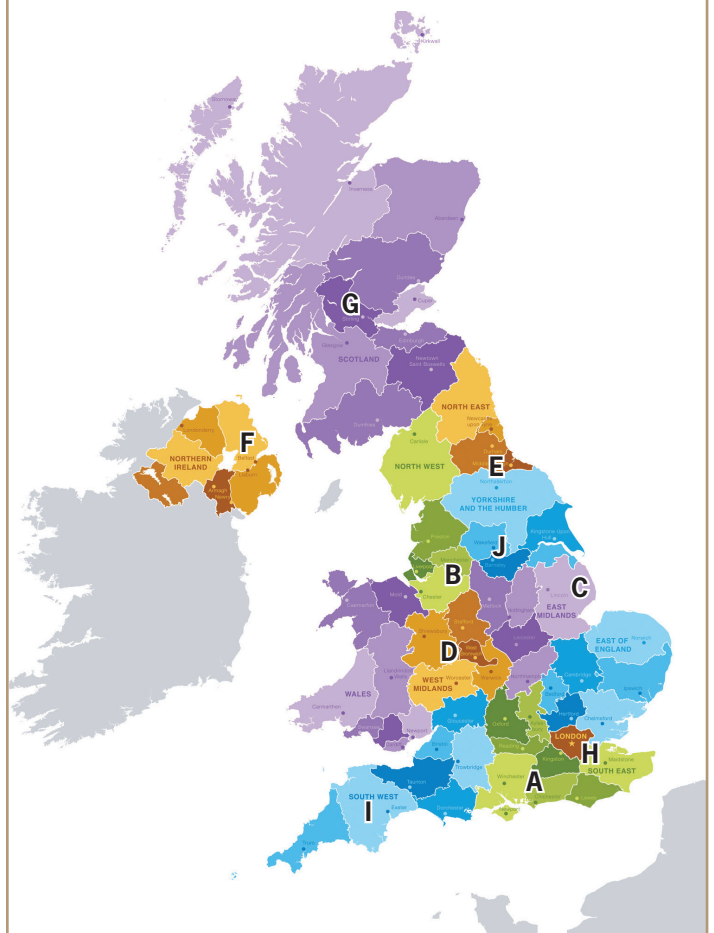
Then please email Stella Reeve
at St Richards Hospice, Worcester:

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 |
|----------------|---|---|
| Ruth Davies | Unit Leads Co-ordinator | 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 | |
| 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 | Heather Dawn | heatherdawn.mail@googlemail.com | Prince of Wales Hospice |

“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 16th October 2014. Next edition published November 2014.

Dates for your Diary

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

| Date | Event/Venue | Contact |
|---------------------|--------------------------------|--------------------------|
| 17th September 2014 | NACTHPC 13th Annual Conference | See advert in this issue |

NACTHPC

Annual Conference and 14th AGM

Wednesday 17th September 2014

“Exploring Dementia”

University of Warwick, Coventry