

# THE LINK

— NEWSLETTER —



Issue 44

Spring 2015



- Letter from the Joint Chairs • New Executive Committee Members •
- Aromatherapy Case Study • NACTHPC Annual Conference 2015 •
- Education and Training • Poetry and Prose • Book Review •

# from the editor

Welcome to the Spring Edition of The Link.

I'm sad to say (for us!) our lovely editor Vedant Wood has moved on to pastures new and retired to the country. On behalf of NACTHPC we send our sincere appreciation for his outstanding contributions to the Association and in particular The Link Newsletter. Vedant spent many years on committee and his presence and sense of humour will be greatly missed. We all wish Vedant the very best in the future.

There are many courses in this issue for members to broaden their skills and expertise, in particular this year's conference. The focus of the **Conference** is "**Challenges and Opportunities**" for complementary therapists and health care professionals working within palliative care. The Conference will be held at **Birmingham University on Wednesday 9th September 2015**.

We look forward to welcoming you there!

Gaenor Evans

## Address for NACTHPC

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

Contact the Editor: Gaenor Evans

e-mail: [nacthpcchair@hotmail.co.uk](mailto:nacthpcchair@hotmail.co.uk)

## 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 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

## Inside this issue :

|                                      |    |
|--------------------------------------|----|
| Letter from the Joint-Chairs .....   | 1  |
| Regional Group News .....            | 1  |
| New Executive Committee Members .... | 1  |
| Aromatherapy Case Study .....        | 4  |
| Education and Training .....         | 5  |
| Poetry & Prose .....                 | 16 |
| Book Review .....                    | 17 |
| Executive Committee .....            | 19 |
| Regional Groups .....                | 19 |
| The Link Notice Board .....          | 20 |

The views expressed in THE LINK are not necessarily the views of the Editor or NACTHPC, nor do the Editor or NACTHPC accept responsibility for claims made by authors or advertisers. The acceptance of advertisements does not mean that NACTHPC recommend any product or service.

[www.nacthpc.org.uk](http://www.nacthpc.org.uk)



**We are now on Facebook!**

**Sign up at:**

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

Hello to all NACTHPC members, that is hello to all 19 individual members and 70 unit members.

We are delighted to announce this year's Conference at Birmingham University on *Wednesday 9th September 2015* entitled "*Challenges and Opportunities*". Last year's conference was a resounding success, with the training room at Warwick University filled to maximum capacity. The fifty plus delegates were made up of complementary therapists and health care professionals working with an interest in hospice and palliative care. The conference theme was Dementia and the group gelled well listening attentively to presentation, actively questioning to further explore topics and fully participating in discussions and networking sessions. The speakers were inspirational and the atmosphere at the close of conference was inspiring.

### NACTHPC Conference and 15th AGM

We're pleased to say this year's conference is now confirmed and we have some excellent speakers lined up for you. *Gill Homden* will be joining us from St. Barnabas Lincolnshire Hospice discussing "*Tips on Dealing with Difficult Conversations at the End of Life*"; *Jan Williamson* from The School of Precision Reflexology "*Adapting Reflexology and Using Precision Reflexology with Patients at the End of Life*" and our Key Note Speaker *Dr Marie-Patricia Luck* addressing "*Mindfulness in Practice*".

Currently, we your Joint-Chairs have been carrying out additional committee roles as Treasurer and Editor of The Link due to significantly reduced committee members. Whilst we are enjoying our new roles it is increasingly difficult to balance and sustain. As you know NACTHPC is dedicated to its members and is keen to work alongside fellow therapists promoting complementary therapy within Hospices and Palliative Care. NACTHPC has evolved and developed over many years and we would like to maintain our Association for many more years to come. We really need YOUR help. If you have a passion for complementary therapy and would like to join NACTHPC executive committee we would like to hear from you. **We really need YOUR Help!**

Once again we would like to take this opportunity to thank you personally for your continued support and commitment.

*Gaenor Evans & Sarah Holmes, Joint Chairs*

## Regional Group News

We're delighted to say Pauline Burdsall from St. Luke's Hospice will be starting a Regional Group for the North West. For more information please contact [pauline\\_burdsall@stlukes-hospice.co.uk](mailto:pauline_burdsall@stlukes-hospice.co.uk)

**WANTED** South West Regional Group Coordinator.

For all enquiries please contact Sue Holland, email: [nacthpc@hotmail.com](mailto:nacthpc@hotmail.com)

## New NACTHPC Executive Committee Members



We're delighted to say we have two new committee members.

Welcome Aboard Angela and Jo!

### Angela Green PGCE, BSc, HND, MIGHT, Clinical Lead Complementary Therapy

Angela is based at Velindre Cancer Centre in Wales. Velindre is one of the 10 largest regional clinical oncology centres in the United Kingdom and the largest centre in Wales providing specialist cancer services to a population of 1.5 million across South East Wales.

Angela has worked at Velindre NHS Trust since 2005, and her current areas of responsibility as Clinical Lead includes working alongside the multidisciplinary team offering a fully integrated service utilising complementary therapies in supporting patients and assisting in the alleviation of side effects and symptoms of treatment at all stages of their illness from point of diagnosis to rehabilitation to end of life care. Angela is responsible for the implementation and management of the complementary therapy team comprising of 12 sessionally paid therapists. She has been instrumental in the development of Velindre as a centre of excellence, both in the development and delivery of clinical complementary therapy courses and facilitating external courses to qualified therapists. Velindre won the Federation of Holistic Therapists (FHT) Excellence in Practice Award in 2013.

