



therapybulletin

news for members of the LJMC complementary therapists' network: spring 2009

Welcome to the 2009 newsletter, which reaches you with the arrival of Spring!! Our programme of training events and evening workshops continue to be hugely successful. We outline our new programme below and encourage you and colleagues to join us.

Training Workshops

Cancer and its Treatments

Friday October 9th 9.30-4.30pm (cost £55)

Using Complementary Therapies for Cancer Patients

Friday 16th October 9.30-4.30pm (cost £55)

These very popular days are essential training for those wishing to join The Complementary Therapists' Network as well as a really useful way to update our knowledge as therapists.

NB: Places fill up rapidly so be sure to book early!

Therapists' Evenings

7.00-9.00pm (cost £12)

Thursday 23rd April: Elements of Meditation

Awakening to Wholeness with Martin Nathanael, meditation teacher with over 40 years' experience.

Thursday 11th June: Chemotherapy Information Session

With Karen Harold, Clinical Nurse Specialist Chemotherapy.

Monday 14th September: Alexander Technique

Easing the body, coping with pain, adjusting to surgery. Self help for those affected by cancer and therapists working with them.

Thursday 16th November: The Fundamentals of Nutrition

Going back to the needs of the cells with Annie Kirby – trained in natural nutrition and a LJMC complementary therapist

If you would like to attend please return the enclosed booking form to Cherry and Pam.

Innovation: Acupuncture – New Research update

Complementary Therapy research continues at the LJMC with an acupuncture study designed to promote wellbeing and improve quality of life for people with lymphoedema.

Dr Beverley de Valois is the principal investigator and we are pleased to welcome Rachel Peckham as Assistant Acupuncturist.

The study was one of seven to be awarded a grant by the National Institute of Health Research under their Research for Innovation, Speculation and Creativity (RISC) programme.

The study is currently in the clinical phase and aims to recruit 40 patients who have lymphoedema as a result of treatment for breast cancer or head, neck and throat cancer. We are working closely with Elaine Melsome of the Mount Vernon Lymphoedema Service. Participants are offered a

course of 7 acupuncture treatments, with the option to continue with a further 6 treatments. So far, most participants are opting for the full 13 treatments and 10 have finished the course of treatments. Feedback so far is extremely positive. The study continues until the end of January 2010.



Rachel & Beverley

Volunteering: Offering Complementary Therapies on the Wards

Volunteering on the wards is one of most rewarding contexts for therapists to work in. Receiving a short, hands-on complementary therapy can make the world of difference to patients who may be feeling anxious, in pain, frightened, and unwell.

The experience you gain as a therapist and the fine tuning of your skills can be almost without precedent.

Our ward volunteers have an in-depth induction with our experienced therapists and receive ongoing support.

All our volunteers have completed the 2-day Complementary Therapy training and have a minimum of 2 years' regular experience in their therapy post-qualification.

If you are interested in volunteering and making a difference to patients' experiences at Mount Vernon contact Cherry or Pam.

Fundraising

Manches Moor Park 10k & Junior Fun Runs

Sunday 27th September 2009 at Merchant Taylors' School, Northwood

Complementary Therapies out in force!!

This event is the major annual fundraising event raising money for the complementary therapy sessions and relaxation classes provided for patients at the LJMC.

At this event last September a group of complementary therapists volunteered their time offering mini-treatments of reflexology, massage and Indian head massage to runners and public alike.

It was hugely popular and an enjoyable afternoon which raised funds and awareness and also enabled therapists to publicise their own practices.

Once again we are looking for therapists to offer hands-on therapy taster sessions between 1.00pm-5.00pm on Sunday 27th September (the busiest time is 3.00pm – 5.00pm). Please put this date in your diary and give us a call if you would like to take part.



Machu Picchu May 2009 2 Girls in Peru

In May, Cherry Mackie and fellow complementary therapist Lynda Hannam from the LJMC will be undertaking a challenging trek to Machu Picchu in Peru. They are both celebrating milestones in their lives and wanted to have an adventure!

They decided to go with Charity Challenge so that they could also raise funds for the LJMC's complementary therapy service. Cherry and Lynda have been training for quite a while now and are thrilled that they have raised quite a sum of money already! They have received terrific support and encouragement so perhaps you could sponsor them and help them to raise a bit more!



Lynda & Cherry on their training weekend in Snowdonia at the end of last year

www.justgiving.com/2girlsinperu

LJMC Awareness Week

This is held each year to raise awareness of the LJMC's services amongst cancer staff and patients.

It is held the first week of June to coincide with anniversary of our opening on 4th June 16 years ago.

We would like to offer mini-sessions of hand massage and IHM to Cancer Centre staff during that week (1st June – 5th June 2009). If you would like to volunteer some time, ideally during the lunch period (12 noon – 2.00pm) we would be pleased to hear from you.

Complementary Therapy Network

The purpose of the Network of Complementary Therapists is to enable patients to have complementary therapy support nearer to home, alongside or following their cancer treatment. The network list is given to patients who are completing their complementary therapy sessions at the LJMC (patients attending LJMC are offered 4 free sessions of complementary therapy).

Currently we have around 130 therapists on this list which is classified according to local area and therapies practised.

There are occasions when patients who travel long distances are unable to access our service and therefore miss out on the opportunity to experience complementary therapies at the LJMC. In this situation we would send out the network list. However, we don't know how many people take up therapies through the network list. We would like to hear from you if you have seen patients from Mount Vernon to help us find out just how many people are using the therapists from the Network.

We understand that, for most people with cancer, the cost involved can be a real barrier. On the application form you completed on joining the network, we have asked whether you offer sliding scales and/or free sessions. We would be interested to know if people do ask for concessions and whether you are in a position to respond.

So to summarise we would like to know:

- 1) How many people have contacted you via the network list?
- 2) Do people ask about sliding scales and how you are able to respond to this?

Please contact us either by email or phone for offering time or responding to the above questions. Thank you.



If you have received this bulletin by snail mail and would like to receive future correspondence electronically, please let us have your email address:

cherry.mackie@mvh-ljmc.org

pam.thorpe@mvh-ljmc.org

Direct Line: 01923 844694

We look forward to hearing from you or seeing you at the therapists' evenings. Enjoy the summer and have good holidays!

Cherry Mackie and Pam Thorpe

Complementary Therapy Co-ordinators



Lynda Jackson Macmillan Centre for cancer support & information

... working to improve the lives of people affected by cancer...

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