



Welcome to our Bulletin for the new decade of “twenty-ten”! Christmas was wonderful this year as Cherry has become a grandma! She has a new addition to the family, an adopted grandson who is quite adorable, aged nearly four.

Christmas is wonderful when all is well but it can be a very lonely time for many people, especially when they may have been diagnosed with cancer.

Receiving a diagnosis just before Christmas is very hard as most of the hospital, although open, are working shorter hours. This year we were unusually very busy between Christmas and New Year, people dropping in to find out information and wanting support either for themselves or for their relative or friend.

The centre is usually open for shorter hours and we take it in turns to be on duty and this year it was Cherry’s turn.

Although being in the drop-in can be very hard emotionally, it is also extremely rewarding. Most people just want to talk to someone they don’t know and who will listen. We are so fortunate to work in this environment as therapists and being part of a team that works so well.

Situations Vacant: Volunteers needed

This brings us very nicely onto the first item of the bulletin – to ask if there is anyone who would like to join our team of **Volunteer Therapists**.

Recently we have taken on four new volunteers but we really need to build up our team so that we can cover the wards and the chemotherapy unit every day of the week, Monday to Friday.

The patients love having a hands-on therapy; it helps them whilst they are receiving chemo and other interventions.

The staff also appreciate this service as it helps them in their work too.

Contact Cherry or Pam (01923 844694) if you’d like to find out more about this rewarding opportunity.



Training Workshops - 2010

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 your knowledge as a therapist.

Cancer and Its Treatments

Friday 19th March or Friday 8th October (9.30am – 4.30pm)

Using Complementary Therapies for Cancer Patients

Friday 26th March or Friday 15th October (9.30am – 4.30pm)

Cost: £75 per workshop for independent therapists (NB – there is no charge for therapists working in hospitals or hospices within the Mount Vernon Cancer Network)

Places fill up rapidly – so be sure to book early!

More details are available on the LJMC website.

Therapists’ Evenings

7.00pm-9.00pm - £8 per evening (parking extra!!*)

Thursday 25th February – **Shiatsu Workshop: Supporting the Emotions** with Pam Thorpe

Monday 19th April – **Chemotherapy Tour** with Theresa Sullivan, Macmillan Patient Information Lead at the LJMC

Thursday 17th June – **Lung Cancer** with Rosemary Lucey, Head of drop-in Services at the LJMC

Monday 20th September – **Homoeopathy: support for cancer and easing side effects of treatments** with Jon Hill, Homoeopath specialising in cancer care

Thursday 18th November – **Lymphoedema and treatments** with Elaine Melsome, MVCC Lymphoedema Specialist

*NB - Everyone now has to pay for parking at Mount Vernon Hospital on a Pay & Display basis. The cost is £2.70 for two hours; £3.30 for more than two hours.

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



Updating the Network List

If you are on the Network List, you will find a form enclosed for you to complete so that we can update your information and continue to provide the list for patients. A covering letter explains further.

It is really important for us to continue to have a list so do please complete the form and return to us by the date specified so that we can continue to give the list to our patients.

Coordinators Forum

Over the past year we have appreciated getting together with other Complementary Therapy coordinators from hospices and hospitals within the Mount Vernon Cancer Network. This has been an excellent forum to pool ideas and share good practice.

Psychological Therapies Team

Led by Parminder Sagoo, this team has recently been extended with the addition of a psychotherapist and a counsellor who join the existing team of counsellors and trainees.

In January a part-time Art Psychotherapist also joined the team.

This post has been funded by the Corinne Burton Memorial Trust.



Stewarts Law Moor Park 10k & Junior Fun Runs

The biggest fundraising event of the year for the LJMC is the now very popular Moor Park 10k. However, with the credit crunch we were unsure as to whether the event would be as strongly supported.

How wrong we were! The day proved to be one of the best ever. The weather was amazing and we had a record turnout of 840 runners in the main event. To date we have raised more than £43,000 – another record.

The complementary therapies team did a wonderful job of giving therapies to weary runners – a service that was much appreciated! If you are interested in offering hands-on therapy tasters this year then please contact us. This year's event will take place on Sunday 26th September and we provide the therapy service between 1.00 – 5.00pm. It's a great day for the family with a wonderful atmosphere and always a lot of fun.



Look Good...Feel Better Programme

In October, Look Good...Feel Better celebrated 15 years of offering beauty workshops, a valuable service that has been enjoyed and appreciated by thousands of ladies. We've been hosting the workshops at the LJMC for nearly as long.

Through the service we have been able to offer free make-up workshops to women affected by cancer in a two-hour group session. Trained beauty professionals volunteer their time and expertise to help women deal with the visible side effects of cancer treatment such as distressing loss of hair, eyebrows and eyelashes.

These afternoon workshops are practical and immensely popular. Women affected by cancer who are interested can ring the LJMC and put their name on the waiting list. There's usually a bit of a wait but it's worth it!



Lisa Curtis (LGFB head office), Cherry Mackie (LJMC Co-ordinator) and Beverley Kangisser (Regional Co-ordinator for LGFB)

2 Girls in Peru!!

LJMC therapist Lynda Hannam and Cherry had a wonderful time in Peru in May last year and raised £5,800 for the centre.

All this money is going directly towards providing the complementary therapy service at the LJMC, a service that receives no NHS funding so is entirely dependent on fundraising and donations.

Last year the team provided more than 2,000 therapies, plus the relaxation class service, all of which was funded by generous supporters. We're really grateful to everyone who has helped support the centre and particularly those who supported this mega-trek by Lynda and Cherry.



Keep in touch...

Please note that our email addresses have changed to:

Cherry: cherry.mackie@nhs.net

Pam: pam.thorpe@nhs.net

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

We look forward to hearing from you or seeing you at the therapists' evenings.

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...

Mount Vernon Hospital, Northwood, Middlesex HA6 2RN

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Email: cherry.mackie@nhs.net & pam.thorpe@nhs.net

Website: www.ljmc.org