

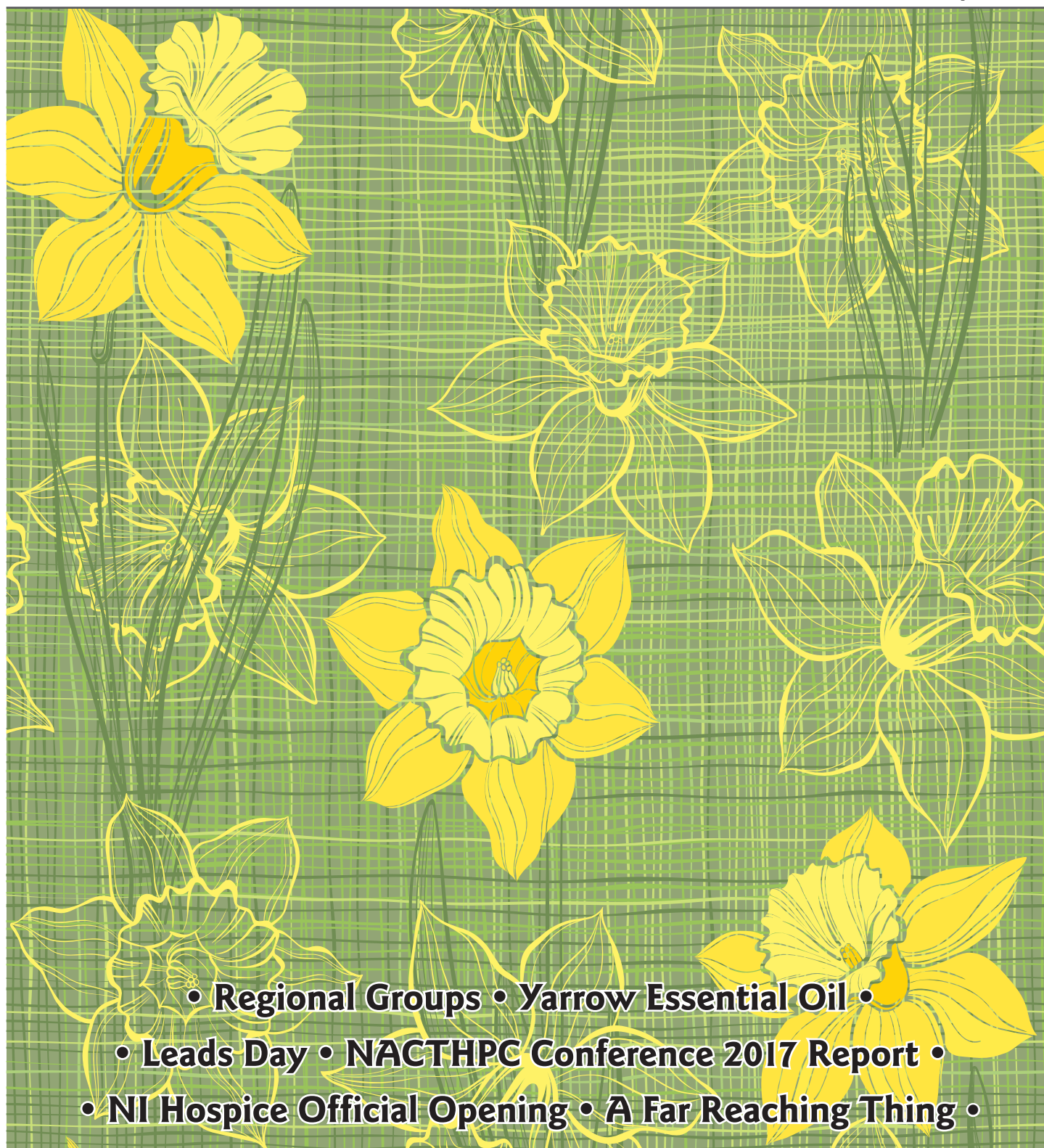
THE LINK

— NEWSLETTER —



Issue 51

February 2018



- **Regional Groups • Yarrow Essential Oil •**
- **Leads Day • NACTHPC Conference 2017 Report •**
- **NI Hospice Official Opening • A Far Reaching Thing •**

from the editor

Dear Reader,

As the newly appointed editor I'm pleased to welcome you to the latest addition of **The Link**. It appears I've joined at an exciting time as the executive committee begins its work towards solidifying the future of the Association.

