

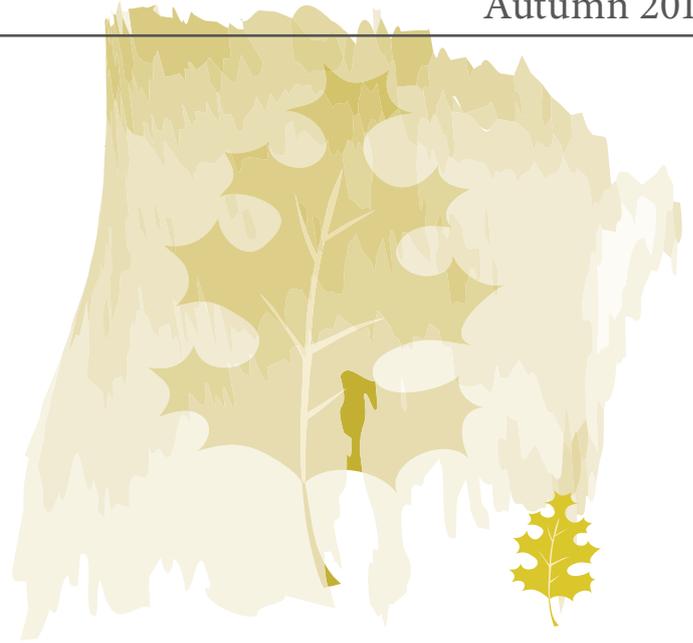
THE LINK

NEWSLETTER



Issue 43

Autumn 2014



- Letter from the Joint-Chairs • Regional Group News •
- NACTHPC Annual Conference 2014 Reports •
- Education and Training • Poetry and Prose •

from the editor

As the beauty of summer begins to leave and the ripeness of autumn opens to us, I begin to feel a little nostalgic about the year that has passed. No doubt, autumn bears the fruits of our labours but have we fulfilled some of our dreams and hopes?

On that note I want to inform you that I have resigned from the NACTHPC Executive committee and ultimately from my post as editor. My wife and I have decided to retire and move to the Cotswolds. We want to do the things and enjoy the moments that we never seemed to have the time to do when we were working. I leave NACTHPC with some sadness but with very fulfilling memories of my time spent as a member and serving on the committee. My work in palliative care has also been immensely fulfilling. The colleagues I have worked with and the patients I have helped have greatly enriched my life and I go into my "autumn" with this ripeness and richness in my heart. For a while it will be a little wintery as we adapt to our changes but I know another spring awaits us and another summer will enter our lives.

Thank you all for what you have enabled me to experience and learn and I wish you all much success, joy and fulfilment for the future

Vedant Wood

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(Only until the end of December. The new editor will be announced in the following year once the post has been filled.)

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 NACTHPC either by post or by e-mail

THANK YOU

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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 Joint-Chairs

Have you ever wondered what has gone on behind the scenes of a seemingly perfectly executed occasion? If so read on ...

All in a Day's work!

Our conference took place on 17th September (only a matter of weeks ago really) but it feels like a distant memory; yet a memory that may instantly conjure up the words emotional, thought provoking and inspiring.

However, if your joint Chairs reflect back a little further we could easily use the words concern, apprehension and stress to describe how we felt prior to the conference. Less than a month to go until the conference we only had twenty two delegates confirmed including committee members and as a committee we would be obligated to pay for 20 over-night stays and so far had 15 booked which included committee members. Guest speaker profiles had not materialised and on 7th September we learned a speaker could no longer attend so were in need of a replacement. In addition to this requiring our attention we continued to juggle our 'day jobs'.

So as you can imagine there was suddenly a constant stream of emails, texts and phone calls between frantic committee members. I recall telling Gaenor that it was such a huge amount of work being put into the conference, by only a handful of people, for a relatively low number of delegates that I for one did not think it was worth considering holding a conference in 2015.

