

THE LINK

— NEWSLETTER —



Issue 45

Autumn 2015



- Homeopathy Case Study • The Right Touch at the Right Time •
- Education and Training • 2015 Conference Report •
- Poetry and Prose •

from the editor

Welcome to the Autumn Edition of The Link.

This October, I am delighted to join you via the Autumn edition of The Link for the first time as Editor. When I first met the NACTHPC Committee what struck me was the sense that I had found a special group of people: passionate, dedicated, caring and inspiring therapists.

There are a range of fascinating courses in this month's issue and our feature article this edition is a case study from a homeopath working at a collaborative cancer centre.

Don't forget we also have our South West regional meeting at *St David's Foundation, Newport* on 2nd November. Topics will include The National Guidelines, Networking and Sharing Best Practice.

It was good to meet members at the 2015 NACTHPC Conference, "*Challenges and Opportunities*" at *Birmingham University on Wednesday 9th September 2015*. This was a conference aimed at complementary therapists and health care professionals working within palliative care.

The NACTHPC Committee is looking for publication material that is inspiring, particularly examples of good practice, new ways of working, write-ups from group events, workshops and meetings, case studies, insightful poetry and prose and helpful suggestions.

Please send all contributions to NACTHPC either by post or by e-mail:

Jo Dorling – Editor, The Link
Email: josephine.dorling@nhs.net

Address for NACTHPC

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

Contact the Editor : Jo Dorling
e-mail : josephine.dorling@nhs.net

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 :

SW Regional Meeting reinvigorated	1
Regional Group News	1
New Executive Committee Members	1
Homeopathy Case Study	2
Right Touch at the Right Time	4
NACTHPC Conference Report	6
Education and Training	7
The Link Notice Board	15
Poetry & Prose	15
Executive Committee	17
Regional Groups	17

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



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.

South West Regional Meeting Reinvigorated

After a break and in the absence of a regional coordinator, the South West Regional Meeting of the NACTHPC was reinvigorated with a lively and informative meeting held at St Peters Hospice on 13th June, 2015.

Attendees agreed with the principle of each hospice taking responsibility for hosting and chairing a meeting on a rotational basis which will now take place three times a year. The host organisation will also be responsible for organising a speaker or key topic for discussion.

One of the highlights of the meeting on the 13th was a tour of the new Garden Rooms at St Peters funded by a Department of Health grant to improve patient experience. The building, with its glass and wood construction, looks out over the woodland gardens and provides a calming and peaceful space for art therapy, music therapy; carers support groups and spiritual care.

Supportive and informative discussions also took place regarding complementary therapy interventions for patients with venous thromboembolism and safeguarding.

Our next meeting will take place in November 2015 hosted by St. David's Hospice in Newport, Wales.

Please get in touch if you would like to be added to the email group for the NACTHPC South West Regional Group.

Lorraine Millard,
Complementary Therapy Team Leader, St Peters Hospice.
Lorraine.Millard@stpetershospice.org

From the Joint Chairs

As you very recently received an email from us, with attached Joint Chair letter, we only need to say that we're looking forward to the next committee meeting on 9th November (not in October as suggested in the previous letter) at which we will be welcoming Helen Murphy, Lisa Smith and Sally Woods who will be attending for the first time.

Regional Group News

Fantastic 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

Regional Group Coordinator needed for South West.

If you are interested in becoming a Regional Group Coordinator we'd love to hear from you!

Please contact Sue Holland regional_groups@nacthpc.org.uk

New NACTHPC Executive Committee Member

We're delighted to say we have a new committee member, Elisabeth Nuttall. Elisabeth has been a volunteer therapist with Prospect Hospice, Swindon for almost eight years. She volunteers on the in-patient and outpatient units, working alongside healthcare professionals to provide support for patients and their families. She also volunteers at the Carers Wellbeing Days and Annual Fete. Welcome Aboard Elisabeth!