I'd like to take this opportunity to introduce myself. My career began in Australia 30 years ago, where I lived and worked until immigrating to the UK in 2014. Initially I trained in massage and naturopathy but continued to qualify in acupuncture, shiatsu, naturopathic nutrition, energetic healing, reiki, cupping, moxibustion and many other modalities.

My experience is varied. I have worked in private practice, hospitals, nursing homes, spas, corporate health and on retreats. I was introduced to the hospice movement in the UK when a friend spent her last weeks in the Severn Hospice. Witnessing first hand the love and compassion of the staff and the benefit to my friend and the other patients I immediately knew this was the environment I wanted to work in. So I now volunteer as a complementary therapist at Sue Ryder: Leckhampton Hospice and in the Cheltenham General Oncology Department. I also operate a private practice in Cheltenham, facilitate retreats abroad and run a company that specialises in corporate and event massage.

I have a strong desire to see complementary therapies affordable, available to all and firmly integrated within the public health system. So it is exciting to see the continued growth and acceptance of Complementary Therapies within hospices, I hope my work with NACTHPC can make a small contribution to this.

Please be in touch with contributions for future editions or adverting enquiries. Also, I'd love to hear feedback and suggestions of how we can improve **The Link** and see it continue to develop as a valuable information resource and engaging publication for members.

Kallika Bruce – Editor

Address for NACTHPC

NACTHPC, PO Box 17271, Bromsgrove, B60 9LG

Contact the Editor: Kallika Bruce

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



We are now on Facebook!

Sign up at:

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

Letter from the Chair

I would like to extend a warm welcome to all our readers and hope you enjoy this Winter/Spring Edition of **The Link**.

A committee decision was made in January to continue with NACTHPC at present. We feel it is a good support network for therapists working in palliative care and hope you continue to support us as we move forward.

I would like to take this opportunity to welcome Kallika Bruce to the NACTHPC Committee and thank her for agreeing to take on the role of Editor of **The Link** and also assist with the organisation of Conference.

I would also like to thank Moo Barrie for agreeing to coordinate The Leads Day which will be held in Primrose Hospice, Birmingham on the 10th May.

There still remain a few vacant positions on the Committee and we would welcome other members to come forward and join us.

A committee decision was made to postpone the Conference and AGM until March 2019 to enable us to concentrate on the update of our National Guidelines. Work is in progress and I hope to have further news for you in the summer edition of **The Link**.

We have been listening and acting on what you have been saying to us. As we go to print, NACTHPC members will have a downloadable logo available in the Members section of the website for print and social media. We will also provide a NACTHPC Membership certificate on renewal. Membership renewal forms will be sent out shortly and I would encourage you to renew so that you can continue to enjoy the benefits of membership. To encourage renewal we have agreed to offer a "Refer a Friend" benefit. If you refer someone to join us as a new individual member or new unit, we will discount £10 from the price of each Conference place that you or your Unit book. Following up on Conference feedback, we hope to return to Woodbrooke Quaker Study Centre in Birmingham for Conference and will also take your other comments on board during our planning.

Please remember that NACTHPC is your organisation and we need your support to continue. Keep in touch and let us know about all the great things that you are doing out there.

Michele Gordon – Chair

Regional Groups

Regional groups continue to meet in certain areas. They are a good way of keeping up to date and offering support to therapists working in palliative care. If you are not part of a regional group and would like to know where your nearest group meet, please contact me at: nacthpcregionalgroups@hotmail.co.uk

All of the Regional Group coordinators have been contacted in order to update contact details. Some have changed and the website and details in **The Link** have been altered accordingly. In this edition of **The Link**, we have write ups from 2 Regional Groups and I would like to take this opportunity to thank both groups for taking time to share with us. I would like to encourage other groups to get in contact and let us know what they are doing also.