Those of you who attended the conference will remember the fabulous presentations given by speakers, in fact your feedback told us you found it: fascinating, outstanding, excellent, informative, fun and moving. I give credit to Gaenor Evans, my Joint Chair and the Treasurer Islay Grieve for pulling the day together. The threads that were low delegate numbers, misplaced information and the lack of a speaker were expertly woven into what was a great day.

Post conference news – Conference 2015

As a result of all the praise and positive comments about the conference you will be delighted to know we are going to host a conference next year and plans are already underway. Feedback on the conference evaluation forms suggested an alternative venue for the conference would be appreciated and we are currently looking at other possibilities. We will let you know the result.

As already alluded to an enormous amount of effort goes into providing a conference and as we currently have 40 individual members and 88 unit members (each unit could have up to 30 plus therapists) the committee would love to see more of you join us next September.

Sarah & Gaenor, Joint Chairs

Regional Group News

The Yorkshire Regional Group NACTHPC

The Yorkshire regional group (pictured below) got together at St Catherine's Hospice in Scarborough on the 22nd September 2014. Many members car pooled and had enjoyable journeys to the coastal destination. A warm welcome was received from Claire Edwards.

The Yorkshire regional group meets twice a year for a full day that includes an educational element. Good friendships have been forged throughout the group and warm wishes were exchanged between group members on arrival. I was personally overwhelmed with well wishes, flowers and cards for my recent wedding ... what a fantastic team we have here in Yorkshire!

The day opened with a wonderful talk from John Wilson, Bereavement Counsellor and Publisher. John gave a very informative and detailed talk to the group about Bereavement explaining what grief and grieving is and how we can give patients/carers the space to experience the emotional pain of grief; the various emotions people may experience and the cycle of grieving. He also encouraged us to listen, allowing them to talk, be compassionate, tolerant and



understanding as well as not giving patients the 'meaning' for their loss, but encouraging them to find this themselves; and also on how to continue bonds in a healthy way with the deceased. John also bought along a few copies of his recently published book 'Supporting people through loss and grief' which is available on Amazon.

Following a fantastic lunch at the Hospice a guided tour was provided around this marvellous facility. The group participated in an open forum of discussion giving time to raise questions and support each other through reflection and discussion of experiences.

All in all the day was both informative and supportive. I am hopeful that members will join us at the next regional group meeting on the 12th March 2015.

Heather Dawn Fields – Yorkshire Regional Group Chair

NACTHPC 14th Annual Conference 2014 - Reports

Namaste Care Programme – Min Stacpoole Research Nurse – Namaste Care Programme Action Research Study

Min gave an excellent talk about the implementation of the Namaste Care Programme for people with advanced dementia at the end of their lives as part of a study involving six nursing care homes in south London.

I would like to share with you some of my learning from Min's talk.

People with dementia stay emotionally intact whilst deteriorating cognitively and functionally, although this might not always be recognised and acknowledged.

The dementia disease trajectory is slowly progressive, with low function over a long period of time. Death often comes as a surprise, however, and is often unplanned for.

There is good evidence to show that the provision of End of Life (EoL) care for those with dementia lags behind that of other diseases such as cancer.

Hospital care is risky for people with dementia. They have more inappropriate interventions, less symptom management and spiritual care and less EoL planning and care.

32% of people with dementia die in hospital, 59% die in an institution, 8% die at home (usually sudden and unexpected from an acute event). Less than 1% have a planned for death in a hospice.

Most people with advanced dementia live and die in care homes. Typically they might have only a few minutes a day of non-nursing interaction with those looking after them.

Reminding us of the quote from Dame Cicely Saunders – “You matter because you are you, and you matter to the end of your life, and we will help you not only to die peacefully but to live until you die” – Min posed the question: What can we do to help people who have dementia live until they die? What can we do to help give meaning and pleasure to their lives?

The Namaste Care Programme goes some way to providing an answer. It was introduced to the UK by Professor Joyce Simard who has also written a book about the programme.

Namaste is a Sanskrit word meaning “to honour the spirit within.”

The programme was designed for the residents of nursing homes who have advanced dementia; who are no longer able to engage with normal activities and are often, therefore marginalised and ignored.