“Finally able to let go” A Homeopathic perspective

Homeopathy cannot reverse chronic conditions or cure cancer. But it can help alleviate some of the debilitating side-effects of chemotherapy and radiotherapy and reduce the stress and trauma of chronic life-threatening conditions. In this edition of *The Link*, **Rita Robinson** focuses specifically on some of the debilitating side-effects of a patient suffering with cervical cancer, the after-effects of intensive radiotherapy and homeopathic remedies used to tackle these.



Homeopathic principles are different from conventional medicine in that they do not seek to “wage war on illness” so much as to rebalance a persons’ equilibrium or “vitality” and work on the premise that ill health comes about through the disturbance of this healthy internal balance. A homeopathic consultation focuses not only on the physical, but also lifestyle, the psychological and emotional state of mind, and the personality traits and personal circumstances or current situation of the patient. Therefore the remedy used to treat the same symptom will not necessarily be the same for everyone. Homeopathy works on the principle that “like cures like” and remedies are prepared by a succession of dilutions – and paradoxically the greater the number of dilutions, the greater the potency.

Rita Robinson is a registered homeopath currently based at The Old Mill Foundation holistic cancer support centre in Penclawdd, Swansea. The aim at the Old Mill is to provide physical and emotional support for people living with cancer and Rita views homeopathy as an important complementary support to conventional treatment.



The Old Mill, Swansea

“I am Rita, a homeopath who specialises in treating cancer patients at varying stages of illness. I use a variety of homeopathic techniques at The Old Mill Foundation and have found that so far, all my patients have improved their symptoms.

Homeopathy can take away the side effects from chemotherapy and radiotherapy. I also use constitutional remedies to boost their immune system and aid pain relief, tiredness, organ support, and during the long consultations I listen to their stories allowing them to talk about their changing feelings in a secure environment.

I thought that *The Link* readers may be interested in an introduction to homeopathy through a case study. Many of my patients continue to see me on a long term basis as I then go onto treat them for long standing complaints that they had prior to their cancer diagnosis, e.g. osteoporosis, ME, fibromyalgia, anxiety issues, IBS, and so on. The patient in this case has been discharged until she feels the need to contact me at a later date.

(Names and some details have been changed for confidentiality and she has given me permission to share her story.)

Jane is a post-menopausal woman who had cancer of the cervix over a year ago. She had received internal radiotherapy which left her with joint pains in her shoulder, neck, hands, legs, feet (particularly right ankle), and she said that she felt tingling in her nerves all the way down from the tops of her legs to the soles of her feet. Nerve endings were less sensitive now and the right foot was sore to touch. She had bowel problems, burning pains and complained of scar tissue adhesions from the radiotherapy. For this she had to continually use a dilator which upset her. She was fearful of going to the toilet and had hot flushes day and night.

1st appointment:

Jane told me her cancer story and described all her physical, mental and emotional symptoms, some of which were not directly linked to her recent operation or treatment. She described how she had serious emotional issues around sex, love and depression and that she was bullied at school. Jane had two abortions and one miscarriage earlier in her life but the fact that she was post-menopausal without children had a severe effect on her emotions and well-being. She spent a lot of time talking about her partner and how she could not say she loved him.

At the end of the first consultation I have a choice to either give specific remedies to detox chemotherapy / radiotherapy or I can choose a constitutional remedy which will fit the majority of all her symptoms. In this case, the remedy chosen for Jane was *Causticum 1m*.

2nd appointment:

The pain had disappeared in the right ankle. The pain and stiffness in her hands and shoulder had decreased. The discomfort in her elbow improved and she could now begin to stretch her arm.

in Palliative Care

She spoke more deeply about her emotions with more clarity about suppressed emotions that she had for years – feeling trapped with suppressed anger and no way of expressing herself.

I gave her another constitutional remedy for her emotions: Carcinosisin 200c am/pm.

3rd appointment:

Jane said, “I am now able to do things I haven’t done since before I was ill like yoga positions. The pains used to be intolerable and now they have disappeared.”

