

## Welcome to our 2012 Bulletin

As always the Complementary Therapy service at the Lynda Jackson Macmillan Centre continues to be kept very busy. There are two teams of therapists: a volunteer team working on the wards and the LJMC team who see patients within the centre.

Beverley de Valois, our research Acupuncturist who developed the LJMC Ear Acupuncture service, was recently accorded honorary academic status as a Research Fellow in the School of Social and Community Medicine at the University of Bristol. Beverley was also elected a Fellow of the British Acupuncture Council. Two fantastic achievements – well done, Beverley!



We very much enjoy having contact with the therapists on our Network List. Many of you have attended our training courses and the special evenings and we hope you have found them interesting and useful. If there are any topics that you would like us to cover at future events, please let us know.

Meanwhile, if you have any questions or concerns regarding cancer care and complementary therapies, please do feel you can contact us and we will do our best to help you.

On a more personal and sadder note, Cherry has made the difficult decision to retire in early 2013 to spend more time with her family and explore new horizons! Pam will be here a while longer though!

## Updating the Network List

We are required to update the Network List of therapists each year so that patients have the latest correct information. Enclosed with this newsletter are forms for you to complete. Please make sure these are returned to us by 2<sup>nd</sup> March 2012 at the latest if you wish to be included in this year's list.

We won't be sending you a reminder so **please deal with this straight away!** Any details that are returned late will not be included on the list until its next revision.

We recommend that all therapists attend the one-day workshop, 'Cancer and its Treatments', at least every four years. Dates for future workshops are included in this newsletter. Please note, there is no charge for therapists who are attending as a refresher but please book early as this course always gets booked very quickly.



## Volunteering Vacancies for the Wards and Chemotherapy Suite

Our volunteer team is a vital part of the service we offer to patients on the wards of the Mount Vernon Cancer Centre. The past year has seen comings and goings within this team – we have welcomed three new therapists and regrettably said 'goodbye' to three of our longer standing volunteers. This team makes such a difference to patients' experiences in the Cancer Centre.

For many patients a session with one of our volunteers will be their first introduction to the gentle, powerful benefit of therapies. A hands-on session can make a world of difference to the stresses and challenges that a diagnosis of cancer and the medical interventions that follow can bring to the individual.

We are always looking to recruit dedicated volunteers. If you would like to find out more about this rewarding opportunity please contact one of us.

One of our volunteers, **Jeanne Trill**, writes about her experience...

"For the past two years I have been working one afternoon a week as a volunteer reflexologist on the cancer wards at Mount Vernon Hospital and I would say to anyone that it is a thoroughly rewarding experience. By the end of the afternoon you feel as if you have done something really worthwhile, and return home feeling happy that, through the treatment, you have hopefully been able to bring a little comfort and relaxation to some of the patients.

"Not everyone (especially on the men's ward!) is familiar with reflexology and they may be a little unsure what to expect when offered a treatment. However, once they have tried it and experienced how relaxing it can be, they are usually keen to be booked in for another. With patients unfortunately having to return on a regular basis for their chemo and radiotherapy, you get to see some familiar faces – but it is warming that they are pleased to see you and looking forward to a reflexology session.

"Often people ask for a treatment or one of the nurses may recommend that they have one. If I am not able to help out, I may suggest that they try one of the other complementary therapies offered on the wards by the LJMC. These include aromatherapy massage, Indian Head Massage and Reiki. Any apprehension I initially had about going onto the wards was alleviated by attending the training courses run by the LJMC on which you can meet some of the other therapists."

Congratulations to Jeanne on achieving an MSc in Pharmacognosy at the London School of Pharmacy. Jeanne's particular area of interest was the chemical constituents of borage and the safety of its use in herbal medicine.

## Training Workshops - 2012

**Workshop One: Cancer and its Treatments** – Friday 9<sup>th</sup> March and Friday 5<sup>th</sup> October 9.15am – 4.30pm

We recommend that therapists who wish to be on the Network list attend 'Cancer & its Treatments' every four years. There is no charge for therapists attending as a refresher.