### Jo Dorling Senior Nurse Trainer and Complementary Therapist

Jo is based at John Taylor Hospice in Birmingham. She trained as a nurse in the Queen Alexandra's Royal Army Nursing Corps and after seven years left the Army to pursue a career in palliative care, first working at Dudley PCT delivering training sessions in End of Life Care within Nursing Homes before moving on to John Taylor Hospice. Jo began her work at the Hospice as End of Life Care Facilitator, later working as Heart of The Hospice Day Services Clinical Lead and is currently employed as Senior Nurse Trainer and Complementary Therapist.

John Taylor Hospice has offered Jo a range of exceptionally good career pathways. She started off as a Gold Standards Framework and Service Improvement Programme Facilitator/End of Life Care Facilitator, became Heart of The Hospice Day Services Clinical Lead and Senior Nurse Trainer and Complementary Therapist.

# Aromatherapy Case Study

Written by Gaenor Evans,  
Complementary Therapy Team Leader at St. Oswald's Hospice.

## Background Information

Good oral hygiene is an integral component of daily hygiene. It is fair to say good mouth care is vital for the comfort and health of patients particularly those reaching the end of life. Evidence suggests patients with advanced end stage disease are at high risk of multiple oral problems due to multifactorial reasons including, medication, oxygen therapy, smoking, coated tongue, surgical procedure (tracheostomy and percutaneous endoscopic gastrostomy (PEG) insertion, oral candida, reduced saliva production, dry mouth, mouth ulcers, mucositis, abscess, chemotherapy, radiotherapy, infection, poor appetite, nausea, vomiting and reduced oral intake (Tavares M. 2011). Based on this evidence maintaining a clean and moist mouth is imperative not only for patient comfort but also prevention of mouth problems and tooth decay.

In this case study I will share my success illustrating the safe practice of Clinical Aromatherapy for a patient suffering mouth ulcers, sore and dry mouth.

## Case History

**For the purpose of this case study the patient's identity has been changed.**

Wendy was diagnosed in 2009 with right breast cancer and subsequent liver and bone metastases in 2014. Wendy underwent extensive treatment and suffered multiple symptoms including pain, anxiety, low mood, low self-esteem, fatigue, depression and last but NOT least "**mouth ulcers**". Wendy was referred to Day Hospice for symptom control where she began meeting fellow patients in a similar situation. She slowly started to feel in her words "human again" after experiencing excruciating pain, fatigue, loss and the feeling of complete be wilderness. Wendy began to have confidence in the medical and nursing staff and in 2014 made the difficult decision to have her teeth removed as she was suffering continuous mouth ulceration and frequent broken teeth. Wendy's mouth had been troublesome for some time and she had used orabase, gelclair, nystatin and cortisol mouth wash with intermittent relief. Wendy attends Day Hospice every week and was referred to complementary therapy for mouth ulcers, sore and dry mouth.

## First Consultation

Whilst Wendy was in Day Hospice I introduced myself and explained the purpose of our meeting and referral to complementary therapy. I asked her about her main concerns and she reported mouth ulcers and sore and dry mouth. Time was taken to build rapport, alleviate fears and assess main concerns. No allergies and/or sensitivities reported.

## Diagnosis

2009 – Right Breast Cancer  
2014 – Liver and Bone Metastases.

## Assessment

I discussed the use of Clinical Aromatherapy and Wendy was keen to try an Aromatherapy mouth wash for mouth ulcers, sore and dry mouth. Informed consent was obtained and Wendy's main concerns were noted.

## Patient's Main Concerns;

1. Two mouth ulcers located on lower left inside lip and upper inside right cheek.
2. Sore and dry mouth.

## Observations

1. Wendy's mouth and lips were dry.
2. Mouth ulcer visible to lower left inside lip approximately 0.5cm x 0.5cm.
3. Mouth ulcer visible to upper inside right cheek approximately 0.5cm x 0.5cm.
4. Poor oral mucosa, tissue pale, inflammation and blood spotting surrounding both mouth ulcers.
5. No visible evidence of infection and/or oral candida.
6. Wendy reported finding it difficult to speak due to mouth ulcer pain and persistent dry mouth.

## Agreed Treatment Plan

1. To use Clinical Aromatherapy Mouth Wash at least three times per day.
2. To stop using mouth wash should sensitivity or exacerbation occur.
3. To contact me directly should any concerns or questions arise.
4. Weekly face to face consultations using MYCaW (Measure Your Concerns and General Wellbeing) Outcome Measures.

## Friday 8.8.14

### First Consultation

Wendy agreed to use an Aromatherapy Mouth Wash following the instructions given.

**MYCaW Score: 10/10**

## Aromatherapy Mouth Wash Formulation

|                     |         |
|---------------------|---------|
| Apple Juice         | 50ml    |
| Cold Water          | 50ml    |
| Citrus limonum      | 2 drops |
| Citrus aurantifolia | 2 drops |
| Manuka Honey        | 5ml     |

# Aromatherapy Case Study

---

## Directions

Rinse Aromatherapy blend in mouth, gargle and spit dilution three times per day.

Avoid fluids and food 20 minutes after using mouth wash.

Contact details given to Wendy should she be concerned in anyway.

## Friday 15.8.14

### WEEK 1

Wendy reports using Aromatherapy mouth wash three times per day for 7 days with good effect.