If you would be interested in starting up a Regional Group in your area, please contact us for advice and help.

Teresa Barr – Regional Group Liaison

Midlands Regional Group News

Overview of the day held on 26 June 2017

Both Jerry Lennon – Complementary Therapy Lead and Linda Wooldridge Complementary Therapy coordinator for Myton Hospices Welcomed attendees.

The day began with everyone introducing themselves and where they came from. Jerry then presented an overview of the agenda and started the day with a gentle mindfulness session.

Chemotherapy excretion rates and gloves

Jerry updated everyone and discussed the direction taken by the editor of FHT organisation. The editor of the FHT magazine had contacted Jerry to let him know that an article would be appearing in the next issue of International Therapist magazine. It will appear in the 'Ask an Expert' column and relates to the subject of the use of gloves and Chemotherapy excretions. The magazine will print that risk is minimal and to 'wear gloves if concerned'. However Jerry spoke about Myton's stance; and the need to mitigate any potential risk, coupled with the fact that despite many attempts during the last year – minimal to no data on excretion rates was provided from the pharmaceutical industry, this generated a healthy debate within the room.

All members felt that much more research is needed, especially in-light of the fact that a lot of anecdotal evidence pointed to some therapists experiencing adverse reactions of varying degrees, during skin to skin Complementary therapy interventions.

So at Myton Hospices we changed our relevant documentation to include a section, where the question is asked – "Is the patient on active Chemotherapy". If this is the case, gloves should be worn. This remains in place until further appropriate research can be carried out, thereby ruling out any potential risk.

The Group session 'What do you do?' went well, a lengthy discussion followed.

Qualification criteria for recruiting therapists

All members shared their recruitment criteria and the general consensus was that a level 3 qualification in a core therapy should be what is required. Induction of recruits was also discussed.

The use of 'virtual reality' in Complementary Therapy.

Angela Baxter Complementary manager from LOROS, talked about the 'virtual reality' glasses and demonstrated the equipment. We all had a chance to experience them and look at the 'the local park' film, Loros had commissioned. We found this experience to be really fun, but also considered the possibilities of future patient use, within hospices.

Q&A – Any questions were discussed

Mindfulness – Jerry closed the day with a bit of 'Mindfulness'

Linda Wooldridge

If you are a NACTHPC member in our area and I do not have your contact details, please get in touch with me at: therapies@strichards.org.uk if you would like to be included in our distribution when I send out notification of our next meeting. Happy New Year to you all– Moo Barrie.

Northern Ireland Regional Group News

Traditional Ayurvedic Facelift Massage and Foot Massage

A number of Northern Ireland Regional Group members attended a weekend course on the above which was organised by Janet Leitch Nurse Therapist and held in the Marie Curie Hospice, Belfast.

The course was led by Dr. Deepa Apte who is the founder of Ayurveda Pura, London. Deepa is both a medical Doctor and an Ayurvedic practitioner.

She started both days by giving us some very interesting background information regarding Ayurveda, its history and principles.

On Saturday afternoon Deepa demonstrated the Ayurvedic facelift massage and then we all had an opportunity to practise on each other.

On Sunday morning we learnt more about Ayurveda and diet. Sunday afternoon was given over to the foot massage, again with a demonstration and practice. We all thoroughly enjoyed the Course, especially having the face and foot massages which were really relaxing. Everyone felt that they had learnt something about Ayurveda and are looking forward to incorporating some of the massage techniques into their own practice.

