

THE LINK

— NEWSLETTER —



Issue 48

Summer 2016



- Namaste Care come to Cheshire • Home and Away •
- NACTHPC 2016 Conference • Poetry and Prose •
- NICE End of Life Guidelines update • Gathering Together •

from the editor

Dear Reader,

While I hope you are all heartily enjoying the summer months, the 2016 conference and most important event in the NACTHPC Therapists' calendar is fast approaching. The topic is, "Changing Relationships and Sexuality at End of Life Care" and we are delighted to announce three eyebrow-raising and thought provoking speakers: Bridget Taylor, an Advanced Nurse Practitioner and PhD researcher; Lorraine Grover, a Psychosocial Nurse Specialist and Nick Owen, Psychotherapist, Artist and Writer. Make sure you have secured your place before the stampede for tickets gets messy! For more conference details please email: nacthpcconference@hotmail.co.uk

The NACTHPC Committee is a group of therapists who keep the fresh, independent, creative spirit of the Complementary Therapist working in Palliative Care alive and vocal. The Committee offers the opportunity to share ideas and the chance to meet with like-minded people. Please get in touch if you would like to join our Committee, or feel free to meet with members at the conference in September and share your news. As always, I am delighted to hear about all your good work and welcome article submissions.

Jo Dorling – Editor, The Link
Email: nacthpceditor@hotmail.co.uk

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

New Address for NACTHPC

NACTHPC, PO Box 4044, Faringdon, SN7 9BG

Contact the Editor : Jo Dorling
e-mail : nacthpceditor@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

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www.nacthpc.org.uk



facebook

We are now on Facebook!

Sign up at:

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

This is a private group. You will have to be approved by the moderator.

The posts can only be viewed by members of the group.

Letter from the Joint Chair

A warm welcome to members and we hope you will enjoy the Summer Edition of The Link.

Well, it has certainly been a time of uncertainty over the past few months, both for us as complementary therapists working in hospice and palliative care and for us as residents of the United Kingdom (UK) and subsequently members of the European Union (EU). Although the UK will be leaving the EU, we have been informed that the use of complementary therapy for people at end of life will remain in NICE guidelines.

On 30th June, 2016, NICE confirmed the 2004 guideline will be retained, without any change. NACTHPC is delighted that NICE has reversed its decision to produce new guidance on supportive and palliative care that would omit complementary therapy altogether. Following a large number of comments from NACTHPC, FHT and other registered stakeholders we made a difference!

Currently the subject most prominent in the minds of all committee members is this year's conference. NACTHPC Conference entitled 'Changing Relationships and Sexuality at End of Life Care' will take place at Birmingham University on Tuesday 13th September 2016. In terms of content we have inspiring speakers lined up for you. Bridget Taylor (Key Note Speaker) is an Advanced Nurse Practitioner and PhD Researcher and she will be exploring the meaning of intimacy for patients and partners living with MND and Cancer, Lorraine Grover (RGN DipPST) is a Psychosexual Nurse Specialist and she will be providing an insight into helping men and women overcome their sexual difficulties, Nick Owen (BA, MA, Cert Ed) is a Writer and Artist and he will be sharing intimate experiences in relation to his wife at the end of life. It will be a thought-provoking session so have your pen and paper ready for the question and answer panel.

We hope you can join us and we look forward to welcoming you!

There are plenty of courses advertised, however please note the revised cost of advertising. We now offer four different advertising areas giving you extra value for money.

In preparation for the next edition of The Link we are looking for therapy related articles, case studies and experiences within Hospice and Palliative Care. It doesn't matter whether you have been in practice for many years or are new to the field we would love to hear from you.