Jane had further clarity regarding her relationships with her family, “It is like rose tinted glasses have come off.”

Her neck pain has now eased and she had decided to refrain from eating dairy. Jane was now in a great place mentally and emotionally. Her main complaint was now the scar tissue in her vagina from the radiotherapy for which I gave her Radium Bromide 30c.

4th appointment:

The Rad Brom 30c aggravated her symptoms for a day and then all her pain disappeared on the outside of her vagina. Her pins and needles and aches have moved from the top half of her body and the tops of her legs and now remain in her feet and wrists only.

I gave her Thiosinamum 6c for daily for a week for internal scar tissue.

5th appointment:

The Thios 6c made her feel sore in her rectum, sore with bowel movement, and gave her a leaky bowel and wind. She said that this is just how she felt at the height of her radiotherapy previously.

Pins and needles and aches were now just at the bottom of her feet.

She was given Sol 30c for radiation side effects and more Thios 6c for scar tissue.

6th appointment:

Pins and needles were now intermittent in her feet. She felt less bowel pain and was getting back to normality as previous to her operation. She spoke mainly about her emotional issues regarding her partner. I gave her constitutional Lachesis 30c.

7th appointment:

A bloody jelly-like substance came out of her rectum. Since then there has been no soreness, no leakage and no problems regarding her bowels and her vagina. She said that she felt good mentally. Jane said, “I was finally able to let go of something.”

Jane did that physically and emotionally and now felt really positive. She had resurrected her relationship with her partner and felt content.

The British Homeopathic Association upholds homeopathy by statutory registered health care practitioners – nurses, doctors, dentists and veterinarians. Contact them for a list of local practitioners: Hahnemann House, 29 Park Street West, Luton LU1 3BE. Tel: 0870 444 3950



Right Touch at the Right Time

“Every Moment Matters” at John Taylor Hospice, Birmingham.



Having worked for 7 years as a military nurse and then as an End of Life Care Facilitator and Clinical Lead for the Heart of the Hospice Day Services, **Josephine Dorling** has undertaken training in Complementary Therapies, including body massage and Reiki. Since qualifying and coordinating Complementary Therapies at John Taylor Hospice, Jo has trained as an “M” Technique Practitioner with Loretto Cattell, Regional Instructor for the ‘M’ Technique, which allows her to bring this deeply relaxing, nurturing therapy to those too fragile to receive massage. The “M” Technique was developed in 1996 by Dr Jane Buckle, an intensive care nurse, as a means of holistic communication. The “M” Technique is a very light effleurage massage that follows a set sequence and every sequence follows a distinctive pattern that is never modified and therefore is very reassuring and deeply relaxing for the patient as they know what is coming next. The “M” Technique is also so light it can even be performed without any oils or lotions and so adaptable that it can be undertaken on the very frail, including bedbound and wheelchair-bound patients. It can relax someone in just five minutes, and this therefore can be applied even when staff are pushed for time.

Jo has been overwhelmed by the response of patients who describe the “M” Technique as “so relaxing”, “beautiful” and “healing” and was keen for John Taylor Hospice to support staff from every area of the Hospice to undertake the “hands and feet” training and even those who were particularly enthusiastic to undertake practitioner training in order to take this form of therapy into all settings including the home and in-patient unit. Staff who have undertaken the training have described it as, “opening up communication channels” and say they feel it enhances their roles, allowing them to contribute something useful, positive and uplifting and that in showing the “M” technique to family members and unpaid care-givers helps empower them and gives them a new way of communicating with their loved one, even when words fail.

For the John Taylor Hospice patient, caring, compassionate touch in the form of massage may have benefits more significant and

more immediately noticeable than the physical benefits. People who are approaching death from a life-threatening illness may be experiencing a veritable kaleidoscope of thoughts and feelings, such as anger, fear, guilt and denial. These people may have been suffering for some time, or be angry about their loss of control or have lost their trust in humanity.