Teresa Barr

Calling all Leads and Complementary Therapy Coordinators

You are invited to attend Leads Day
in Primrose Hospice, Birmingham
on Thursday 10th May 2018

Moo Barrie will lead the day
and will be in contact with you all soon
to discuss plans for the day

Lunch and refreshments will be provided

If you haven't heard from Moo and are a
Therapy coordinator and NACTHPC member
and would like to attend please contact us at

nacthptreasurer@hotmail.co.uk



Yarrow (*Achillea Millefolium*)

A useful oil for this time of year



This is a herb which grows to about 1m high with pinky-white flowers. The oil is dark blue or green with a fresh, slightly camphoraceous smell. It is mentioned in very old herbal documents and texts for use in helping to reduce fever, aid respiratory problems, for nervous tension, wound healing and reducing rashes. Alternative names included: Milfoil, bloodwort and nose bleed as the herb was used to stop the flow of blood.

It was also once known as Devils Nettle and was used for divination of spells. More recently it has been documented in China for use with menstrual problems and in Norway for rheumatism. I personally use it for any problems that involve any kind of inflammation be it physical (e.g. massaged on to the face for toothache) or inflamed emotional situations, whenever you need to take the heat out of something!

Family | Compositae

Distribution | Native to Eurasia – but now found in most temperate zones.

Extraction | By steam distillation of the dried herb

Properties | Anti-inflammatory, antipyretic, antirheumatic, antiseptic, antispasmodic, carminative, cicatrisant, haemostatic, hypotensive.

Principal Constituents | Azulene (can be up to 51%), pinenes, borneol

Uses | Skin care e.g. Acne, wounds, scars, eczema. Circulation, muscle and joints

e.g. rheumatoid arthritis. Digestion e.g. constipation, flatulence, indigestion. Genito-Urinary e.g. Dysmenorrhoea, cystitis. Immune system e.g. colds, fever, flu. The plant is often used in herbal tea for this purpose. Nervous system e.g. Insomnia, stress related conditions.

Other uses | It is often used in pharmaceutical bath preparations for skin conditions and in perfumes and aftershaves. It is traditionally the flavour of vermouth and bitters.

Cautions | Although it is non-toxic and non-irritant there is evidence of possible sensitisation in some people.

Helen Murphy



Report on the 17th NACTHPC Conference and AGM

October 4th 2017 – Woodbrooke Quaker Study Centre, Selly Oak, Birmingham

Resilience: Bend, Break or Bounce Back



Woodbrooke Quaker Study Centre

I arrived at the beautiful Quaker Study Centre after a long drive through rush hour Birmingham traffic, to a lovely calming atmosphere, a welcome meal and the friendship of the other NACTHPC committee members. After a catch up we started to put together the resources for the following day.

After a good night's sleep and a hearty breakfast, we began to welcome conference delegates, old and new friends and colleagues to the AGM and conference. We began the day in the Cadbury Conference Room with Jo Dorling welcoming everyone and telling us all about the history of the building and its famous guests, including Gandhi.

I had the task of conducting the AGM and I took the opportunity to appeal for new committee members, as we are again at the point of uncertainty for the future of the association. We thanked Jo Dorling, who was stepping down as editor of *The Link*, after several years of hard work putting our newsletter together. We also voted 2 new members on to the committee – Teresa Barr (Regional groups lead) and Julie Guest (Treasurer).

Michele Gordon then introduced our first speaker, Brenda Dinsdale. Brenda told us of her background as a counsellor and of her work with a Sudanese women's group. She spoke about resilience and reflective listening in the context of our work as complementary therapists. She shared some techniques with us to build our resilience and her style was interesting, informative and humorous throughout. She left us with many key points to take back into our work and home lives.

After a short break to fuel up and take the opportunity to network we were introduced to mindfulness by Helen Cotter (Spiritual care lead at John Taylor Hospice). Drawing on her background of over 20 years of Buddhist practice she focused on how mindfulness can strengthen and support our resilience. We spent some time in a mindful chair practice and took a tranquil, mindful walk outside in the extensive grounds and around the labyrinth. The whole session was a peaceful and calming experience combined with some practical tips for introducing mindfulness to our patients and their families.

