

Complementary Therapy Network

Since the Lynda Jackson Macmillan Centre (LJMC) opened in 1993 we have established a wide network of professionally registered and experienced therapists who are interested in using their skills to work with people affected by cancer. These therapists have undertaken further training with us in cancer care.

Many patients have already benefited from the complementary therapy provided at the LJMC or on the wards. By providing this list, we hope that we will encourage people affected by cancer to contact local therapists and enjoy the benefits of complementary therapy.

In order to be part of our network, therapists will:

- have complementary therapy qualifications, recognised by their relevant governing bodies
- be registered with their relevant professional bodies (updated annually)
- have up-to-date professional indemnity insurance (updated annually)
- have been practising their therapy for at least one year after qualification
- have undertaken training with the LJMC on cancer treatments, side effects, and psychological effects on people affected by cancer

Each therapist has provided his/her own details for this factsheet and each will have their own set of charges. Some may offer a sliding scale, depending on clients' means.

Some therapists may carry out home visits. Please ask them.

Your therapist will be happy to show you their professional body and insurance certificates should you wish to see them.

Please be aware that inclusion in this list does not imply or suggest a recommendation by the LJMC.

If you have any questions or would like further information about any of the therapies mentioned in this list, please contact our Complementary Therapy Co-ordinator on 020 3826 2553.

Disclaimer: To be listed here is not proof of professionalism or that the therapist is competent.

The LJMC cannot be held responsible for any damage, injury or loss caused as the result of any therapy, advice or treatment given by any practitioner listed on these pages.

During the **Covid-19 pandemic**, therapists on the LJMC Complementary Therapy Network list reviewed and adapted the way in which they offer their therapies.

Some therapists continue to offer their services remotely, eg, through Zoom, telephone calls etc. Many more have now resumed face-to-face sessions.

This list of therapists includes details of how each therapist is working:

Therapists who have indicated that they are currently offering remote support - **R**

Therapists who have indicated that they have resumed face to face sessions - **F2F**

Some therapists are offering both **R** and **F2F**.

Please note this is a changing list and more therapists have begun to resume face-to-face sessions. Therapists are constantly having to adapt both to government and professional body guidance, the current Covid-19 climate and their own personal situations.

BEDFORDSHIRE								
	NAME	AREA COVERED	Contact	AR	MAS	REF	REI	OTHER
F2F	GRIBBEN, Debbie	Stotfold and surrounding area	07815 934731 debbiegrib@gmail.com	•	•	•	•	IHM
F2F	SCHOPP, Eilish	Dunstable and surrounding area	07954 429580 eilish705@gmail.com			•		FR

BUCKINGHAMSHIRE								
	NAME	AREA COVERED	Contact	AR	MAS	REF	REI	OTHER
F2F	HARRIS, Julie	Denham	07934 005711 julieharris0209@gmail.com			•		HYN CBT
F2F	THORPE, Pam	Amersham & the Chalfonts	07766 341864 pamthorpe@ntlworld.com					SHI, Qi

HERTFORDSHIRE								
	NAME	AREA COVERED	Contact	AR	MAS	REF	REI	OTHER
F2F	GRIBBEN, Debbie	North Hertfordshire	07815 934731 debbiegrib@gmail.com	•	•	•	•	IHM
R F2F	HALLS, Christine	Stevenage & surrounding area	07967 879645 christinehalls@btinternet.com	•		•	•	IHM, M
F2F	HANNAM, Lynda	Rickmansworth	07986 264430 lyndah444@hotmail.com				•	
F2F	HURLEY, Mary	Watford	01923 240793 maryhurley@gmail.com					ACU
F2F	JACOBS, Pip	Rickmansworth	01923 494396 pip.jacobs@yahoo.co.uk			•		ScarT SH
F2F	KIRBY, Annie	Watford, Radlett, St Albans	01923 353342 anniekirby@outlook.com			•		
F2F	PRESTON, Jill	Hertford, Ware, Welwyn Garden City, Hoddesdon, Cheshunt, Stevenage	07825 634779 jill.preston@icloud.com		•	•	•	IHM
R F2F	RICHARDSON, Julia	Chorleywood, Rickmansworth	07787 160830 jh.richardson@hotmail.co.uk					PIL
R F2F	SWIEZYNSKA, Marta	Moor Park, Rickmansworth	07908 991127 marta@theyogaproject.co.uk		•			Yoga, M, RL, TM
F2F	THORPE, Pam	Chorleywood, Watford & surrounding area	07766 341864 pamthorpe@ntlworld.com					SHI, Qi