We both hope you have a happy, productive and peaceful summer and look forward to welcoming you at conference in September. In the meantime, we have our fingers crossed that we all experience more of the lovely sunshine we have recently been blessed with! For more conference details please email: nacthpcconference@hotmail.co.uk

With very best wishes, *Gaenor Evans & Sarah Holmes, Joint Chairs*

Yorkshire Regional Group

The Yorkshire group got together for their bi-annual meeting at Wakefield Hospice. The meeting normally includes an element of education, time to share experiences, reflection and some relaxation.

We had a fun filled day as two speakers attended. In the morning we were guided through how energy follows thought by Carole Williams. The group split into pairs so we could practise feeling energy. Then the group formed a circle of colour while group members took it in turn to feel the colour being thought... it was fascinating!

Following a period of sharing the group expressed their need for peer support and supervision.



We were then joined by Claire Barton who instructed the group initially on chair pilates, which she demonstrated can be adapted to any skill level and helpful for strengthening, mobilising, breathing and mood. Claire then led the group onto bar ballet... using fluid motion for relaxation. Claire has taught ballet for 20 years and recently came back to the area after running a school in Somerset.

Claire stressed the importance of safe movement and adaptation for disabilities and medical conditions. Claire injected fun into the session which was thoroughly enjoyed by everyone.

Both speakers can be contacted if you are interested in including these topics at your unit:

Carole Williams: Telephone: 01977 662 226 Mobile: 07776 312 312
Email: dougiewilliams@iCloud.com

www.facebook.com/Caroles-Therapies

Claire Barton: Telephone/text: 07712 120 855

Email: clairebbarton@sky.com

www.pilatesinandaroundpontefract.co.uk

www.facebook.com/Fitness-Pilates-in-and-around-pontefract

The next Yorkshire regional meeting takes place 26th September 2016 at Wheatfields Hospice and our speaker will be talking about Laughter Yoga.

Namaste Care Comes to Cheshire

Namaste Care is a seven day a week programme helping to minimise agitation and confusion, pain and the feeling of isolation. To be able to support different care settings to embed this programme into their everyday routine is very exciting. – (Sara Jones, Namaste Project Worker)

The End of Life Partnership has recently launched a new Namaste Care Programme project which aims to improve care for people who have advanced dementia. The project has been funded by St Luke's Cheshire Hospice and will be working with care settings across Central and Eastern Cheshire to imbed Namaste Care into their routine practice.

Namaste Care is a program developed by Joyce Simard and has been designed to improve the quality of life for people with advanced dementia. Namaste is a Hindu term meaning "To Honour the Spirit Within" and was selected to describe a programme that brings honour to people who can no longer tell us who they are, who they were, or care for themselves without assistance. In Namaste Care, the five senses are used to bring pleasure and peace to the lives of people living with advanced dementia. The Namaste Care programme in palliative care would be a valuable extension of the therapist's knowledge around hospice patients who have an advanced dementia diagnosis.

The End of Life Partnership's Namaste project will be led by Lynne Partington and delivered by Sara Jones (a complementary therapist with a nursing background). Sara has already started to work with care settings and is already seeing positive results, such as lowered levels of agitation and weight gain.

The project also incorporates a research evaluation element, which is being led by Rory McDonnell from the End of Life Partnership. The project is specifically interested in the long term sustainability of Namaste Care once it has been introduced into



(Left-to-right: Lynne Partington, Sara Jones, Rory McDonnell)

an organisation. The evaluation will also capture data from the organisations taking part in the project to measure the impact of the Namaste Care Programme.

For further information follow @_EOLP on twitter or e-mail s-jones@eolp.org.uk

VOLUNTEER COMPLEMENTARY THERAPISTS WE NEED YOU!

We are looking for qualified complementary therapists who would be willing to give Isabel Hospice some of their time and skills on a voluntary basis.

We have a wonderful team of therapists at present, but we have some gaps in our delivery of this service and would like to meet the demand from our patients and families on a more consistent basis.

We particularly need qualified aromatherapists.

We offer free palliative care for people across eastern Hertfordshire.

Enquiries: Jill Preston - 01707 382500
or jill.preston@isabelhospice.org.uk.