**Changes:** Reduced pain.

**Comments:** Wendy reports reduced pain and dry mouth.

**Observation:** Poor oral mucosa, inflamed tissue and blood spotting surrounding both mouth ulcers.

**MYCaW Score:** 9/10

## Friday 22.8.14

### WEEK 2

Excellent feedback received from Wendy regarding reduced pain and improved dry mouth. Mouth ulcers continue to be troublesome; however Wendy reports being able to eat foods which she could not previously eat due to pain. Wendy experienced two days symptom free and was able to eat foods other than ice-cream.

**Changes:** Improved oral mucosa, pain and dry mouth.

**Comments:** Wendy reports 2 days pain free.

**Observation:** Reduced inflammation and tissue pink surrounding both mouth ulcers.

**MYCaW Score:** 8/10

## Friday 29.8.14

### WEEK 3

Wendy appeared in good spirits and did not appear to be self-conscious when talking to other patients.

**Changes:** Mouth ulcer to lower inside lip resolved.

**Comments:** Wendy reports significant improvement with resolved mouth ulcer to lower inside lip.

**Observations:** Mouth ulcer to right inside upper cheek appears to be healing, soft tissue pink and no inflammation identified.

**MYCaW Score:** 6/10

## Friday 5.9.14

### WEEK 4

Wendy is delighted with the results. Mouth wash continues to improve oral mucosa.

**Changes:** Improved oral mucosa. No sign of inflammation to mouth / palate or gums.

**Comments:** Wendy reports 3 days pain free and mouth not as dry.

**Observation:** Soft tissue pink and healthy surrounding mouth ulcer.

**MYCaW Score:** 5/10

## Friday 12.9.14

### WEEK 5

Wendy continues to find the Aromatherapy mouth wash effective. She continues to rinse, gargle and spit dilution three times per day with no problems.

**Changes:** Mouth ulcer to inside upper right cheek resolved.

**Comments:** Wendy reports being able to eat other foods other than ice cream.

**Observation:** Surrounding tissue and palate pink. No signs of inflammation and/or mouth ulcers.

**MYCaW Score:** 4/10

## Friday 19.9.14

### WEEK 6

Excellent feedback received from Wendy regarding sore and dry mouth.

**Changes:** Resolved mouth ulcers and significant reduction in mouth pain and dry mouth.

**Comments:** Wendy reports her mouth feels much better, less dry and ulcer free. Wendy continues to be delighted with the outcome and is pleased to be symptom free.

**Observations:** Oral mucosa pink and healthy with very little inflammation remaining.

**MYCaW Score:** 3/10

## Conclusion

Wendy's main concerns at initial assessment were mouth ulcers, dry and sore mouth. After an initial assessment Wendy agreed to gargle, rinse and spit dilution using a combination of essential oils diluted in water, apple juice and manuka honey three times day over a six week period. We met every week and Wendy's comments were documented and MYCaW Outcome Measures recorded at each visit. Wendy's mouth gradually improved and as the weeks progressed her mouth ulcers resolved and her dry mouth significantly improved. Wendy was delighted she was able to eat foods other than ice-cream and began to eat in the dining room with other day hospice patients. Her mouth became less dry and her oral hygiene was much improved with little to no inflammation. She told me her self-esteem had improved and she was able to talk to other patients with confidence. When I initially met Wendy her MYCaW Score was **10/10** but by Week 6 her MYCaW had significantly dropped to **3/10**. It has been a real pleasure working with Wendy and I am pleased to say it has been a huge success.

## Reference:

Tavares Marianne, *Integrating Clinical aromatherapy in Specialist Palliative Care, The use of essential oils for symptom management.*

**MYCaW Outcome Measures Results** - See p4

# Aromatherapy Case Study

## MYCaW Outcome Measure Results

| Date           | Week          | Changes   | Patient Comments   | Observations  | MYCaW Score  |
|----------------|---------------|---|--|---|--------------|
| Friday 8.8.14  | Consultation  | First consultation.                               | Wendy finding it difficult to talk due to sore/dry mouth. Feels self-conscious and low in mood. Not enjoying food and eating ice-cream most of the time. Feels she is withdrawing from social activities.                  | Mouth & lips dry and cracked.<br>1. Mouth ulcer 0.5cm x 0.5cm to lower inside lip.<br>2. Mouth ulcer 0.5cm x 0.5cm to upper inside right cheek.<br><br>Poor oral mucosa, tissue pale, inflamed & blood spotting to both mouth ulcers. | <b>10/10</b> |
| Friday 15.8.14 | <b>Week 1</b> | None  | Wendy not in as much pain. Dry mouth has reduced.  | As above  | <b>9/10</b>  |
| Friday 22.8.14 | <b>Week 2</b> | Improved oral mucosa. Reduced inflammation.       | Wendy able to enjoy food and eat food other than ice-cream. Does not feel as self-conscious. 2 days pain free.   | Reduced inflammation and tissue pink surrounding both mouth ulcers. Ulcer to left lower lip significantly improved.   | <b>8/10</b>  |
| Friday 29.8.14 | <b>Week 3</b> | Mouth ulcer to left inside lower lip resolved.    | Wendy not in as much pain as mouth ulcer to lip has disappeared.   | Improved oral mucosa and reduced inflammation surrounding mouth ulcer.  | <b>6/10</b>  |
| Friday 5.9.14  | <b>Week 4</b> |   |  | As above  | <b>5/10</b>  |
| Friday 12.9.14 | <b>Week 5</b> | Mouth ulcer to inside upper right cheek resolved. | Wendy is delighted her mouth ulcers have gone and she has no pain. She feels better about herself and has been socialising with other patients. Wendy feels her mouth is less dry and she finds the mouth wash refreshing. | Improved oral mucosa. Tissue pink and healthy. No inflammation and no visible signs of mouth ulcers.  | <b>4/10</b>  |
| Friday 19.9.14 | <b>Week 6</b> | Reduced dry mouth. Pain free. No mouth ulcers.    | Wendy continues to be delighted with the mouth wash and is so pleased her mouth ulcers have gone. She says "I feel a new person".  | As above  | <b>3/10</b>  |



