

Letters



Above left: The 2014 Find Your Sense of Tumour team of therapists. Above centre and right: Highlights of the 2013 heroes and villains-themed conference.

Find Your Sense of Tumour

Last year, I was one of a team of therapists providing treatments to teenagers at the 'Find Your Sense of Tumour' national conference, organised by the Teenage Cancer Trust. The event, which I have been involved with since 2011, is a mix of inspirational presentations, fabulous therapies and great activities for young people who've had cancer. This year there will be two events, one in July for 13 to 17 year olds and another in November for 18 to 24 year olds. I look forward to once again supporting this great initiative in Staffordshire this July.

Seven young people in the UK are diagnosed with cancer every day. Teenage Cancer Trust, aware that having cancer at a young age comes with its own particular set of challenges, provides services which put the needs of young people first and allow them to face those challenges together.

More than 150 young people were invited by the charity, to the 2014 Find Your

Sense of Tumour national conference held in November at CenterParcs, Sherwood Forest, Nottingham, where the venue was transformed into a winter wonderland, complete with real reindeer and singing Christmas tree.

Recent conferences have been funded by the Queen's Trust which was set up in 1977 to help young people help others. Teenage Cancer Trust also received a huge boost in May 2014 when inspirational young man Stephen Sutton announced his bucket list and went on to raise over £5m for the charity.

Since 2004, Virginia McGivern, a complementary therapy nurse specialist based at Queen's Medical Centre in Nottingham, has organised therapists from all over the UK who volunteer their skills and time to give complementary therapies to the young people during the conferences. In her job, she offers TLC, pain relief and psychological support to

the young people and their families during very stressful times.

This objective is transported to CenterParcs, where young people can book a 30-minute session in three villas which are turned into warm, welcoming 'therapy centres'. Alternatively they can 'drop-in' to the Chill Out room (last time a grotto with ice thrones, stalagmites and stalactites) at any time during the weekend where a number of therapists are on duty.

The young people, who usually come in a group with staff from their treatment centre, have the opportunity to try complementary therapies, often for the first time, and to relax in a safe environment. The young people appreciate special 'time-out' and the caring touch of whichever therapy they choose, with one saying the treatments: 'were lovely and the therapists were wonderful' and another saying: 'my massage was so good!'.

Member dedicated to supporting Alzheimer's patients

In November 2013 I attended the eighth Dementia Congress UK in Nottingham, where I experienced an incredible learning curve in the field of dementia and networked on a national scale with Alzheimer's Society members and related communities. It seemed to me that universities directed more funding towards research programmes in the areas of care, the arts and music and that there was almost no representation from complementary therapies.

Hence, I conducted a small dementia trial, starting in January 2014, for the duration of 12 weekly sessions, using my newly acquired neuro reflexology techniques for face, head, hands and feet.

My trial case studies involved volunteers from my local Alzheimer's Café and a dementia care home in Epping where I have a contract to

provide therapies once a week. The participants were also given food that is believed to be good for the brain, including almonds, walnuts, blueberries, pomegranates and avocados. After six sessions they became more independent and all started to dress themselves and have eye contact with me when talking, instead of looking to carers to answer for them.

The trial results were presented as part of a dementia case studies talk at Brain Conference in Warsaw, Poland, in September 2014, where I also received an award. In December 2014 I did a poster presentation at the ninth Dementia Congress UK in Brighton, where I had the opportunity to spread the word about my work, give advice to people with dementia and book sessions for talks about my therapies with Alzheimer's groups. Since January this year, I



have become a Dementia Champion, which authorises me to train communities, businesses and individuals to become dementia friendly.

Bharti Mistry, MFHT



Last year, 11 therapists – including five FHT members – most of whom stay for the whole weekend, provided treatments ranging from acupressure, acupuncture and aromatherapy to reiki and reflexology. Some work regularly with patients with cancer in hospital settings, others are experienced therapists who are passionate about the benefit of complementary therapies.

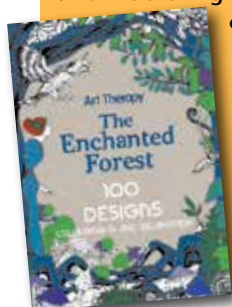
Therapists agree it is a truly inspirational weekend to work closely with young people who are facing a bigger challenge than most of us have to deal with in our entire lives. It is humbling to see how they cope with the huge physical and emotional impact of cancer with a stunning maturity and enjoy themselves during this unique weekend.

For more information go to www.teenagecancertrust.org or watch highlights on video at <https://jtv.cancersupport.com/channel/fysot/>

Jacky Huson, MFHT

Star communication prize

In the next issue of IT, the lucky member who wins our star communication prize will receive a copy of *Art Therapy: The Enchanted Forest – 100 Designs for Colouring in and Meditation*, illustrated by Martha Mulkey (published by Jacqui Small Publishing – www.jacquismallpub.com). Keep emailing us (dralls@fht.org.uk), Tweeting (@FHT_Org), blogging (www.fht.org.uk/blog) or Facebooking (www.facebook.com/fht.org.uk) for a chance to win.



Bliss Beauty @Loz_bliss
Thank you @FHT_Org for my badge. always wear it with pride :D

Simply Therapies @SimplyBasma
Proud to be listed on @FHT_Org ccredited register which appears in Professional Standards Authority report today <http://goo.gl/wkKsSm>



Give It Some Fizz @giveitsomefizz
@FHT_Org promoting our local support group at Spalding's Health and Fitness Show on Saturday @giveitsomefizz



Emma Leeson Massage @ELMassage
Proud to be a member of the @FHT_Org for the 4th year running now got to squeeze it onto my wall amongst the rest!

Camexpo @camexpo
We are pleased to be working with @FHT_Org at #camexpo who will be exhibiting on stand 1628 #complementary #holistic

Esmé @EsmeWellbeing
@FHT_Org @actionhappiness enjoyed the article 'In pursuit of happiness' in the spring issue of International Therapist :)

Louise Green @VitalityAroma
Good article about hydrolats (true floral waters) in @FHT_Org IT magazine by @baseformula Love to use hydrolats a lot at home & with clients

Alison Day @facemapp
Thank you @FHT_Org the article in our Spring edition about my career is amazing. Me + my team are so proud :D