**Workshop Two: Using Complementary Therapies for Cancer Patients** - Friday 16<sup>th</sup> March, Friday 12<sup>th</sup> October and Friday 16<sup>th</sup> November 9.15am – 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)

The cost for therapists attending the second workshop as a refresher is £37.50.

Parking is £5 for the day.

These very popular days are essential training for therapists wishing to join the LJMC Complementary Therapists Network or work as a volunteer at the Cancer Centre. They are also a really useful way to update your knowledge. Places fill up rapidly so be sure to book early!

## Therapists Evenings 2012

Monday 19th March – **Adapting your therapy sessions to work with people in a bed** – Joan Ahern, Complementary Therapist, Michael Sobell House

Thursday 28th June – **Chemotherapy through a Patients eyes- and Chemotherapy Tour** – Theresa Sullivan, Patient Information Lead LJMC

Monday 17th September – **EFT** - A combination of self help techniques for patients and therapists – Cherry Mackie and Lynda Hannam (LJMC)

Thursday 29th November – **Spot Check! What you need to know about Skin Cancer** – speaker to be confirmed  
7.00pm–9.00pm - £8 per evening.

\*NB Parking at Mount Vernon Hospital costs £3.40 for the first 2hours, £5 for over 2 hours

If you would like to attend please return the enclosed booking form to Cherry and Pam. Attendance can count towards your CPD.

## Successful peer review

We are delighted to report a very successful outcome in the National Cancer Peer Review when the complementary therapy service was assessed for the first time, achieving 100% compliance in all areas.

We had worked closely with other therapists in the Mount Vernon Cancer Network establishing policies and guidelines for best working practice. This had been a really positive and enlightening experience, examining the different ways in which complementary therapies are offered in other settings such as hospitals and hospices.

It was daunting to be assessed but the whole process made us feel part of a bigger, wider service and we learned a great deal through the experience.

## Awareness Week – Staff taster sessions

**21<sup>st</sup> May – 25<sup>th</sup> May 2012**

To raise awareness of the complementary therapy service at Mount Vernon Cancer Centre we offer 15 minute taster sessions for all Cancer Centre staff. These will be on Tuesday 22<sup>nd</sup>, Wednesday 23<sup>rd</sup> and Thursday 24<sup>th</sup> May.

This is always great fun and very worthwhile – stressed Cancer Centre staff are always immensely grateful. If you would like to volunteer some time please contact Pam or Cherry. We need as many therapists as possible to join in as this is a very popular activity.

## Annual Away Day for Complementary Therapists

**Wednesday 25th April 2012 - 10.00–4.00pm**

For therapists working in hospitals, cancer centres and in palliative care. A small number of places will be available for independent therapists at £20 for the day. For further information contact Pam or Cherry.

## Stewarts Law Moor Park 10k

**Sunday 30<sup>th</sup> September 2012 at Merchant Taylors' School**

This has become a highlight of the LJMC's year with more than 1,000 runners taking part in 2011. This was the tenth year we have organised this popular road race and the most successful yet, raising more than £50,000 for the complementary therapy service.

On the day we offer a much appreciated service of complementary therapies and sports massage for runners (and spectators), adding to the fundraising and raising awareness of our services.

We welcome offers of help from therapists to provide these short sessions. There's always a great atmosphere and it's a lot of fun too. If you would like to help, please get in touch with Pam or Cherry.

We look forward to hearing from you or, better still, seeing you at some of the events that are coming up during the year. We hope that 2012 is a really good year for you.

*Cherry and Pam*



### Lynda Jackson Macmillan Centre

support & information at the Mount Vernon Cancer Centre

... supporting people affected by cancer...

Mount Vernon Cancer Centre, Northwood, Middlesex HA6 2RN

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