Next followed a tasty lunch with plenty of chat and laughter and then the third session began with an introduction to Jude Meryl, a practising soul midwife. She was able to explain how she, and other

soul midwives, support friends and loved ones at the end of their lives, in a variety of settings and environments. In sharing the links between their role and the resilience of patients and carers we were able to see the valuable work the soul midwives do. Jude explained the techniques soul midwives employ, such as the use of essential oils, listening, singing, being observant and the importance of taking the focus away from doing and emphasising being with the dying person. She also talked about the resilience soul midwives must have in the face of death to bounce back and continue their work.



Mindful Walk in the grounds

While everyone gained their composure after an emotional hour we were able to sample the essential oils Jude had mentioned and take away a soapstone heart as a memento of our experience together.

To finish the day Carole Henderson (founder and managing director of Grief Recovery in the UK) shared some personal experiences of grief, and how this led to her training in the grief recovery method. She went on to teach people to let go of unhelpful messages and unresolved dreams to move on from their grief. With much humour she talked about the unhelpful language that people often use in grief situations and the common myths surrounding grief. Carole gave us many things to think about that might help when we are having those difficult conversations with grieving families.

All our speakers looked at the theme of resilience from different angles but the feedback from delegates told us that each one gave us an informative, enjoyable, sometimes emotional perspective on the subject, leaving us with plenty to take back to our workplaces to share with colleagues and to hopefully enrich our practice.

Helen Murphy

Northern Ireland Hospice Official Opening

The new £13m dementia friendly Northern Ireland Hospice was officially opened on 23rd January 2018 by Her Royal Highness The Countess of Wessex.

The Countess said, “the building is absolutely beautiful, it absolutely is and it has been lovely to see all the patients and hear what the patients and their families have to say about it, without exception they are all completely thrilled” She continued, “it has been an absolute pleasure to be here today and I’m just sad that I haven’t time to pop back for the Guinness that was promised – but next time!”

The new hospice has 18 private ensuite rooms, a rehabilitation suite, day hospice, a community nursing hub, dedicated education and research facilities, peaceful gardens, a sanctuary, a relatives area and a café.

Dr White, Consultant in Palliative Medicine said, “the new hospice will continue to provide specialist palliative care and will enable us to reach beyond cancer and offer palliative care and end of life services to those with conditions such as dementia, Motor Neurone Disease and respiratory illnesses.



The Countess greeting Darcy, NI Hospice therapy dog



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 and poet)
Relaying thoughts from Day Hospice Patients,
Northern Ireland Hospice*

Spring Can't Come to the Phone Right Now

Spring can't come to the phone right now ...
She's flown to distant hills
To dabble speckles on a fawn
And fling out daisy spills

When she re-mosses forest floors
And pulls back Winter's Pall
She'll batten down the daffodil
And then return your call

To teach the wren her little song
Will take an hour or two
Stripping birches lasts a while
So wait and she'll call you

You'll know when April comes again
She'll cause your heart to leap
Just close your eyes and listen
To her message at the "beep".

Charlotte Partin





Seasons

A human life has seasons much as the earth has seasons,
Each time with its own particular beauty and power and gifts.

The question, "Which is the happiest season of life?" was asked of an aged man,
And he replied:

"When Spring comes, and in the soft air the buds are breaking on the trees,
And they are covered with blossoms,
I think, "How beautiful is Spring".

And when Summer comes and covers the trees with its heavy foliage.
And singing birds are among the branches,
I think, "How beautiful is Summer".

When Autumn loads them with golden fruit,
And their leaves bear the gorgeous tint of frost.
I think "How beautiful is Autumn

And when it is severe Winter, and there is neither foliage nor fruit,
Then I look through the leafless branches,
As I never could until now
And see the stars shine in Heaven,
I think, "How beautiful is Winter".

Anon.

Hey, you **SCOTLAND!**

Do you provide
Complementary Therapies
in a Palliative Care
environment in Scotland?

Please get in touch!