There is an increasing drive to make sure people can receive massage at End of Life, regardless of their diagnosis. Unconditional human contact in the form of touch acknowledges the reality of a situation. It serves to remind the patient nearing death that he or she is still an individual. Indeed, touch reinforces the wholeness of the individual here and now, regardless of what may be happening to his or her body and mind. The physical connection reassures the person that he or she is not alone, and it provides an opportunity for self-expression.



So alongside conventional methods massage is a good way to enhance quality of life for a hospice patient by giving them another's full attention and dedicated time during the process of the massage. It can help restore feelings of self-acceptance and self-esteem to a person whose body has been invaded by a debilitating, perhaps disfiguring, disease. It addresses feelings of isolation and loneliness. The right touch at the right moment can be more effective than words in acknowledging a person's suffering, and in offering support and comfort.

Touch continues to be an appropriate caregiving technique even when a person becomes less and less responsive through degenerative illnesses or when people are no longer able to communicate verbally, touch is still important. It may then become the primary means of communication.

Jo continues to gather feedback from patients, using the “M” Technique and other forms of massage and passive movements – Jo is more and more convinced that all the touch therapies are valuable to patients right up until the end of life. Patients' feedback includes: “I always feel relaxed”; “I feel uplifted” and “I feel light as a feather”.

There are currently 37 UK Hospices using the “M” Technique, among 3 in the West Midlands, and Jo has visited the other Hospices and is keen to join forces and collate further evidence on the benefits of “M” Technique and other therapies at End of Life. She has lined up sessions with her regional “M” Technique Instructor Loretto who has come in to assess their practice, work with the team and attend our Complementary Therapy group and make further recommendations for improvement. John Taylor Hospice hope to work in partnership with her again, providing premises for more training at the Hospice, harnessing the growing enthusiasm of our nurses and palliative care assistants and enhancing the scope of our community, inpatient and day services unit. All those who have trained in “M” Technique have met and explored their intention in the John Taylor Hospice

complementary therapy service, and they have started with the basic, true premise that real service does not happen unless people are being served, with body and with mind, and with the knowledge that we are all in this together. Jo says:

“We are taking what we all know about the powerful relaxing effect of touch and making it accessible, useful and present in our everyday practice with fragile patients and their carers, wherever they may be. While the service is already incorporated into Heart of the Hospice, Hospice at Home, the Pari Passu Pain Clinic and In-patient Unit, we are looking to enhance and expand the clinics and incorporate treatments into our new Carer days to be held over the course of 2016.”



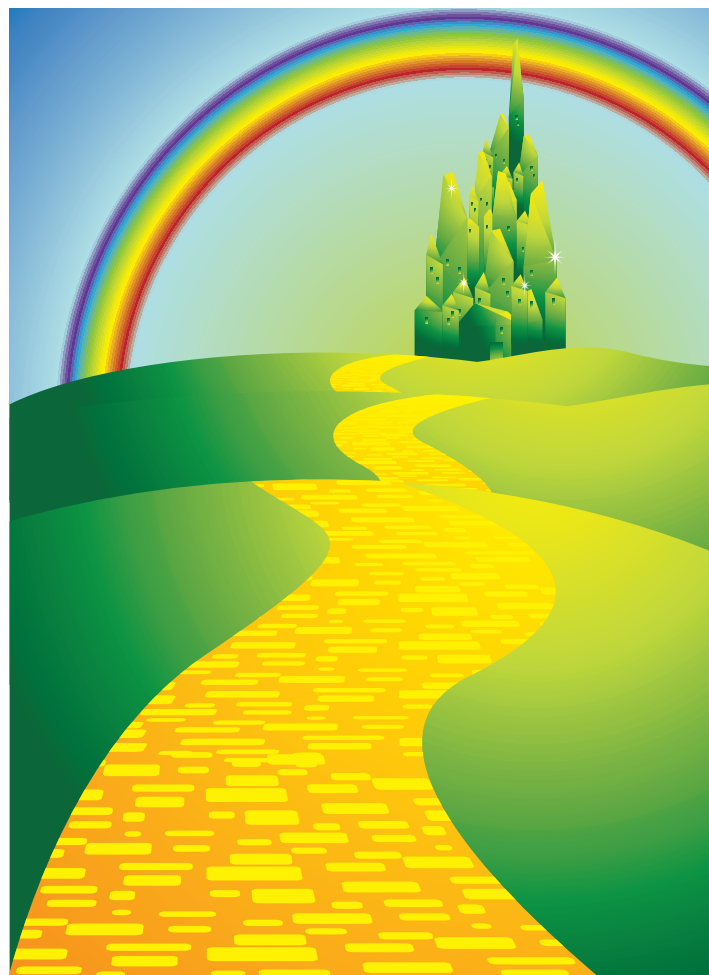
NACTHPC Conference 2015 – a report by Louise Booth