## *About us*

Hospice UK is the national charity for hospice care. We champion and support the work of more than 200 member organisations, which provide hospice care across the UK, so that they can deliver the highest quality of care to people with terminal or life limiting conditions, and support their families.

**Hospice UK**  
**34-44 Britannia Street**  
**London**  
**WC1X 9JG**  
**020 7520 8200**

## **Hospice UK Annual Conference** **The Art and Science of Hospice Care**

*10/12 November 2015*

Building on the success of the 2014 conference we are delighted to announce the dates of our 2015 annual conference, as 10 to 12 November, at The ACC, Liverpool.

The theme of this year's conference is The Art and Science of Hospice Care. As 2015 marks the tenth anniversary of Cicely Saunders' death, it will be especially appropriate to focus on the essence of hospice care and what needs to be retained at a time when all services and systems are responding to a changing contractual and demographic environment.

Our conference provides opportunities to :

- hear from contemporary thinkers in end of life care
- share details of your own innovative practice
- visit an extensive exhibition of relevant products and services
- network with others working in the sector.

Register your interest in conference on our website (<http://www.hospiceuk.org>), and you'll receive updates about the programme and other news on: the Call for Papers, our AGM and the, Hospice Awards.

# NACTHPC CONFERENCE and 15th AGM

Wednesday 9th September 2015

Nicolson Building, Winterbourne House  
University of Birmingham



## Challenges and Opportunities

9.00 Coffee and Registration

**Nicolson Building**

9.30 2015 Annual General Meeting

10.00 **Tips on Dealing with Difficult Conversations at the End of Life**

**Gill Homden RN Adult, Dip N, BA(Hons), PGCHE, Teacher at St. Barnabas Lincolnshire Hospice**

Gill completed her Diploma in Nursing in 1997 and then a part time degree at De Montfort University in 2002. As part of her degree programme she studied Counselling Theory. Gill worked in clinical practice until 2007 when she chose to develop her teaching portfolio. As part of her Post Graduate Teaching Qualification she focused on developing Palliative and End of Life Care Practice. Gill delivers a range of Educational Programmes including "Answering Difficult Questions" and "Dying to Communicate" courses.

11.00 Coffee and Networking

11.30 **Adapting Reflexology and Using Precision Reflexology with Patients at the End of Life**

**Jan Williamson, The School of Precision Reflexology**

Jan is an established complementary health practitioner, yoga tutor and author and lectures both nationally and internationally. She works with naturopathic health care principles and her focus is to enable clients to be involved in their own health care.

12.30 Lunch

13.45 **Mindfulness in Practice**

**Dr Marie-Patricia Luck MBChB (MD) MPhil Palliative Medicine**

**Key Note Speaker**

Dr Luck is a Palliative Care Consultant with a special interest and passion for training healthcare professionals in mindfulness based interventions. Trish will talk about her work in Palliative Care in South Africa and "Mindfulness" with the emphasis on caring for others and the importance of self care. She recently completed her MBSR Teacher Certification through the Centre for Mindfulness attached to the University of Massachusetts Medical School. She has been a keynote speaker at various conferences on Mindfulness in Medicine and Palliative Care in South Africa, USA, Canada and the UK and for the soon to be released Mindful Nation Report presented on Mindfulness in Health and Palliative Medicine to the UK All Party Parliamentary Committee.

14.45 **Story Massage**

**Mary Atkinson FFHT, co-founder of the Story Massage Project**

Mary worked as a complementary therapist at St Wilfrid's Hospice, Chichester, for over 14 years and is currently a tutor on their palliative care education programme. Mary will share her inspiring work with Story Massage for adults and children. During this fun and interactive session, there will be a chance to share a simple Story Massage with each other, ask questions and find out more about resources for using Story Massage at home or work. You can find out more about Mary's work on the following websites: [www.storymassage.co.uk](http://www.storymassage.co.uk) and [www.maryatkinson.com](http://www.maryatkinson.com)

15.45 Closing remarks



# Application for NACTHPC Conference

## Wednesday 9th September 2015, University of Birmingham



**(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: .....

.....

|                          |     |  |                              |      |  |
|--------------------------|-----|--|------------------------------|------|--|
| Conference fee (members) | £90 |  | Conference fee (non-members) | £110 |  |
|--------------------------|-----|--|------------------------------|------|--|

**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 4QX

**Payment may be made directly to our bank account, please email for bank details and/or invoice.**

**Email: [nacthpcevents@hotmail.co.uk](mailto:nacthpcevents@hotmail.co.uk)**

**Bed and Breakfast Accommodation on Tuesday 8th September 2015  
is available at the University and should be booked directly with them at:**

<http://www.venuebirmingham.com/bedandbreakfast/>

Online booking code: NACTHPC15

Single room – £55

Twin room – £75 (limited availability)

Dinner will be available on Tuesday evening payable on the night to the university

Other queries to: [nacthpc@hotmail.com](mailto:nacthpc@hotmail.com) Tel: 0773 773 4496

***Closing date for applications is 19th August 2015.  
Cancellations after 21st August 2015 cannot be refunded.***



# Complementary Therapy Courses at Velindre Cancer Centre 2015

## Use of Essential Oils in the 'Cancer Care' and 'Palliative Care' Environment

September 26th/27th 2015 - 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.