Registered charity number: 1046826



NICE End of Life Guidelines: Remain Wins!

Complementary Therapies Stay in the NICE Guidelines.

This Spring Complementary Therapists were whispering to each other over camomile tea all over the nation: it appeared momentum was gaining with the #LeaveNICEGuidelines campaign and The National Association of Complementary Therapists in Hospice and Palliative Care began to worry a little. This turned out to be no bad thing, as complacency can lead to disaster! So how did #NACTHPCRemain secure victory?

The National Association of Complementary Therapists in Hospice and Palliative Care responded to challenge this proposal and sent our comments to NICE. We stated that the exclusion of Complementary Therapy in Palliative Care Guidelines would detract from its validity, and requested the rationale for the proposed exclusion.

We were pleased to hear that improving Supportive and Palliative Care Guidelines for Adults with Cancer will REMAIN WITHIN THE PUBLISHED GUIDELINES. Complementary Therapies are not being explicitly reviewed within this new guidance and previous recommendations relating to Complementary Therapies will remain in place.

What does this mean for other services?

There is a new Government report which details the 6 commitments to end variation in end of life care across the health system by

2020. The report is in response to an independent review on the choice in end of life care which was published in February 2015.

The 6 commitments are:

- honest discussions between care professionals and dying people.
- dying people making informed choices about their care.
- personalised care plans for all.
- the discussion of personalised care plans with care professionals.
- the involvement of family and carers in dying people's care.
- a main contact so dying people and their families know who to contact at any time.

Please see link below for the full document (link below)
<https://www.gov.uk/government/publications/choice-in-end-of-life-care-government-response>



Home & Away: Therapist specialising in palliative care works from home

The Retreat in the West Midlands offers relaxing and safe Cancer Care treatments in a private and welcoming environment. Victoria Weatherer, an accredited Complementary Therapist, has a portfolio of clients undergoing cancer treatments and receiving palliative care. She works hand in hand with a local cancer charity, *Breast Friends*, and provides bi-monthly make up workshops at the local *Sutton Cancer Centre* which shares its premises and clients with *St Giles Hospice*. The workshops are designed to boost the confidence and self-esteem of women undergoing chemotherapy. *The Retreat*, Victoria's own business, is located only ten minutes away from *Sutton Cancer Centre*, and offers a wide range of holistic treatments especially created and adapted for clients undergoing chemotherapy or radiotherapy, and those recovering from major illnesses and operations.

For ladies undergoing chemo, I offer specialist make up services. Clients can have their make-up done for them, for an occasion or can come for a private, one to one make up lesson tailored especially for their needs and requirements, leaving confident in the fact that they can look fantastic and can do this themselves. Reshaping the face, creating beautiful eyebrows and colour matching are all part of the private lessons which always include a cup of tea and some homemade biscuits too!



For both ladies and gentlemen I also offer a range of holistic therapies to help them through treatment and recovery (not just from Cancer but from all operations and serious illness) and tailor make treatments to suit each individual. Reflexology is very popular to help reduce side effects from cancer treatment. Reflexology can be combined with prescription aromatherapy to address things like fatigue or sickness, add a little Reiki into the mix and you have a full mind, body and emotional therapy all in one go.

Whatever a client prefers, I can create in a treatment. I have a 'create your own treatment' package where clients can choose their favourite elements from several treatments and combine them together, so it may result in Aroma Reflexology and a face massage or perhaps a Thai foot massage and mini facial.

All treatments are adapted to be safe for clients and there will be some treatments that certain clients can't have, but I guarantee that I can find something or create something that will make

everyone feel safe, relaxed and happier.

Holistic Therapies available include Reiki, Drumming Reiki, Indian Head Massage, Hot Stone Massage, Aromatherapy, Thai Neck and Shoulder Massage, Hopi Candles and Reflexology.