The 2015 NACTHPC conference entitled, “Challenges and Opportunities” aimed to bring together therapists and healthcare professionals working within the palliative care setting to share their challenges, opportunities, experiences and ways of working. Held at Birmingham University, it was delightful to see so many NACTHPC members all under one roof, and a great opportunity for networking.

Louise Booth, a NACTHPC therapist from St Michael’s Hospice, Harrogate, who attended the conference, shares with The Link readers the challenges and opportunities she encountered on the day:

“The first challenge was to drive in the horrendous congestion in Birmingham and arrive on time (I had two minutes to spare!)”

The first session held by Gill Homden from St Barnabas Hospice addressed ‘difficult conversations,’ i.e. identifying what makes a conversation difficult, how we may influence the interaction and strategies for improving our responses. The speaker planned an interactive session that was well thought out and enabled the delegates to feel ‘part of the whole’. We agreed that some of the most challenging conversations usually arise from questions that are existential, for example: “why me?”; “why now?”; “what is it like to be dead?” Gill used research to illustrate the points she was making around the facilitation of a good death but provided a



memorable image to help us use a good model in these situations – a picture of Dorothy and her companions on the yellow brick road. She then broke this down to equate to:

1. **courage (lion):** get the conversation underway / experience the fear, adapt and embrace it
2. **brain (scarecrow):** think and acknowledge what skills you do have and be willing to learn
3. **heart (tin man):** don't lose compassion – I may not be able to answer but I can listen

The second and keynote session ‘Mindfulness in Practice’ was beautifully presented by Dr Marie-Patricia Luck MBChB (MD) MPhil in Palliative Medicine, an expert practitioner who posed the initial question “what do you do when you don't know what to do?” Currently working with practitioners in health care who are feeling “burnt out”, she asked the audience to consider:

1. what conditions during the day enhance or hinder your capacity to be non-reactive, able to make skilful decisions and give compassionate care?
2. do you feel stressed, burned out at times? Can you elaborate?
3. what self care strategies do you engage in daily (little things like eat well, sleep well)?
4. what gives meaning to your work, your personal life and your day?

Dr Luck advised the audience when feeling pressured use the mnemonic **STOP**: **S** for stop; **T** for take a breath; **O** for observe and breathe and **P** for proceed. The useful practice of mindful “STOPping” can most easily be achieved in places like the loo, where we have no choice but to stop!

Mindfulness is being awake for the moments of our lives and perceiving the exquisite vividness of each moment. As a life practice it helps break old patterns and develop new ways to respond rather than react habitually to stress. She asked us to be curious, engaged and interested in life and to consider the 3 C's of “Resilience Theory”:

Control – can I know what I can't control and can I have an internal sense of what being in control is by working with my own emotions?

Commitment – can I do something I can be committed to? and finally,

Challenge – do I see problems as fixed boundaries or as something malleable and flexible?

She added a fourth 'C': **Community** – stating that we cannot do this alone.

At work she practises not so much being attached to an outcome, such as “this patient will absolutely die without suffering” but works at being present so she is “walking the road with the patient with respect, allowing them to be whoever they are”.