## Aroma-psychology in Cancer Care: Evidence and Applications

28th September 2015 - Rhiannon Harris

This one day class explores evidence as to how essential oils can support mood, cognition, behaviour and coping strategies at varying stages of the cancer journey. It also helps the therapist to select appropriate essential oils and offer effective treatment strategies. The psycho-physiological benefits of essential oils are very well supported in the scientific literature and can be extremely effective in helping the person living with cancer, especially when presented as part of an integrative and multidisciplinary care approach.

## Foundation in Complementary Therapies in Cancer Care

April -June 2015 - Angela Green

This award winning 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 and by FHT, and won the Federation of Holistic Therapists Excellence in Practice award in 2013.

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](mailto:angela.green@wales.nhs.uk)  
Web: <http://www.velindrecc.wales.nhs.uk>

# Do you need to TOUCH the CRITICALLY Ill or FRAGILE?

Touch is one of the most basic forms of communication, yet many of us are afraid to touch those who need it most.

The 'M' Technique®, created by Dr. Jane Buckle PhD MA RGN CertEd, has been found to be particularly useful for the very fragile, or when massage is not appropriate.

## THE 'M' TECHNIQUE®

### *PRACTITIONER COURSES in SUTTON COLDFIELD:*

Course Fees **£200** inclusive of certification, course notes, and refreshments.

A deposit of £50 secures your place.

Suitable for anyone in the health professions, complementary therapists, and anyone caring for someone with advanced or chronic illness.

For further information or a booking form, contact:

Loretto Cattell, Course Tutor:  
07732 474 470  
loretto.cattell@virginmedia.com



DISCLAIMER : EVENTS AND WORKSHOPS ARE ADVERTISED WITH INDEPENDENT HOSPICES AND NACTHPC DO NOT TAKE RESPONSIBILITY FOR THEIR CONTENTS OR ATTENDEES.



## COMPLEMENTARY THERAPY COURSE LISTING

| Standalone Study Days   | DATES  |
|---|--|
| <b>Aromatherapy courses</b>   |  |
| Aromatherapy : For use in Clinical Settings                           | 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                         |
| <b>Massage and Touch Therapies</b>                                    |  |
| Creative Approaches to Massage in Cancer Care                         | Sat 30th & Sun 31st Jan 2016                               |
| Adapting Chair Massage for Hospice & Cancer Care                      | Sat 20th & Sun 21st Feb 2016                               |
| Adapting Head Massage for Hospice & Cancer Care                       | Sat 23rd & Sun 24th April 2016                             |
| Hearts Process  | Sat 18th & Sun 19th July 2015                              |
| Chair Masterclass   | Sat 26th Sept 2015   |
| <b>Mind Therapy courses</b>   |  |
| 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 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.                    | 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  |
| <b>Reflexology courses</b>  |  |

|   |   |
|---|---|
| Adapting Reflexology for Hospice & Cancer Care  | 19th & 20th Sept 2015   |
| Adapted reflextherapy 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                                      |
| <b>Additional Clinical courses</b>  |   |
| 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  |
| <b>New</b> - 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                              |
| <b>Packages and Diplomas</b>  |   |
| 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        |
| <b>Note:</b> 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](http://www.christie.nhs.uk/pro/cs/comp/training)



**Sobell House** Education and Research

**Sobell House Education and Research Centre  
Sobell House  
Old Road  
Headington  
OX3 7LJ**

**01865 225860**

### **Death and Dying: Real Life Experiences**

Price: £90.00

Dates: 9:00am to 4:30pm, Friday 13th November, 2015

Venue: Sobell House Study Centre

This study day will concentrate on utilising real life experiences of palliative care patients, family, carers, and professionals. It will highlight the positive and negative experiences of these patients and carers.