A systematic review of the literature by Kong *et al* in 2009 identified that the top four non-pharmacological interventions for agitation which had at least a moderate effect were aromatherapy, thermal bath, hand massage and calming music.

The Namaste programme incorporates elements of these – it is an advanced nursing programme combining best practice dementia care and best practice end of life care.

It is cost neutral because it makes best use of nursing staff and existing space and doesn't require expensive equipment. It does, however, require a willingness to change practice across the whole team and good leadership to ensure its success.

Key elements of Namaste Care

1. Presence of others
2. Comfort (pain management)
3. Sensory stimulation using all 5 senses but particularly touch
4. Meaningful activity
5. Life story work
6. Family meetings
7. Care staff education
8. Care of the dying
9. After death reflection

The participants in the group are brought to a dedicated space for Namaste care. This happens seven days a week for most of the day excluding mealtimes and time of nursing interventions. The group can be cared for by one nurse at a time in rotation, which frees up staff that might otherwise be going from room to room.

Each person is greeted by name, made comfortable and assessed for pain or discomfort.

Having everyone together for most of the day, leads to a greater awareness of changes in the patient's condition by the nurses which might not otherwise have been picked up. There is a more immediate response to agitation and improved symptom management as a result.

A calm environment is created with dim lights, essential oil diffuser, soft music, green plants, maybe nature videos.

Care is given as a meaningful activity rather than a merely functional one, for example, nutrition and hydration are addressed by offering tempting food treats or fruit smoothies. Hand cream might be applied incorporating a gentle hand massage, thereby communicating caring touch.

Patients often connect with “friends” in the form of dolls and lifelike toy animals which they can nurture or cuddle.

Patients tend to respond well to nature – this can be brought in from the outside – for example lilac blossoms in spring or cinnamon and spice aromas in winter.

The patient's families are encouraged to get involved – they can provide information regarding the person's life story triggers and their likes and dislikes. Family members and care home staff are encouraged to be creative in thinking of ways to gently engage the patient.

The results of the study were very positive. Namaste Care was welcomed by the residents, their families and the care staff. Where there was good medical and nursing care, the programme significantly enhanced the quality of life of the residents.

It was a pleasure to hear of this kind of concerted compassionate care in action; giving it form and structure gives “permission” to the staff to deliver heart-centred care that is not task oriented. I hope it will be adopted across the sector.

Min was very willing to share information and you can obtain a copy of the research report by emailing her at m.stacpoole@stchristophers.org.uk for a copy of the research report

Chris West

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.

Steve’s speech was very well presented. He was very passionate about his dementia work as well as being engaging, informative and very interactive with fun elements alongside emotive ones. The points he demonstrated were very thought provoking with the use of excellent analogies to demonstrate his points. e.g. He mentioned the brain as being like a bunch of fairy lights:

BRIGHT & WHITE LIGHTS = HEALTHY BRAIN FUNCTIONS

FLICKERING LIGHTS = FAILING BRAIN FUNCTIONS

GREY OR EXTINGUISHED LIGHTS = NEGATIVE BRAIN FUNCTIONS

He also gave an analogy to demonstrate short term memory loss in dementia by using the normal method of loading a bookcase. The books represent memories at different times in life and what the effects may be to a dementia sufferer if the bookcase gets knocked time and time again. Naturally, the lightest books eventually fall out of the first shelf and those memories are lost. Consequently, this has a negative effect on the sufferer. When the next level is knocked, the books fall out and further memory is lost and so on until sometimes total memory loss occurs.

EQUATES TO DEMENTIA SUFFERER

Shelf	Book sizes	Memories	Body area	What occurs
Top Shelf	Lightest books	0-20 years ago	Shoulders upwards	Loss of memory from present and up to 20 years ago
2nd Shelf	Medium size	20-40 years ago	Hips to shoulders	Further loss of memory
3rd Shelf	Heavier size	40-60 years ago	Knees to hips	More memory loss
Bottom Shelf	Heaviest books	60-80years ago	Feet to knees	Sometimes total memory loss

I believe we all took something away from Steve’s presentation and it would be useful in particular to how carers and sufferer can have a better perception of what to expect at each stage of deterioration.