The first session of the afternoon was facilitated by an expert precision reflexologist, Jan Williamson from *The School of Precision Reflexology*, and she used it as an opportunity to discuss casework. She described how she ‘works with the subtle energy of the body’ using the chakras and linking them to the endocrine system with a touch that is as light as a feather. This is powerful but non-invasive and ‘works from the inside out’ allowing the work to be the ‘patients’ agenda’.

It occurred to me that sessions 1 – 3 had discussed working in ways that had many similarities to how Cognitive Behavioural Therapy (CBT) is practised in Specialist Palliative care – in so far as identifying unhelpful behaviours and thoughts and working to change them allow the patient to take the lead and identify the issues and choose if and how to address them.

The final session led by Mary Atkinson, co-founder of the *Story Massage Project*, was lively and interactive. Mary spoke about Story Massage and how it was used with children in various projects, both within palliative care and other settings. Mary explained how Story Massage has also successfully been used with patients who have dementia. She demonstrated the ten story massage strokes and the stories spoken, or narrative to the massage strokes, when carrying out massage techniques in set sequences. For example, Twinkle Twinkle Little Star would accompany particular massage strokes emulating stars twinkling and shining brightly in the sky. She described the enormous success of the Story Massage technique in engaging with the Japanese children affected by the most recent earthquake where public touching is not the cultural norm.

I thought this was a very enjoyable way to end the day but would need to purchase the book to use this with anyone or even attend the one day course.”

Education and Training



Complementary Therapy Courses at Velindre Cancer Centre 2015

Foundation in Complementary Therapies in Cancer Care

October 12th, 26th, November 9th, 16th 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
Web: <http://www.velindrecc.wales.nhs.uk>



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.

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
Aromatherapy courses	
Aromatherapy : For use in Clinical Settings	Sat 13 & Sun 14th Feb 2016
Aromatherapy Using Essential Oils in Acute Cancer Care	10 Sept 2016
Aromatherapy : Challenging Symptoms and Conditions	11th Sept 2016
Massage and Touch Therapies	
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
Chair Masterclass	Sat 26th Sept 2015
Mind Therapy courses	
Adapting Relaxation & Creative Imagery for Individual & Groups	18th & 19th June 2016
Anxiety States	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.	16th & 27th Apr 2016
Neuro Linguistic Programming (NLP)	Sat 7th & Sun 8th Nov 2015
Panic & Phobia	Sun 22nd Nov 2015
Transactional Analysis: an introduction to develop your skills	Sat 14th Nov 2015

Reflexology courses	
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
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 14th & Sun 15th Nov 2015
Practical Issues in Cancer Care	Sun 4th Sep 2016
Conferences	
16th Clinical Reflexology Conference Theme: The debates	Sat 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