### **Self-Care: Strategies for Resilience and Stress Management**

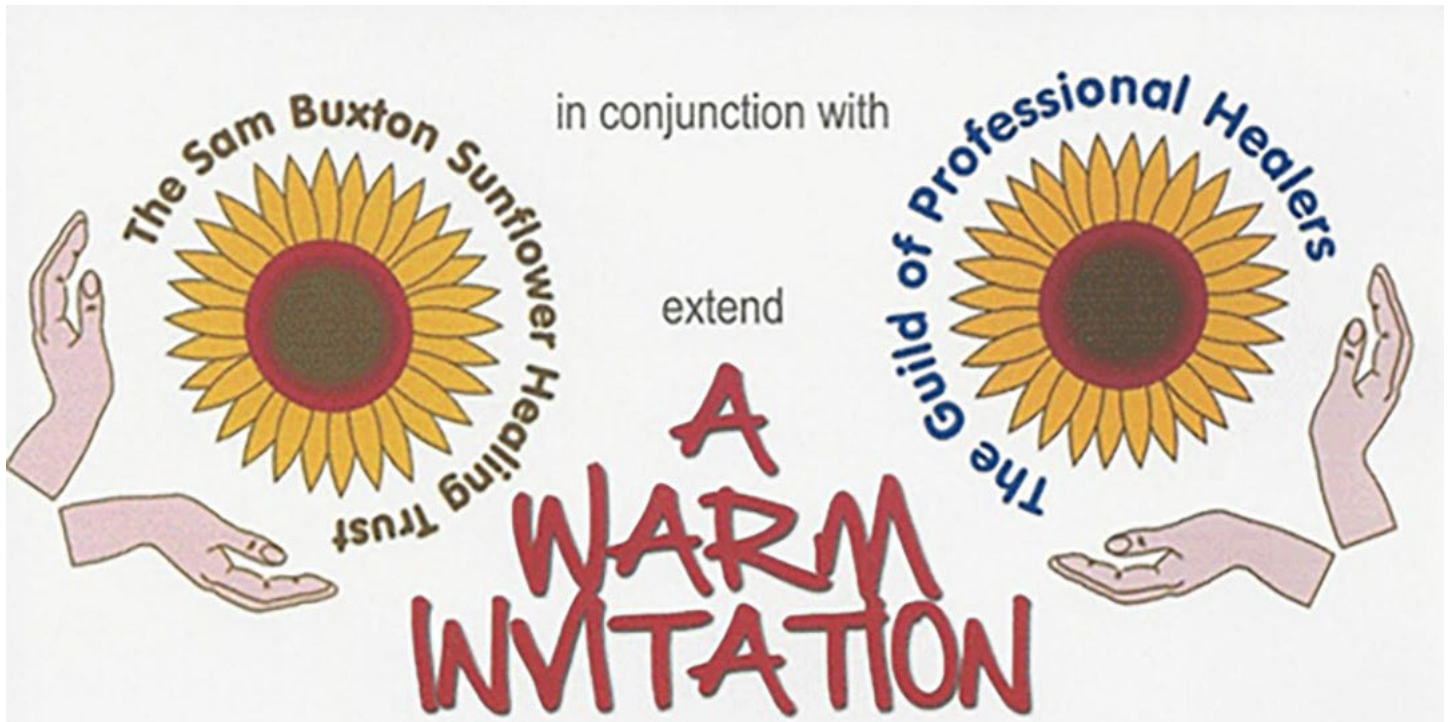
Price: £90.00

Dates: 9:00am to 4:30pm, Friday 20th November, 2015

Venue: Sobell House Study Centre

This course offers an interactive learning experience to reflect on our current practices and consider new approaches to the management of everyday pressures at work and home.

**For further information please see their website <http://sobelleducation.org.uk>**



**Introducing to London The Guild of Professional Healers Energy Healing Training.**

For information please contact:

Hertha Koettner-Smith  
courses@healingcalm.com  
07963 512 942

visit [www.guildofprofessionalhealers.org.uk](http://www.guildofprofessionalhealers.org.uk) or call 01502 578 196

Membership of the Guild is available to healers from any healing discipline that supports unification and integration.

Our training meets with the NOS.

# THERAPEUTIC TOUCH INTRODUCTORY DAY LEADING TO DIPLOMA LEVEL



*THERAPEUTIC TOUCH (TT) is a contemporary interpretation of several ancient Healing arts, including the laying on of hands. Originally developed and researched by nurses TT is now practiced globally and can be learnt by anyone with a true intent to help others. It has the potential of creating a bridge between ancient traditions and contemporary thinking, whilst maintaining professional standards. The training for TT is in line with the requirements for registering with the CNHC under Healing.*

*THERAPEUTIC TOUCH (TT) does not require physical touching, although sometimes gentle touch can be part of the process. It involves one or more practitioners, using their hands, mainly very near the body, with the conscious intention to facilitate the innate self healing response of the client, sometimes by seeking to bring about a sense of balance to the natural energy flow.*

## **Courses & Workshops**

**The British Association of Therapeutic Touch supports the following Courses**

**Introduction to TT, Diploma & Advanced Practitioner.**

For information and dates contact:

Karen Eastham  
Tel: 0781 1254175  
Email: karen@ttouch.org.uk

Annie Hallett  
Tel: 01473 219970/704903  
Email: annie.ttouchinfo@gmail.com

Karen & Annie each have a background in Nursing and Complementary Therapies.

PLEASE VISIT our WEBSITE

British Association of Therapeutic Touch : <http://www.ttouch.org.uk/>

for more information and dates.





# Meeting the Challenge of Dementia:

Raising Awareness and Improving Care Standards

16<sup>th</sup> July 2015

## Delegate Fees

|           | Central Government Departments and Executive Agencies, NDPBs, Legal Sector, Private Sector | Local Authorities, Police, Probation, Fire, NHS, Education, NGOs, National Charities, Housing Associations, Trade Unions, Think Tanks | Supported Rate for Local Voluntary Groups |
|-----------|--|---|---|
| 1 Place   | STANDARD RATE: £395  | STANDARD RATE: £295   | STANDARD RATE: £195                       |
| 2+ Places | STANDARD RATE: £345  | STANDARD RATE: £265   | STANDARD RATE: £175                       |

**\*\* Early Booking Discounted Rate Valid Until 15<sup>th</sup> May 2015 \*\***

|           |                                 |                                 |                                 |
|-----------|---------------------------------|---------------------------------|---------------------------------|
| 1 Place   | EARLY BOOKING RATE: <b>£316</b> | EARLY BOOKING RATE: <b>£236</b> | EARLY BOOKING RATE: <b>£156</b> |
| 2+ Places | EARLY BOOKING RATE: <b>£276</b> | EARLY BOOKING RATE: <b>£212</b> | EARLY BOOKING RATE: <b>£140</b> |