I also created and regularly run a special Aromatherapy workshop, which teaches complete beginners how to use the most common essential oils for personal and home use, to help to lessen their toxic load on their systems, and reduce their exposure to harsh chemicals. Students also get to create two products to take home to start them on their journey to a less chemical life. *The Essentially Curious Workshop* can also be booked to order for groups and it is incredibly popular with chemotherapy patients as well as parents of small children.

To calm the mind and combat the stress clients can also learn meditation skills with us, in private workshops which can also include friends and family if they want to share the fun! One to one individual meditation lessons are available or the ever popular Daily Mindfulness workshop which teaches students everything they will ever need to meditate effectively and calm the mind. The mind plays an important part in helping clients to recover from illness and surgery, meditation is a way of increasing the effectiveness of positivity.

Because I am a small private business I am free to create treatments and dedicate more time to each client. Clients will have continuity in their treatments, as they will always see the same therapist who knows their preferences and their history and that anything that they share with me will remain confidential. I've been treating clients for over 20 years and have undertaken specialist advanced training in Holistic Therapies to help me to adapt my treatments to be safer and more effective.

It's always an honour to share a journey with my clients and to see them develop and relax and enjoy their time in my therapy studio. It's part of why I love my job so much."

For more information visit Victoria's Website:
www.retreatacademy.co.uk

Poetry and Prose

Reflexology Poem

In the hope of reducing my swollen left arm
A result of having breast cancer
It led me to look for help, without harm
Reflexology could be the answer

I'll recline and relax while pressure techniques
Are applied with fingers and thumb
They're gentle and firm, with a few twists and tweaks
Encouraging lymphatic outcome

By ridding the body of toxic production
More energy's enabled to flow
Aiming towards lymphoedema reduction
Whilst improving self-image also

The whole body's system, organs and glands
Can all be managed out in the feet
Not only that, but the ears and the hands
Are alternative areas to treat

Sometimes when crystal deposits are felt
They do show some clear indication
Of a malfunction that can be helped
By this touching technique application

It's hoped reflexology will benefit those
With lymphoedema effects
Who would have thought, to manipulate toes
Could correct the body's defects

I'm ashamed of my bunions and misshapen feet
With thickened and lengthy toenails
I'm no longer nimble, nor retired athlete
So I'll spare you more pedicure details

Known as a complement to cancer care
By reducing the stress and fatigue
While helping the body to heal and repair
It's a therapy full of intrigue

Reflexology Poem by S.Davies, Cardiff

Doorways

I stand on the doorstep in scuffed shoes I regret.
My uniform is purple, the colour of pain
of loathsome emperors, matadors, indelible stains.
For a moment I consider who I am going to see.
A beautiful woman a year younger than me. Palliative.

Now is the time for care not cure
In this deadly skirmish no return fire.
It is time to forget that I was once a soldier
Though the soldier remains, baffled by this blast,
moved as by mortar. Like me she's a mother,
of three young daughters.
Cancer is a different battle from war –
or no battle at all, just conscientious objection.
In the end peace is our only hope
Nothing I can do but unblock the doorway.
Years ago in Afghanistan mortars were falling.
I could do nothing but stand in a doorway
huddling with others as helpless as I was.
There at last my mind settled to a meditative calm.
No need to shout, "Look at me!" to an admiring crowd
nor to jump on a plane to escape from myself.
Here, I was here. Here I was.
My weapon was ornament, burdensome, useless –
there were no enemies, only friends.
Blame was comical, pointless.
Her family are shocked, so shocked they have lost their voices.
In silence and fear they stoically fight
over Hoover and iron. They are in there now.
Quietly they wipe down work-surfaces,
thrust needy arms into soap-sudded teacups
grateful for daily rituals, the purge of petty grime.
Sunlight whites the double-glazed door.
I am blurred in time, an observing child again.
Playing children sound the same for ever
This stops me from knocking, this stops me
from interrupting life to find out
how close death might be.
A scuffmark on the door. Probably a football.
These kids still play, not in a new
self-conscious way, trying to be good or carry on
but because they cannot always be in pain.
Sometimes they must kick a ball just as
dishes will always need doing.
And no-one must be late for school.
Time's up – I break the spell. Have I got my pen?
My notepad. I reach for the bell.
While dishcloths are shaken out, I sit with her.
While dustpans are emptied, I talk to them.
We want to bring comfort. They want to show love,
her daughters, with or without words.
From my bag I bring out fragrant potions and towels.
We break no alabaster jar, but we kneel at her feet
as we prepare to anoint her with aromatherapy oils.
Then I stand in a circle holding hands with her girls,
splashing almond oil around her.
I move away, let them take over.
Next day someone chewing toffee tells me she has died –
I remember only daughters full of love who laughed until they cried.