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

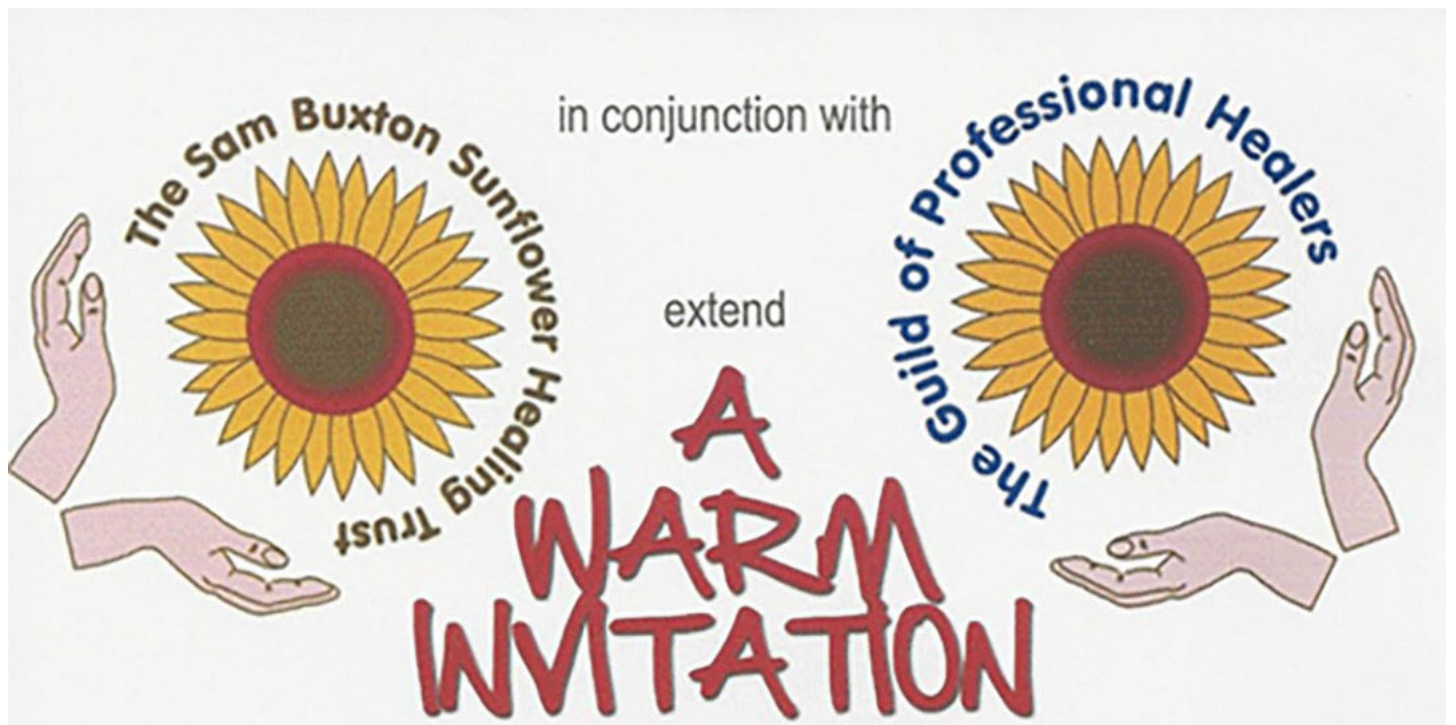
Price: £90.00

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 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.

“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

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

Cheques should be made payable to NACTHPC

Poetry and Prose

Her smile

Anonymous

A smile like a banana-split hastily banged down
by a cheerful waitress in a hurry now,
though she’s made you wait so long for what you ordered
that you forget what it was until
it’s suddenly there, beaming up at you,
daring you to mess with its perfection.

A smile like a rowing boat without oars
in which you can drift lazily, becalmed,
unless the breeze gets up
and bullies you playfully into dangerous waters.

A smile like a beached boat hidden in a sun-bleached creek
as the tide cuts you off and you fear you are lost.
“Here it is! Now we will get home again!”



A smile like an old Silver Cross pram,
deep and comfortable, filled with cosy promise,
reassuring as a Buff Orpington
yet with an anarchic trace of fox.

A smile like one of those semi-circles
that you always get in geometry sets.
No set is complete without one
although you very rarely need one
and may not be sure what they’re for,
until you remember they measure
the acute and the obtuse,
but never the smile itself
now keeping a straight face.

STORY MESSAGE FOR PALLIATIVE CARE

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:

1st Dec 2015, Maidstone, Kent, £95

26th January 2016, Southampton, £95

9th February 2016, Leeds, £95

9th March 2016, Newport, Wales, £95

5th April 2016, Reading, £95

15th June 2016, Manchester, £95

27th June 2015, Chichester, £95

In-house trainings can also be organised.

Facilitators: Mary Atkinson and Sandra Hooper are respected tutors, authors and 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 more information: contact info@storymassage.co.uk

You can also take a look at the blog 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 with children and adults." Angela Garrett, Complementary Therapy Co-ordinator, Christopher's Hospice.