## Delegate Details

| Delegate Name | Position | Email Address |
|---------------|----------|---------------|
| 1.            |          |               |
| 2.            |          |               |
| 3.            |          |               |

## Key Contact Details

Name: \_\_\_\_\_  
 Organisation: \_\_\_\_\_  
 Department: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

## Invoice Details

Name: \_\_\_\_\_  
 Organisation: \_\_\_\_\_  
 Department: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Invoice details are the same as Key Contact Details

Purchase Order No. (if applicable): \_\_\_\_\_

## Method of Payment

- I will pay £ + VAT by GPC / Credit Card (Please contact me to obtain card details)  
 Please invoice my organisation for £ + VAT  
 I enclose a cheque for £ + VAT payable to Public Policy Exchange Ltd

## Confirmation

I/We agree to notify you of all cancellations and changes in writing no less than 30 days prior to the date of the event. I/We further agree to pay £100 administration charge per place on cancellation. If cancellation is received less than 30 days prior to the date of the conference then the full fee is payable; however, a substitute may be sent.

Signed: \_\_\_\_\_

Date: \_\_\_\_\_

**PLEASE EMAIL BACK TO [bookings@publicpolicyexchange.co.uk](mailto:bookings@publicpolicyexchange.co.uk)**

# Poetry and Prose

---

## Spring Is Just Okay

(For all you hay fever sufferers out there!).

Spring has sprung, the time has come, for the greening of the trees  
A time of change, renewal and growth for my allergies  
Like everything else in this great world, Spring has its pluses and minuses  
But its features are quite singular when it comes to my poor sinuses  
A beautiful time of blossoms and buds, new branches and blue skies  
But I can't enjoy them one little bit through my oozing, watery eyes  
A neti pot, a nasal rinse, I'll try them, yes I will  
I'll even take a 24-hour non-drowsy worthless pill  
So listen cheerleaders of flowers and sun, to you I must disclose  
Spring is not great for all of us, especially my nose

*Written by Phil Cornish*

## Be Sincere

Be sincere in everything you do,  
And treat other as you wish they would you.

*Written by Terry Gouveia*

## A Friendly Smile

A friendly smile may be all  
that's needed to raise spirits high;  
a gentle touch upon the arm  
will stop a heavy sigh.

*Written by Paul Holmes*

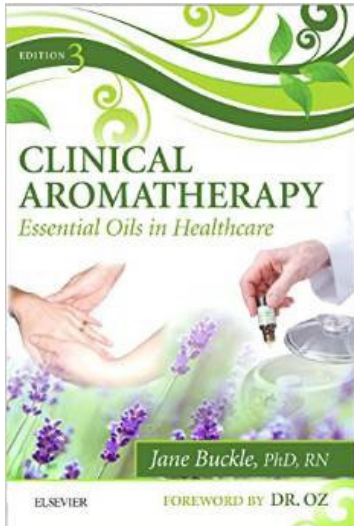
## Don't wait for tomorrow

Don't wait for tomorrow,  
do it all today,  
If tomorrow never comes,  
you'll never regret a day.

*Written by Amy D. Liskey*



If you would like to send a book review to share with fellow therapists please contact The Editor of The Link.  
Email Gaenor Evans... [nacthcchair@hotmail.co.uk](mailto:nacthcchair@hotmail.co.uk)



## A review of *Clinical Aromatherapy – Essential Oils in Healthcare, Third Edition* by Jane Buckle, PhD, RN

Buckle's third edition of *Clinical Aromatherapy* is an incredibly useful resource which shows that aromatherapy has an important place in holistic care. The book is logically presented in three sections, starting with an overview of aromatherapy and its evolution, followed by the general clinical use of aromatherapy and finally detailing the use of aromatherapy in nine key clinical specialities. Each chapter is peer-reviewed by international experts in the field, including a number of professors, physicians and doctors.

This book highlights the benefits of utilising aromatherapy in clinical practice as part of a holistic approach to healthcare in a variety of health settings. Each chapter is clearly written, flows well and is presented in an accessible way for the reader, whether an experienced healthcare professional or new to this area. Well-referenced and research-based clinical information is set out logically with the use of tables and diagrams. Not only does the book cover the positive influence of aromatherapy on physical conditions, Buckle also covers the effects on mental health conditions, including depression and bipolar disorder. There is an entire chapter dedicated to the 'M' Technique, which outlines the extremely gentle effect of the 'M' Technique which can be used on very fragile individuals. It is being used in over 40 hospices in the UK and in the United States, The Netherlands, South Africa, Japan and Australia.

I have found this book exceedingly helpful as a complementary therapist working in a hospice. It is a practical guide and helpful clinical aid for those using essential oils in their practice. The information from the book can be applied to treating patients in a healthcare setting, with the knowledge that the positive effect of aromatherapy oils has a clear scientific evidence base. The book gives aromatherapists the confidence to use essential oils to enhance care when taking a holistic approach. I would thoroughly recommend this book for healthcare professionals wanting to provide the best practice and care to their patients.

*Written by Jayne Welch, Complementary Therapist, St Oswald's Hospice.*





# Your committee needs YOU!!

The Executive Committee are currently seeking  
Complementary Therapists to join our committee.