I hope that many of us at the conference who heard Steve would undertake to do the “Train the Champion” course and to be equipped to give talks to many others as Steve so eloquently did

Julie Tompkins

“Your Aromatic Mind” – European Plants and Potentials For Dementia Therapy – Nicolette Perry

Our last presentation of the day was given by Nicolette Perry who is managing director and foundation in plant medicine and director at Dilston Physic Garden (www.dilstonphysicgarden.com). She has been studying European plants and potentials to aid health for the last 3 years and has recently attended the Botanica Conference in Belfast to gain knowledge on essential oils for dementia.

The presentation was carried out via internet link (which was very successful) It was a shame that we could not see her though (next time can we have video link too?).

She reported that there is evidence that certain essential oils contain certain properties that will ease some of the symptoms of Dementia. This is not a cure but can help to delay on the onset of more severe symptoms. Also some oils can ease anxiety, such as lavender, chamomile, lemon balm, valarian, neroli and Melissa.

Oils such as Rosemary can boost memory levels. Oils such as peppermint are known to be neuro protective, promoting neuro transmission within the brain. This can also take place if the client has lost of sense of smell. Rosemary is known to help boosts the memory. Essential oils that contain more alcohol are usually calming and those that contain more pinene are stimulating.

In summary essential oils that contain antioxidant and anti-inflammatory properties are protective agents in Alzheimer’s disease.

It was very interesting and helpful for the members to be able to have this information and advice for the use of essential oils with Dementia patients.

Sally Baker

Dementia Voices – Tommy Whitelaw

This was my third conference and as usual it was very informative. Meeting everyone was an enlightening experience as we delivered our therapies in many different ways and sometimes in an environment not so understanding in what we are trying to achieve.

I was especially moved by the talk given by Mr Tommy Whitelaw, who shared with us his own experience of caring for his mother who had dementia. Initial I was expecting a story of their life around this illness, how wrong I was.

This ‘story’ was the most moving, sad, informative but inspiring I have ever heard. There was hardly a dry eye in the audience

when he finished. He talked of the struggles they both endured, but what actually shocked me was the poor response from health professionals. He talked of health professionals in lots of different ways but what stood out to me was how he described those that did help, inspiring and caring, words you feel should describe all who are in the caring profession.

I felt shame at this very poor response to this family in need and to think there are hundreds, if not thousands out there in similar situations as Tommy and his mother. If we are to respond to the predicted response to those people with dementia then we need to gather ourselves up and perform in the way a professional should, with compassion, understanding and how we would want ourselves and our family to be cared for. Let's hope we can meet the needs of all those people out there.

As a therapist we can help by providing therapies for 'informal' carers and deliver training to 'formal' carers in a Care Facility i.e.: Hand Massage Training. As Complementary Therapy Co-ordinator within a hospice it is my place to ensure we continue the work of the few so as to make sure it reaches the many.

If we all start with a little it will grow and I believe we can make a difference. Tommy is now working on a project collecting stories from carers called "*Dementia Voices*", He travels the country (Tommy on Tour) speaking to health and social care workers and other professionals and interested people.

Pauline Burdsall

Poetry and Prose, etc.

I Promise Myself

To be so strong that nothing can disturb my peace of mind.

To talk health, happiness and prosperity to every person I meet.

To make all my friends feel that there is something worthwhile in them.

To look at the sunny side of everything and make my optimism come true.

To think only of the best, to work only for the best and to expect only the best.

To be just as enthusiastic about the success of others as I am about my own.

To forget the mistakes of the past and press on to the greater achievements of the future.

To wear a cheerful expression at all times and give a smile to every living creature I meet.

To give so much time to improving myself that I have no time to criticise others.

To be too large to worry, too noble for anger, too strong for fear and too happy to permit the presence of trouble.

To think well of myself and to proclaim this fact to the world, not in loud words, but in great deeds.

