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"This Month in Focus"

Registration Process - Level 1 Therapists

We now have a total of **44 therapists** who have completed **Level 1 of the Iris Curriculum** - a fantastic achievement, well done everyone!

We have opened the **Registration Process** for therapists who have completed Level 1 and will put the register of therapists online for patients, carers, cancer organisations to see, with the launch of our new website.



Service Provision Pilot

We are delighted that the **Beatson Cancer Centre in Glasgow** and the **Western General Hospital in Edinburgh** have agreed to participate in our Service Provision Pilot. This means that **two Iris therapists will work on a contract basis for a six month period, one therapist in each location**. Details of the positions are currently being finalised and all Level 1 Therapists registered as an Iris Therapist will be sent application details in due course. Only registered therapists will be eligible to be paid.

Iris Launches "Zest" Massage & Reflexology Wax

We are delighted to announce the launch of **"Zest"**, a new **massage and reflexology wax**, developed by **Songbird Naturals** in conjunction with **Iris**. Zest is a light, gentle, refreshing and uplifting wax containing lime and mandarin. It is light on essential oils and it falls well below the latest regulatory requirements for a 'leave on' product, making it suitable for pregnancy massage as well. Currently Zest is being sold in 100g tubs, but other sizes will be available from April 2013. **Songbird has kindly agreed to donate a percentage of income from each tub sold to Iris**. Songbird tells us that it is already proving popular, with early sales very encouraging. A huge 'thank you' to Andy and his team. Click [here](#) if you would like to purchase some Zest ... we hope you enjoy the subtle zing!



"Getting Involved - Make a Difference!"

Chill & Donate - 2013

A number of **Chill & Donate** events are taking place this month, but we would love to get **more people involved**. This fundraising event is designed for therapists and Iris members to offer family members, friends, neighbours, and work colleagues **an evening of complementary therapies**, in return for a donation to the Iris Cancer Partnership. **Any type of therapy can be offered** and the wider the range the better for party guests.



Sign up now! Chill & Donate events can be run **any time**, so there's still time to organise an event. Attached is the **Chill & Donate Information Pack**. Simply complete the registration form and return it to Lorna Forrester at: 27 Craigs Avenue, Edinburgh, EH12 8HS.

Many thanks to those of you who are organising Chill & Donate events.

Please send us some feedback/photos for our next newsletter.

Highlights this Month

- **Total of 44 therapists complete Level 1 of Iris Curriculum.**
- **Registration Process now open.**
- **Beatson & Western General Hospital to participate in Service Provision Pilot.**
- **Iris launches "Zest" Massage & Reflexology Wax.**
- **Chill & Donate - Sign Up Now!**
- **Training Dates for 2013.**

“Curriculum Update” from Zana

Although there may not be much to see ‘out front’ at the moment, there is plenty of activity going on backstage.

Another [Supporting the Therapist](#) workshop was held in Glasgow on 1st February which I hope was enjoyed by all. A total of **44 therapists** have now submitted their Reflective Papers, thereby [completing Level 1 of the Curriculum](#) and receiving a Certificate of Completion. I continue to be humbled by what has been written in these papers.

Dates for the [next round of Communications Skills and Supporting the Therapist](#) modules have been finalised. Please see the dates below.



LEVEL 1 TRAINING - 2013

Massage for People Living with Cancer

31st May-2nd June 2013 – Ayr
14th-16th June 2013 – CLAN, Aberdeen
28th-30th June 2013 – Edinburgh Academy Junior School

Communications Skills

Sat 7th September 2013 - Aberdeen
Tues 1st October 2013 - St Andrews Hospice, Airdrie
Thurs 7th November 2013 - Strathcarron Hospice, Denny

Supporting the Therapist

Sat 28th September 2013 - Aberdeen
Sun 6th October 2013 - Edinburgh
Fri 22nd November 2013 - Glasgow

There is a [Review Day](#) with Gayle for anyone who has done the 3-Day MFPLWC course. This is a great opportunity to refresh your memory about the protocols.

Do you all remember P, S and P? If not, it might be good to go! It would also count as CPD points.

REVIEW DAY

Revise all the MFPLWC techniques

8th June 2013 - Edinburgh Academy Junior School

I am in talks with a number of people so that we can find the most suitable person to present the [Lymphoedema Awareness](#) module, which will form part of Level 2. Hopefully we will have a date and venue for the next newsletter.

Gayle has also been communicating with us about the format for the [2-Day Deepening Practice – Bringing It All Together](#) (previously know as the Practicum) module for those who have done the rest of Level 2 of the Curriculum.



LEVEL 2 TRAINING - 2013

5 Day Hospital Intensive

28th April–2nd May 2013 – Western General Hospital, Edinburgh
**** **One place remaining on this course** ****

Lymphoedema Awareness

Friday 7th June 2013 - Strathcarron Hospice

Practicum

Case studies to start 1st Sept 2013
Deepening Practice: bringing it all together - June 2014

We are starting to count the days until Gayle arrives at the end of May and the new round of MFPLWC courses get started.

“Next Full Team Meeting”

Date: 5th July 2013

(with Gayle MacDonald)