## VACANCIES

• Admin Support • Research and Development •

If you have a passion and flare for  
Complementary Therapy in Hospice and Palliative Care then  
**WE WOULD LIKE TO HEAR FROM YOU!**

Sarah Holmes, Joint Chair at: [nacthpcchair@hotmail.co.uk](mailto:nacthpcchair@hotmail.co.uk)

*Vacancies are open to paid staff and volunteer therapists*

## 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?

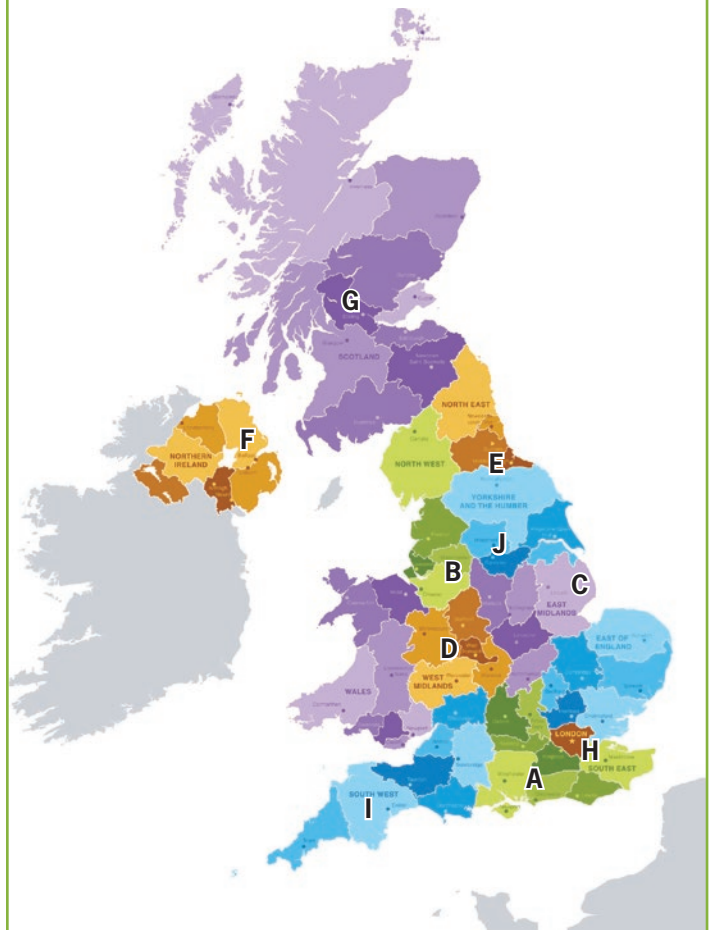
Would you like to write a Case Study about your clinical work?

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](mailto:therapies@strichards.org.uk)  
or if you are already a Facebook user find us at  
[www.facebook.com/groups/aromasig](http://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                           | nacthpcregionalgroups@hotmail.co.uk |
| Gaenor Evans   | Joint Chair, Website Liaison & Editor of the Link | nacthpcchair@hotmail.co.uk          |
| Michele Gordon | Minutes Secretary                                 | michele.gordon@nihospicecare.com    |
| Angela Green   | New Committee Member                              | angela.green@wales.nhs.uk           |
| Islay Grieve   | Administrator & Treasurer                         | nacthpccevents@hotmail.co.uk        |
| Sue Holland    | Secretary   | nacthpc@hotmail.com                 |
| Sarah Holmes   | Joint Chair                                       | nacthpcchair@hotmail.co.uk          |
| Jo Dorling     | New Committee Member                              | josephine.dorling@nhs.net           |

## NACTHPC Regional Groups

| Group                             | Contact               | Email & Telephone                                     | Address   |
|-----------------------------------|-----------------------|---|---|
| <b>A</b> Central Southern England | Mel Perry (temporary) | mel.perry@stwh.co.uk<br>01243 755 833                 | St Wilfred's Hospice<br>Grosvenor Road<br>Chichester PO19 8PF |
| <b>B</b> North West               | Pauline Burdsall      | pauline_burdsall@stlukes-hospice.co.uk                | St. Luke's Hospice<br>Cheshire                                |
| <b>C</b> Lincolnshire             | Sarah Holmes          | sarah.holmes@stbarnabashospice.co.uk<br>01522 518 209 | St Barnabas Hospice<br>Lincolnshire LN2 4QX                   |
| <b>D</b> Midlands                 | Ruth Davies           | nacthpcregionalgroups@hotmail.co.uk                   |   |
| <b>E</b> North East               | Glynis Finnigan       | glynisfinnigan@butterwick.org.uk<br>01642 607 742     | Butterwick Hospice Care<br>Stockton on Tees TS19 8XN          |
| <b>F</b> Northern Ireland         | Michele Gordon        | michele.gordon@nihospicecare.com<br>0783 091 4845     | Northern Ireland Hospice<br>Belfast BT36 6WB                  |
| <b>G</b> Scottish                 | Jen Wood              | jwood@stcolumbashospice.org.uk                        | St. Columba's Hospice<br>Edinburgh                            |
| <b>H</b> South Eastern            | Martyn Yates          | martynathome46@yahoo.co.uk                            |   |
| <b>I</b> South West               | Name to be confirmed  |   |   |
| <b>J</b> Yorkshire                | Heather Dawn Fields   | heatherdawn.mail@googlemail.com<br>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 [nacthpcchair@hotmail.co.uk](mailto:nacthpcchair@hotmail.co.uk)

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

Cheques should be made payable to NACTHPC