To live in the faith that the whole world is on my side as long as I am true to the best that is in me.

Traditional Therapy Training

Gothic Cottage, Ackton Lane, Acton, Pontefract, WF7 6HP
www.elementalhealth.net
info@elementalhealth.net
07931 222414

Course Dates 2015

Reiki Training available by arrangement

17th and 18th January – Subtle Aromatherapy

6th and 7th February – Crystal Workshop

8th February – Crystal Acupuncture

28th February and 1st March – Stress Release Massage

13th March – Module 1: Holistic Approaches To Symptom Management in Specialist Palliative Care

21st and 22nd March – ART of Touch Professionals

MORE DATES TO FOLLOW

Courses can be arranged on a date to suit for 4 candidates or onsite for larger groups

For more course dates visit:

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





COMPLEMENTARY THERAPY COURSE LISTING

Standalone Study Days	DATES
Aromatherapy courses	
Aromatherapy : For use in Clinical Settings	Sat 14th & Sun 15th Feb 2015; Sat 13 & Sun 14th Feb 2016
Aromatherapy Using Essential Oils in Acute Cancer Care	Sat 12 Sept 2015; 10 Sept 2016
Aromatherapy : Challenging Symptoms and Conditions	Sun 13th Sept 2015; 11th Sept 2016
Massage and Touch Therapies	
Creative Approaches to Massage in Cancer Care	Sat 31st Jan & Sun 1st Feb 2015; Sat 30th & Sun 31st Jan 2016
Adapting Chair Massage for Hospice & Cancer Care	Sat 21st & Sun 22nd Feb 2015 Sat 20th & Sun 21st Feb 2016
Adapting Head Massage for Hospice & Cancer Care	Sat 25th & Sun 26th April 2015; Sat 23rd & Sun 24th April 2016
Hearts Process	Sat 20th & 21st Sept 2014; Sat 18th & Sun 19th July 2015
Chair Masterclass	Sat 26th Sept 2015
Mind Therapy courses	
Adapting Relaxation & Creative Imagery for Individual & Groups	Sat 20th & Sun 21st June 2015; 18th & 19th June 2016
Anxiety States	Sat 4th July 2015 ; 21st Nov 2015
Breathlessness; Minimise the distress & maximise the breath	Sat 17th & Sun 18th Oct 2015; Sat 15th & Sun 16th Oct 2016
Cognitive Behavioural Therapy: uses & potential for supportive care	15th Nov 2015
Mindfulness MRE Workshop 1	24th & 25th Jan 2015, 24th & 25th Oct 2015
Mindfulness MRE Workshop 2 Teaching MRE to clients in 1-2-1 sessions.	12th & 13th Dec 2015
Mindfulness MRE Workshop 3 Teaching MRE to groups.	28th Feb & 1st Mar 2015, 30th & 31st May 2015, 16th & 27th Apr 2016
Neuro Linguistic Programming (NLP)	Sat 7th & Sun 8th Nov 2015
Panic & Phobia	Sun 5th July 2015 ; Sun 22nd Nov 2015
Transactional Analysis: an introduction to develop your skills	Sat 14th Nov 2015
Reflexology courses	
Adapting Reflexology for Hospice & Cancer Care	19th & 20th Sept 2015

Adapted reflexotherapy for Spinal Pain and Whiplash	Sat 3rd & Sun 4th Oct 2015
Clinical Reflexology I, - Expanding Your Skills	Sat 10th & Sun 11th Oct 2015; Sat 8th & Sun 9th Oct 2016
Clinical Reflexology II, - Master Class	Sat 13th & 14th Feb 2016
Exploring Hand Reflexology	Sat 5th & Sun 6th Dec 2015
HYPNOREFLEXOLOGY©	Sun 17th May 2015
Additional Clinical courses	
Clinical Issues in Cancer Care	Fri Sat 3rd Sept 2016
Coordinating & Developing Complementary Therapy Services	Fri 6th & Sat 7th Nov 2015
Evaluation, Evidence & Research for Complementary Therapist & Coordinators	Sun 8th Nov 2015
New - End of Life Approaches to Complementary Therapies	Sat 14h & Sun 15th Nov 2015
Practical Issues in Cancer Care	Sun 6th Sep 2015; Sun 4th Sep 2016
Conferences	Dates
2nd Aromasticks & Essential Oil Conference Working with Challenging Symptoms and concerns	Saturday 16th May 2015
16th Clinical Reflexology Conference	
Theme: The debates	Saturday 14th May 2016
Packages and Diplomas	
Aromatherapy and Cancer Care Diploma	Hypnotherapy Diploma in Healthcare (dates available on request)
Aromatherapy 5-day Post-Graduate Certificate	Relaxation & Creative Imagery Interventions Diploma
Clinical Reflexology Diploma	Adapting Complementary Therapies for Cancer Care 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 2015. Enrolling now