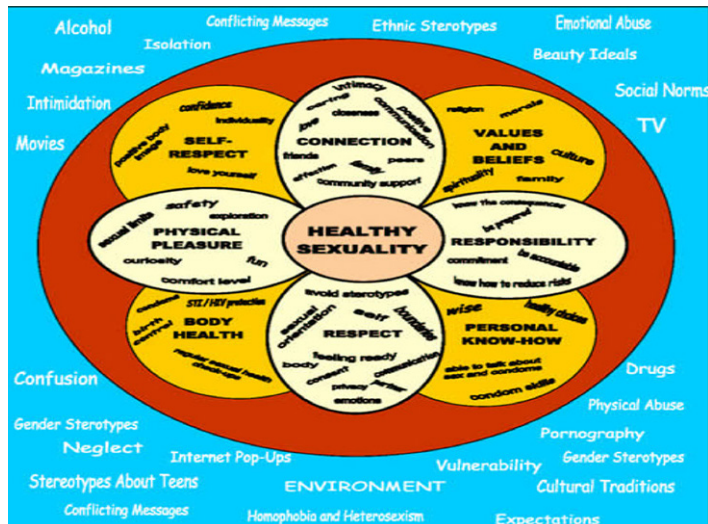
Anonymous

NACTHPC conference 2016

**Changing Relationships & Sexuality at End of Life,
Tuesday 13th September, Birmingham University**



Complementary Therapists and health care professionals are invited to a conference to look at changing relationships, sexuality and intimacy for people approaching end of life.



determines who we are. It is an integral factor in the uniqueness of every person!” Sexuality, body image and the way we relate to the world around us when our body and possibly our outlook is changing is an important issue for us all. It is especially important for therapists working with touch who might find patients will ‘open up’ about intimate issues and important relationships during a therapy session. It would be wonderful if this conference could dispel some unnecessary worrying, by professionals, who worry they might say the wrong thing, or patients, who worry about what might happen, or relatives, who don’t know how to help or what to do. It is hoped that the accumulated wisdom and experience of our wonderful speakers who talk from both personal and professional perspectives will generate a lively discussion and debate. Sometimes we do know what to do, and what to say, and what will happen... and it’s enormously reassuring and rewarding.

“Changing Relationships & Sexuality at End of Life” aims to explore the concept of sexuality, the power of touch and the dynamics within family units and promote patient-centred and coordinated approaches to Complementary Therapies in palliative care.

**NACTHPC Conference – have you booked YOUR place?
Please contact: nacthpcconference@hotmail.co.uk**

*The beautiful people you have to search for with your heart,
not your eyes.*

The event, organised by the National Association of Complementary Therapists in Hospice and Palliative Care on Tuesday 13th September 2016 will feature a range of speakers looking at different aspects of changing relationships and end of life care.

Stuart and Sundeen (1979) state that sexuality is “...an integral part of the whole person. To a large extent human sexuality





NACTHPC Conference 2016

Changing Relationships & Sexuality at End of Life

Tuesday 13th September, Birmingham University

(with the opportunity of an overnight stay on Monday 12th September if desired)

Complementary therapists and health care professionals are invited to a conference to look at changing relationships, sexuality and intimacy for people approaching end of life.