**WE WOULD LIKE TO HEAR FROM ALL MEMBERS AND NON
MEMBERS OF NACTHPC.**

**IF YOU ARE PROVIDING COMPLEMENTARY THERAPIES
WITHIN ANY PALLIATIVE CARE ENVIRONMENT IN
SCOTLAND AND ARE INTERESTED IN ATTENDING A
REGIONAL GROUP MEETING FOR SCOTLAND WHERE GOOD
PRACTICE CAN BE SHARED AND BUILT UPON!**

PLEASE CONTACT JANICE ALLAN@

JANICE.ALLAN@KILBRYDEHOSPICE.ORG.UK

**IF YOU HAVE ANY QUESTIONS OR WOULD BE INTERESTED
IN ATTENDING FUTURE MEETINGS PLEASE GET IN TOUCH**

**JANICE ALLAN - NACTHPC SCOTTISH REGIONAL GROUP
CONTACT**

Proactive Discharge

A person centred approach to wellbeing within a Hospice Day Service



Feedback demonstrated patients felt unprepared for discharge from a palliative care day service. As a result, we sought a more effective method to support patients through the discharge process.

The Wellbeing Group is nurse and complementary therapist led. It focuses on enhancing knowledge and self-empowerment using a person centred approach. Self-management techniques enable and empower patients to make shared decisions, in keeping with Scottish Government realistic medicine⁽¹⁾.

This resulted in an inclusive and positive discharge process, putting patients at the centre of decision making. Outcomes were evaluated through the use of evaluation, Patient Activation Measure (PAM)⁽²⁾ and Views on Care VoC⁽³⁾

The aim of the Wellbeing Group is to empower patients, reducing dependency on hospice and statutory services and focusing on what matters most to the patient.

Methodology was a prospective study to identify outcomes of Wellbeing Group n=17.

Sample aged 54-74, Female 80%, Male 20%, analysis was carried out by 2 researchers.

As a result of Patient feedback, Kilbryde Hospice Day Services have tailored service delivery by introducing a new and innovative Wellbeing Group.

The Group has had a positive impact on all individuals with all 9 PAM questions and evaluation results demonstrating improvement.

Patients feel more prepared for discharge and confident they have the skills to take an active role in their own health and wellbeing.

100%

felt benefit from attending Wellbeing Group

92.3%

increased confidence

84.6%

learned techniques that enhance physical and mental wellbeing

84.6%

improvement in main problems and concerns

73.3%

improvement in the response to the question: 'when all is said and done, I am the person who is responsible for taking care of my health'.

69.2%

improvement in quality of life

Authors:
L Bain, J Allan

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 (2) Hibbard, J., Gilbert, H., (2014) *Patient Activation Measure*, Supporting people to manage their health, An introduction to patient activation, The Kings Fund Patient Activation Measure, <https://www.kingsfund.org.uk/publications/supporting-people-manage-their-health> accessed on 31/08/17
 (3) Witt J, Murtagh FEM, de Wolf-Linder S et al (2013) *Views on Care* Introducing the Outcome Assessment and Complexity Collaborative (OACC) Suite of Measures A Brief Introduction Kings College London, <https://www.kcl.ac.uk/ism/research/divisions/cicelysaunders/attachments/Studies-OACC-Brief-Introduction-Booklet.pdf> p15 accessed on 31/08/17

THE 'M' TECHNIQUE®

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® is a method of structured touch. It is simple to learn and the Practitioner course can be taken in a weekend. We also deliver a 4 hour Hand & Foot course for hospices and hospitals. The 'M' Technique® has been found to be particularly useful for the very fragile, or when massage is not appropriate.