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

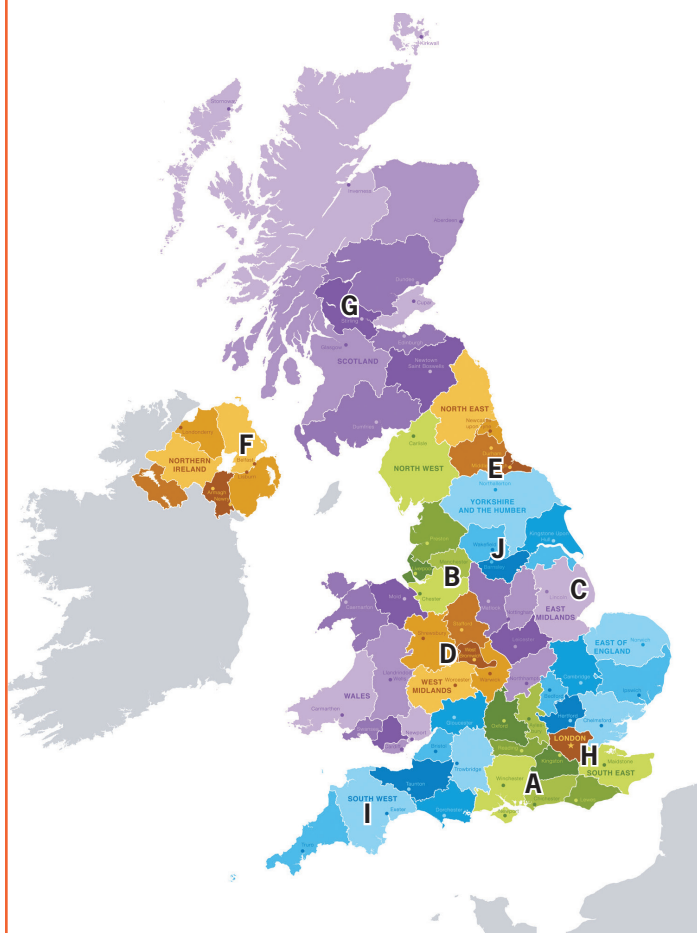
at St Richards Hospice, Worcester:

therapies@strichards.org.uk

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
Gaenor Evans	Joint Chair, Website Liaison	nacthpcchair@hotmail.co.uk
Sarah Holmes	Joint Chair	nacthpcchair@hotmail.co.uk
Elizabeth Nuttall	Treasurer	nacthpccevents@hotmail.co.uk
Sue Holland	Secretary	nacthpc@hotmail.com
Jo Dorling	Editor, The Link	josephine.dorling@nhs.net
Ruth Davies	Unit Leads Co-ordinator	nacthpcregionalgroups@hotmail.co.uk
Michele Gordon	Minutes Secretary	michele.gordon@nihospicecare.com
Angela Green	National Guidelines Lead	angela.green@wales.nhs.uk
Helen Murphy	New Committee Member	
Lisa Smith	New Committee Member	
Sally Woods	New Committee Member	

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 North West	Pauline Burdsall	pauline_burdsall@stlukes-hospice.co.uk	St. Luke's Hospice Cheshire
C Lincolnshire	Sarah Holmes	sarah.holmes@stbarnabashospice.co.uk 01522 518 209	St Barnabas Lincolnshire Hospice, Hawthorn Road, Lincoln LN2 4QX
D Midlands	Ruth Davies	nacthpcregionalgroups@hotmail.co.uk	
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 0783 091 4845	Northern Ireland Hospice Belfast BT36 6WB
G Scottish	Jen Wood	jwood@stcolumbashospice.org.uk	St. Columba's Hospice Edinburgh
H South Eastern	Martyn Yates	martynathome46@yahoo.co.uk	
I South West	Name to be confirmed		
J Yorkshire	Heather Dawn Fields	heatherdawn.mail@googlemail.com 07931 222414	Traditional Therapy and Training, Pontefract West Yorkshire,