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## *"This Month in Focus" from Lorna*

### **Massage for People Living with Cancer**

Gayle MacDonald arrived in Scotland on the 26th March to run three MFPLWC courses for Iris. Her first course ran in Aberdeen on the 30th March-1st April (class pictured), to be swiftly followed in Edinburgh 13th-15th April and then in Ayr 27th-29th April. All courses are fully booked.



The Aberdeen course was run at CLAN Cancer Support's super new building and proved to be a huge success. Gayle's skilful teaching and sheer knowledge of cancer was greatly appreciated by all therapists attending.

The afternoon of day three is a particular highlight of the course, as this is when clients living with cancer come in to be massaged by the therapists.

Though tensions run high before the patients arrive, once the massage begins an air of calm prevails. Patients really enjoy their massage and report feeling nurtured and well cared for by the therapists. Therapists in turn feel less anxious about massaging cancer patients and feel privileged to be working with these clients. Follow up phone calls the next day bring reports of good nights' sleep, increased energy levels and a general feeling of well-being.

### **Fund Raising**

Our thanks go to Sally Mack who organised a fashion show in Aberdeenshire in March, raising over £2,400 for Iris - a fantastic achievement! Sally's report follows on page two.

## *"Trustees' Corner" from Alex*



### **Our First AGM**

In accordance with the Articles of Association, our first Iris Cancer Partnership Annual General Meeting (AGM), will be held on Friday 13th April at 1pm at Edinburgh Academy Junior School, 10 Arboretum Road, Edinburgh EH3 5PL. The AGM, which is a legal requirement for Iris Cancer Partnership, should last around 15-30 minutes.

Only members of Iris Cancer Partnership can attend and vote at the meeting. It is important that members attend the meeting in order to elect Trustees/Directors of Iris Cancer Partnership, to approve the accounts and to hear the annual report of the Charity.

### **Membership Applications**

Membership applications for Iris Cancer Partnership are invited to those volunteers who have been working with Iris Cancer Partnership for over 12 months. Please request an application form from [admin@iriscancerpartnership.org.uk](mailto:admin@iriscancerpartnership.org.uk), complete and send back by end of April 2012.

For those whose membership was approved in May 2011 (the membership expires 30th April 2012), please send in your renewal application before the end of April 2012.

We look forward to receiving your applications.



### **Highlights this Month**

- The first of **Gayle MacDonald's Massage for People Living with Cancer (MFPLWC) courses** took place in Aberdeen on 30th March-1st April.
- **Sally Mack's Fashion Show** raises over **£2,400 for Iris**.
- Iris Cancer Partnership's **first AGM** to take place on **13th April**.
- First batch of **therapists soon to complete Level 1 of the Iris Curriculum**.
- Next **Full Team Meeting** will be on **Friday 20th April 2012, 12 noon to 5pm**, at the Quaker Meeting House in Edinburgh.



## “Curriculum Update” from Zana

The [Reflective Papers](#) being submitted by those who attended the Supporting the Therapist workshops are being responded to by Zana, Tina and Gayle. There has been some great learning going on, both with regard to self and to the rewarding area of working with those affected by cancer. The [first batch of therapists will soon have finished all that is necessary to complete Level 1 of the Iris Curriculum](#).

As mentioned earlier, Gayle MacDonald is now in the country and has started her 2012 round of Massage for People Living with Cancer courses. Her [5 Day Hospital Intensive Class](#) is now full and this very exciting venture will take place in Edinburgh (first time run outside the USA) at the Western General Hospital at the beginning of May.

The Curriculum Team has been in discussion with the Board with regard to [evaluating the first very full year of the Iris Curriculum](#), which seems to have flown by. There are a few modifications which we plan to introduce, which we feel will make the Iris Curriculum even more attractive to therapists. There will be more details about this at the April Full Team Meeting.

## “Fund Raising Update”

### Shaken and Definitely Stirred at Fasque!

The lovely surroundings of the recently refurbished [Fasque House in Edzell, Aberdeenshire](#), provided the ideal backdrop (complemented by the fabulous balloon and flower decorations kindly supplied by Occasions in Brechin) for a [fashion inspired fund raising evening on the 22nd March 2012](#). The event, organised by Sally Mack and Elizabeth Havens, raised over £2,400 for the Iris Cancer Partnership.



The evening started for [160 followers of high fashion](#) enjoying cocktails and canapés whilst being serenaded by guitarist Rory Comerford. This was followed by Lorna Forrester and Anne Williams of the Iris Board (pictured with Sally Mack) giving an update on the latest developments within the Charity.

The fashion show performed a journey through this season's fashion trends from Elizabeth Havens of Stonehaven and Laurencekirk using a variety of themes such as a Caribbean Cruise, the Cannes Film Festival, Ladies Day at the Races and an invitation to the Garden Party at Balmoral.

The [ladies on the catwalk were local complementary therapists](#) (Kim Pearce of Finella Therapies, Morna Wilson Smith, Jill Webster, Sally Mack and Sharon Pace) [volunteering both their time and donating “lucky ticket” prizes of treatments to winners](#). Marie Church of Brechin and Emily & Caitlyn of Pamperzone in Laurencekirk very kindly gave their time and skills to do the models' hair and makeup. Four young men, students from Robert Gordon University, helped during the evening and also took to the catwalk, accompanying the models in the second part of the show. The event would not have been possible without the [kind sponsorship](#) of Peterkin Homes, Carnegie Fuels Ltd, D.M. Carnegie, Tom Church, The Edzell Tweedie and Alex Scott Kilt Outfitters. Particular thanks to Fasque House, Occasions, Pamperzone, Marie Church, Pampermama, Sharon Pace and the 'Toy Boys'. [A special thank you to all who so generously supported the evening for what is a very deserving cause.](#)

## “Next Full Team Meeting”

You are all invited to the next Full Iris Team Meeting on:

**Friday 20th April 2012, 12 noon to 5pm**

at

**The Quaker Meeting House, 7 Victoria Terrace, Edinburgh EH1 2JL**

[Street Map for Quaker Meeting House](#)



We will be delighted to welcome Gayle MacDonald again to our Anniversary meeting. [This meeting will mark the two year milestone for Iris](#) and is a good point to review the many achievements that Iris has already completed. We hope to hear from some of the key people who have helped secure these achievements. [The Board will also detail Iris's strategy for the next 1-2 years](#). Iris then needs everyone's help to put the strategy into action. You have all been invited to join the Iris Team because of skills and experience that you can bring to the Charity. Iris therefore needs to engage those precious skills and we would love to hear on the 20th of April how you can help to move the Charity forward.

**The Board respectfully ask that as many Team members as possible attend this meeting, so Iris can maximise its ability to reach its future ambitions.**