The skills and content taught on the course are suitable for anyone in the health professions, complementary therapists, and for anyone who is caring for someone with an advanced or chronic illness

'M' Technique® Practitioner courses are held regularly in the UK. To find one in your area, or to enquire about the 'M' Technique® Hand & Foot course for your hospice or hospital, please contact :-

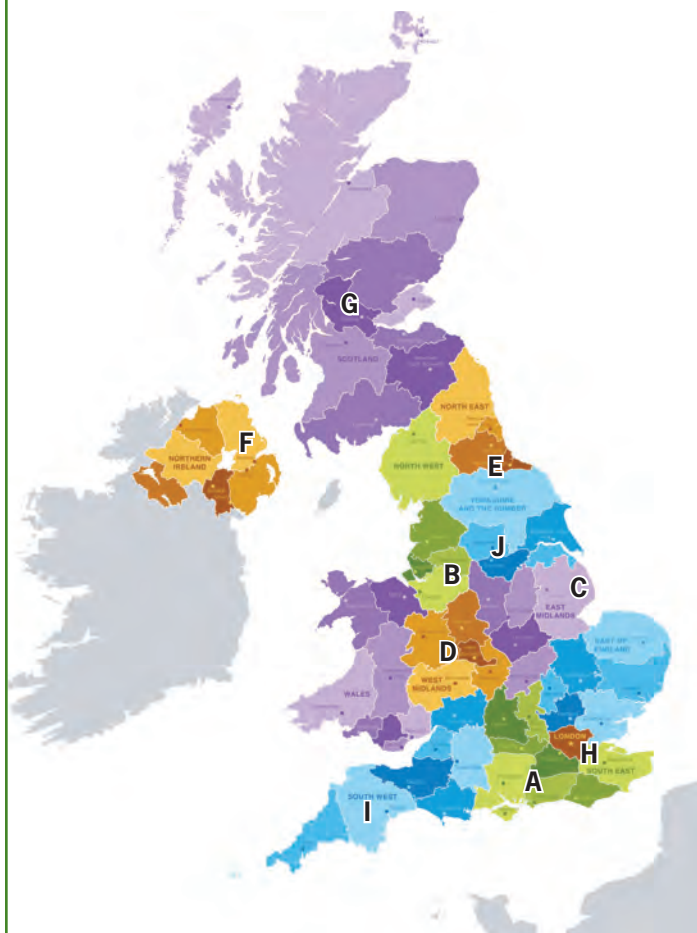
Philippa Hunter, 'M' Technique® Secretary UK. Tel: 01453 763103
email pharoma01@sky.com or go to www.mtechniquecourses.co.uk

The 'M' Technique® is accredited by IFPA (International Federation of Professional Aromatherapists), FHT (Federation of Holistic Therapists) and CThA (Complementary Therapists Association) for CPD credits and is insured by Balens Ltd.

For further information regarding the 'M' Technique®
go to : www.rjbuckle.com



Map of NACTHPC Regional Groups

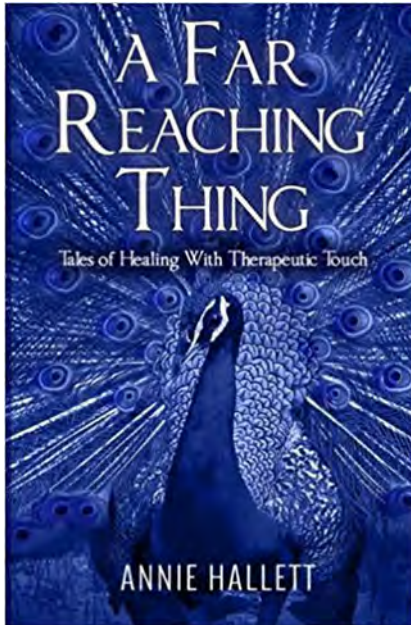


NACTHPC New Executive Committee

Name	Committee Role(s)	Contact Details
Michele Gordon	Chair, Minutes Secretary	nacthpcchair@hotmail.co.uk
Awaiting appointment	Vice Chair	nacthpcchair@hotmail.co.uk
Julie Guest	Treasurer	nacthpcctreasurer@hotmail.co.uk
Sue Holland	Secretary	nacthpc@hotmail.co.uk
Kallika Bruce	Editor, The Link	nacthpceditor@hotmail.co.uk
Angela Green	National Guidelines Lead	nacthpcguidelines@hotmail.co.uk
Helen Murphy	National Guidelines Assistant	
Awaiting appointment	Communications Lead	nacthpccomms@hotmail.co.uk
Teresa Barr	Regional Group Liaison	nacthpcregionalgroups@hotmail.co.uk
Julie Guest	Membership Administrator	nacthpcmembership@hotmail.co.uk
Michele Gordon	Conference Co-ordinator	nacthpcconference@hotmail.co.uk
Kallika Bruce	Conference Assistance	nacthpcconference@hotmail.co.uk