MIDDLESEX								
	NAME	AREA COVERED	Contact	AR	MAS	REF	REI	OTHER
R F2F	BHANDARI, Sangeeta	Hillingdon, Northwood, Pinner & surrounding area	07391 664791 saas.bhandari@gmail.com					M, MI, Yoga
R F2F	DEE, Joanne	Pinner & surrounding area	07872 985155 joanne.dee@hotmail.co.uk			•	•	M
R F2F	DEGUN, Tarsem	Ruislip & surrounding area	07979 852425			•		E ACU, IHM, FM, RL

Remote support - **R** Face to face sessions- **F2F**

MIDDLESEX								
	NAME	AREA COVERED	Contact	AR	MAS	REF	REI	OTHER
F2F	de VALOIS, Beverley	Uxbridge	07791 913624 acuandscarwork@gmail.com					ACU, E ACU ScarT
R F2F	GARRETT, Tonia	Ruislip, Eastcote, Northwood, Pinner, Hillingdon, Uxbridge, Harefield, Harrow	07958 338990 mail@toniagarrett-therapy.com	•	•		•	IHM, C, SH, EFT, LMAS
R F2F	GOREEBA, Kavita	Uxbridge, Hillingdon	07950 119847 www.kgdass@hotmail.com		•		•	M
F2F	HARRIS, Julie	Denham	07934 005711 julieharris0209@gmail.com			•		HYN, CBT
F2F	HUNTER, Christine	Hillingdon	07774 273788 christinehuntermbe@gmail.com	•	•	•		ACU
F2F	LOVE, Sara	Ealing	07900 126033 reflexologystudio@outlook.com			•		
R F2F	PUGSLEY, Maureen	Northwood	07961 113870 admin@upbeatclassical.co.uk				•	IHM
F2F	RALSTON, Amy Louise	Northwood & surrounding area	01923 827833 amyralston@mac.com					ACU, ZB, HO, ST
R F2F	RICHARDSON, Julia	Northwood & surrounding area	07787 160830 jh.richardson@hotmail.co.uk					PIL
R FTF	SWIEZYNSKA, Marta	Northwood, Pinner	07908 991127 marta@theyogaproject.co.uk		•			Yoga, M, RL, TM

OTHER								
	NAME	AREA COVERED	Contact	AR	MAS	REF	REI	OTHER
R	STEVENS, Michele	Remote - all areas covered	07811 253827 wellnessbymichele@hotmail.com			•		

Remote support - **R** Face to face sessions - **F2F**

Key to the therapies listed

KEY	THERAPY
A	Acupressure
ACU	Acupuncture
AR	Aromatherapy
C	Counselling
CBT	Cognitive Behavioural Therapy
CHM	Chinese Herbal Medicine
CMT	Colour Mirror Therapy
CU	Cupping
E ACU	Ear Acupuncture (NADA)
EFT	Emotional Freedom Technique
FM	Facial Massage
FR	Facial Reflexology
HM	Herbal Medicine
HO	Homœopathy
HYN	Hypnotherapy
IHM	Indian Head Massage
L.MAS	Lymphatic Massage

KEY	THERAPY
MAS	Massage
M	Meditation
MI	Mindfulness
MLD	Manual Lymphatic Drainage
NT	Nutritional Therapy
PIL	Pilates
PT	Pranic Therapy
Qi	Qi Gong
REF	Reflexology
REI	Reiki
RL	Relaxation
ScarT	ScarTherapy
SH	Spiritual Healing
SHI	Shiatsu
ST	Scenar Therapy
TM	Thai Massage
Yoga	Yoga
ZB	Zero Balancing