The event, organised by the National Association of Complementary Therapists in Hospice and Palliative Care on Tuesday 13th September 2016 will feature a range of speakers looking at different aspects of changing relationships and end of life care.

“Changing Relationships & Sexuality at End of Life” aims to explore the concept of sexuality, the power of touch and the dynamics within family units and promote patient-centred and coordinated approaches to complementary therapies in palliative care.

Have you booked YOUR place? Please contact: nacthpcconference@hotmail.co.uk





Complementary Therapy courses at Velindre Cancer Centre 2016

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

September 24th/25th 2016 - 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.

Clinical aromatherapy for respiratory challenges in cancer care: evidence and applications

23rd September 2016 - Rhiannon Harris

This one day class is appropriate for aromatherapy practitioners working in cancer, palliative and elderly care settings. In these environments, breathlessness and other respiratory challenges such as cough and thickened secretions are a frequent source of distress and discomfort and strongly impact quality of life. Essential oils can offer multiple benefits to the respiratory sphere and this class explores evidence, applications and treatment strategies that may bring relief and improve wellbeing.

Foundation in Complementary Therapies in Cancer Care

4th, 11th 18th November & 2nd December 2016 - 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>

Velindre Cancer Centre
Canolfan Ganser Felindre



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 for 2016:

- Friday 30th September 2016. **Taunton.**
- Thursday 20th October 2016. **Flint, Clwyd.**
- Wednesday 2nd November 2016. **Cambridge.**
- Thursday 10th November 2016. **Glasgow.**
- Tuesday 15th November 2016. **London.**
- Thursday 24th November 2016. **Manchester.**
- Monday 5th December 2016. **Brighton.**

Cost: £115. Includes training manual and CPD certificate.

Time: 09.30 – 16.00

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 the training, book and DVD. You will learn these strokes and then you 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. Story Massage is now being used for children and families in hospices around the country. The training day is fun and interactive, just like story massage!

To book your place and more information: contact info@storymassage.co.uk

Do also take a look at the website: www.storymassage.co.uk

*Loved this training day yesterday - completely inspired and so excited to start implementing this wonderful technique at work. **Jennifer Shukla, Complementary Therapy Co-ordinator, KEMP Hospice.***

*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, Christophers' Hospice.***



Google Groups

On the 7th December the Google Groups 'NACTHPC Members' email distribution group – nacthpc@googlegroups.com – was established. Within 24 hours of members receiving an email explaining the purpose of Google Groups, a lively email conversation was taking place about measurement tools to measure complementary therapy outcomes.

As an individual member or a unit lead member you are automatically added to this group. By using your own email, simply address an email to nacthpc@googlegroups.com ensuring you have given it a subject, so others can follow the thread easily, and send. Every member of the group will then receive the email. By replying to all, you can then respond and your response will continue to be viewed by all.

At present there are 43 individual members and 85 unit lead members, so as you can imagine this could stimulate some interesting conversations as well as providing a good forum for the sharing of information. If you wish to unsubscribe from the group this can be done by clicking on the link at the bottom of the email.

We are looking into how members within a Unit might also be able to access this group.

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?