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:

£200

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

£760

Sunday 18th January

Sunday 15th March

Sunday 31st May

First Aid Course

One day course is approved by the HSE and provides certification as required for insurance and registration with the large complementary therapies organizations. The training can be undertaken as the recommended 3 yearly update required by insurers.

£65

Daoyin Tao Practitioner Course

FHT accredited 4 Day course

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

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

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

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 info@sevenwellbeingcentre.org.uk.

**Seven Wellbeing Centre
Middlefield Road
Stockton on Tees
TS19 8XN**

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

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?

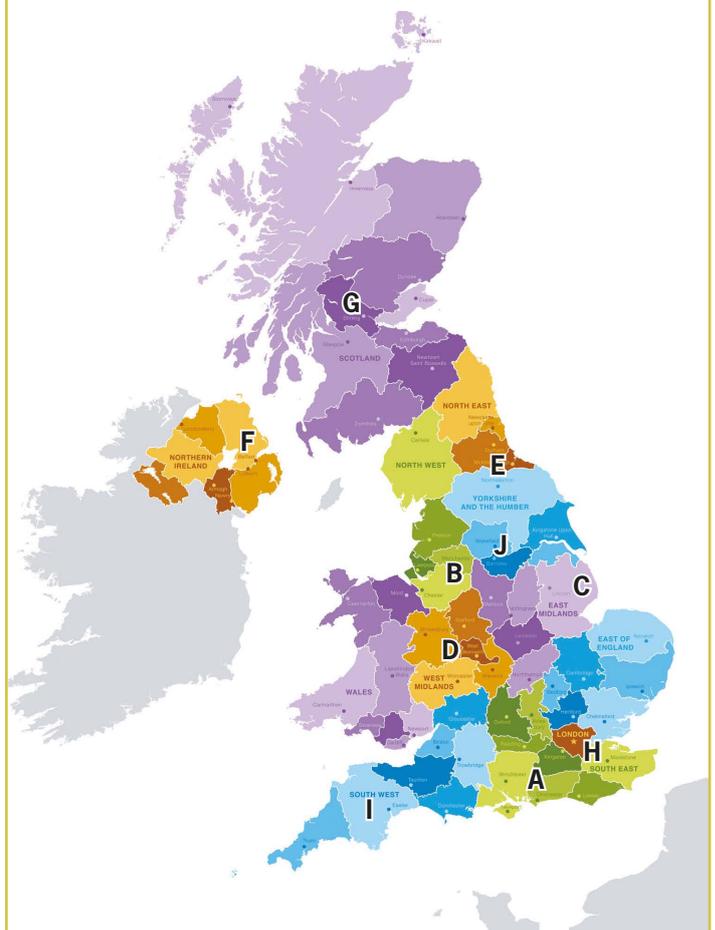
Would you like to be kept informed of useful events, training courses etc?

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
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NACTHPC Regional Groups

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G Scottish			
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 Fields	heatherdawn.mail@googlemail.com 07931 222414	Traditional Therapy and Training, Pontefract West Yorkshire,

“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 NACTHPC

Rates: ¼ Page: £10 (per issue) ½ Page: £18 (per issue) Full page £35 (per issue)

Cheques should be made payable to NACTHPC