NACTHPC Regional Groups

Group	Contact	Email & Telephone	Address
A Central Southern England	Charlotte McDowell	cmcdowell@nhs.net	Royal Surry County Hospital NHS Foundation Trust
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	Moo Barrie	therapies@strichards.org.uk	St Richard's Hospice, Worcester, WR5 2QT
E North East	Amanda Kirton	amandakirton@butterwick.org.uk 01642 607 742	Butterwick Hospice Care Stockton on Tees TS19 8XN
F Northern Ireland	Michele Gordon	michele.gordon@nihospice.org 0783 091 4845	Northern Ireland Hospice Belfast BT15 3LH
G Scottish	Janice Allan	janice.allan@kilbrydehospice.org.uk	Kilbryde Hospice, G75 8GJ
H South Eastern	Martyn Yates	martynathome46@yahoo.co.uk	
I South West	Angela Green	angela.green@wales.nhs.uk	
J Yorkshire	Julia Moore	juliamoore@suerydercare.com	Wheatfields Hospice, Leeds



“A Far Reaching Thing” – these were words said to me some years ago, by the daughter of a patient, after she had been with her father whilst he received Therapeutic Touch (TT) Therapeutic Touch is an approach to Healing and energy work developed and researched originally by Nurses and influenced by both past and contemporary ideas around Healing.

It was only when those words, “a far reaching thing”, filtered to the surface of my consciousness that the book I had been trying to write suddenly just happened – the words began to flow.

I didn't want it to be a “how to” as I feel this has been done many times, although I do describe the process. What I wanted to achieve was an understanding of Therapeutic Touch by the reader almost by osmosis, I suppose through the “lived experience, or the inner processes. I also wanted to add to the discourse on Healing generally by identifying some of the meanings attached to TT through the experiences of those involved in the sharing of it.

The patient feedback was gathered through an audit which included free space for the sharing of their experiences. Personal reflection was through my role in an Oncology Unit working as a Counsellor and Complementary Therapies Lead. My background includes Nursing as well as working with Complementary Therapies and Healing.

It was also an honouring of the sanctity and unity that Therapeutic Touch can realise within us when we centre ourselves and become aware and then expands to create a Healing space.

The main themes that emerged were around people connecting with their innate sense of resilience. The other focused around dying and the meaning that relatives and loved ones attached to Therapeutic Touch at this time. This part also explores working with the dying at the time of transition. I also included chapters on self -awareness, reflection and communication as I feel these are all elements of the whole process.

The book is available from the publishers, Pegasus and can be ordered from Amazon, Waterstones and other book stores.

Annie Hallett, MSc
annie.hallett@hotmail.com

Complementary Therapists:



DougieMac needs you!

DougieMac currently offers **Aromatherapy**, **Reflexology** and **Indian head massage** to both patients and relatives.

We are looking for practising complementary therapists to support our team in providing such a vital role within the hospice.

This role will give you the opportunity to be fully immersed in the hospice as well as being a part of a friendly, caring and highly motivated team.



For more information please contact

Volunteer Resources on 01782 344332

Volunteernow@dmhospice.org.uk.

volunteernow@dmhospice.org.uk | 01782 344332 | www.dmhospice.org.uk



/DougieMacHospice



/DougieMacHospice



/DMHospice





“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: free • ½ Page: £15 • Full page £30

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)

Call for New Committee Members

Your association needs your help and expertise! There are still a few vacancies for new committee members to help us develop the NACTHPC

This is open to all team leaders, co-ordinators and volunteers

Please pass this message onto any of your team who do not have access to email

For more information please email nacthpcchair@hotmail.com