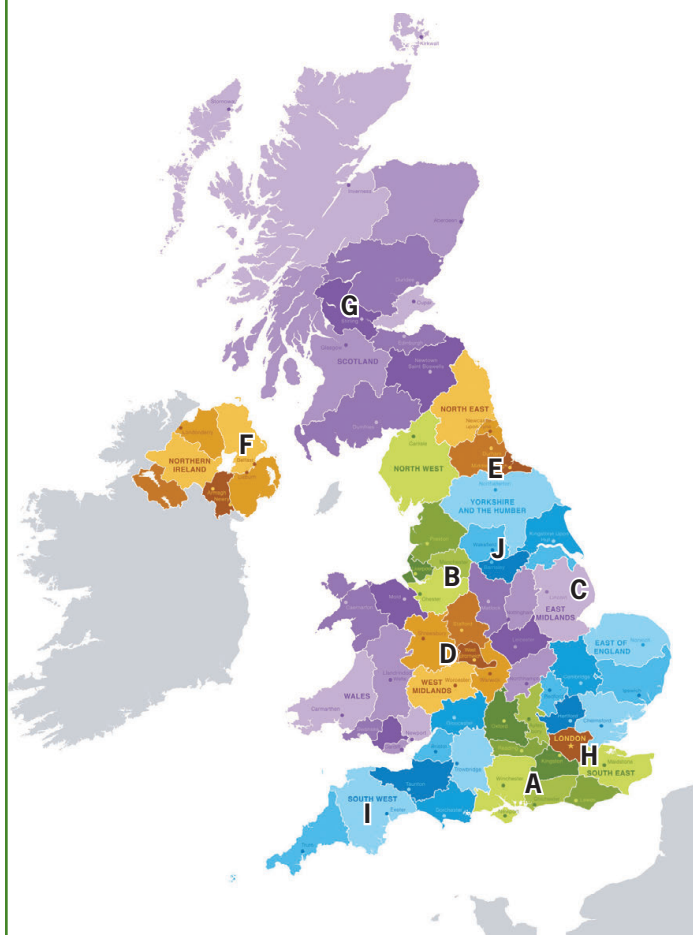
Would you like to write a Case Study about your clinical work?

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, Website Liaison	nacthpcchair@hotmail.co.uk
Elisabeth Nuttall	Treasurer	nacthpc treasurer@hotmail.co.uk
Sue Holland	Secretary	nacthpc@hotmail.co.uk
Jo Dorling	Editor, The Link	nacthpceditor@hotmail.co.uk
Michele Gordon	Minutes Secretary	michele.gordon@nihospicecare.com
Angela Green	National Guidelines Lead	nacthpcguidelines@hotmail.co.uk
Awaiting interim administrator	Membership Administrator	nacthpcmembership@hotmail.co.uk
Awaiting appointment	Regional Groups Lead & Unit Lead	nacthpcregionalgroups@hotmail.co.uk
Sally Woods	Conference Co-ordinator	nacthpcconference@hotmail.co.uk

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	NeDv357@aol.com	
E North East	Glynis Finnigan	glynisfinnigan@butterwick.org.uk 01642 607 742	Butterwick Hospice Care Stockton on Tees TS19 8XN
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H South Eastern	Martyn Yates	martynathome46@yahoo.co.uk	
I South West	Elisabeth Nuttall	nacthpc treasurer@hotmail.co.uk	
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 nacthpceditor@hotmail.co.uk

Members Rates (per issue): ¼ Page: £20 • ½ Page: £30 • Full page £50

Non-Members Rates (per issue): ¼ Page: £25 • ½ Page: £35 • Full page £55

Cheques should be made payable to NACTHPC

(Rates include advertising in The Link, NACTHPC website and social media pages)

Gathering Together

There's strength in sharing, there's grace
in giving voice to memory – gathering,
remembering, reminds us of ourselves –

so we rescue our pleasures, give them shape
on a white page; the complicated pattern
of an arran sweater; the soft drift of flour
into a baking bowl; a path through the woods.

The aroma of freshly laundered clothes,
ironed and folded neatly into drawers.
Hair pinned back, hands washed and apron on,
apple pie and custard with it. Oh the smells!

Dance steps; how an engine fits together;
fossils; Irish words; a family tree.
The feel of soil through fingers, planted seeds,
waterfalls and hares and squirrels, trees and birds.

Sharing stories, sharing something of ourselves.

Moyra Donaldson (creative writer/poet)
Facilitator's response after working with
Day hospice patients, Northern Ireland Hospice