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"This Month in Focus"

IRIS Launches First Service Provision Pilot

We are delighted to announce that the **first IRIS paid Massage Therapist pilot project** will begin in May 2013. It is a partnership between the **Western General Hospital Complementary Therapy Service** and IRIS.

One Level 1 Registered IRIS Massage Therapist will be funded by IRIS to work 7 hours per week, initially for 6 months.

All Level 1 Registered IRIS therapists will be sent details including a job description and person specification by 23rd April, with a deadline for receipt of applications of 1st May. Interviews will take place on 14th May.

This is very exciting news! Details of our **second paid pilot massage service** will be announced shortly.



Level 1 Therapists - Registration Process Open

A reminder to all IRIS Level 1 trained therapists that to be eligible to apply for the paid IRIS Massage Therapist posts it is necessary to have registered with IRIS. Registration is initially a no cost process and details of how to apply are attached. The register of therapists will be on our new website for patients, carers and cancer organisations to see.



IRIS Appoints an Operations Manager

Another "first" for IRIS is the **appointment of an Operations Manager, Maggi Scott**, who joined us in March. We welcome Maggi on board - she is already proving to be a great asset to IRIS! Read on to find out more about Maggi's background and experience, and her key priorities for IRIS for the future.

Thank You to Chill & Donate Fundraisers ... and Belly Dancers!

Many thanks to all of you who held **Chill and Donate** events across the country in February and March and raised funds for IRIS.

One Chill and Donate evening included a belly dancing lesson and the snacks were a Middle Eastern feast (pictured are belly dancer and the 3 IRIS therapists)

Due to its popularity, we are now making **Chill and Donate an all year round event!** More fundraising information to follow on page three.



Left to right: Karen Wade (belly dancer), Mandy Orr, Maggi Scott and Valeska Andrews

Highlights this Month

- **IRIS to launch first service provision pilot in May.**
- **Registration process open for Level 1 therapists.**
- **IRIS appoints Operations Manager.**
- **Chill & Donate fundraisers come up trumps again!**
- **Community fundraising ideas.**
- **Training Dates for 2013.**

“Operations Manager Introduction” from Maggi



I am the new **Operations Manager for IRIS** and have been in the post for five weeks, immersing myself in all the many things IRIS does.

It's such a privilege to have this opportunity to help take forward the excellent work that the highly skilled volunteers are carrying out. Such great work has been done by the IRIS Board and Management Team already that **developing and coordinating service provision, leading the IRIS Management team, supporting the Board and contributing to raising the profile of IRIS** is a positive challenge that is proving exciting.

I have **worked as a massage therapist and co-ordinator in the Edinburgh voluntary sector for over 20 years**. I also teach, train and facilitate. I am a Level 1 IRIS Massage Therapist, and work in a Macmillan Cancer Support Centre in Wester Hailes, called the Wester Haven. This work keeps me connected to the key aim of IRIS which is offering free, safe massage for people living with cancer and their loved ones affected by this. I also bring to my IRIS work a **commitment to partnership working** and a **community development approach**. I enjoy listening, reflection and discussion, and look forward to meeting many of you in the next few months.

Priorities for the first three months are:

- **To launch the first IRIS pilot partnership paid massage therapist service.** IRIS and the Western General Hospital Complementary Therapies Service (WGH/CTS) will run this pilot for six months initially. It's fantastic to have it all planned out with Angela Secretan, WGH/CTS Co-ordinator.
- **To begin the scoping work funded by the Big Lottery**, which includes recruiting a project worker and working with the Board and Management Team to identify key multidisciplinary people who can support, advise and guide the work. This is key strategic work for IRIS - to establish the need, demand and current supply of massage in cancer care in Scotland. This will then inform and support the funding applications for increasing the supply of IRIS massage therapists targeted to areas in Scotland that have little or no service and where demand outstrips capacity.
- **Plan and create all documentation needed for the IRIS pilot volunteer massage therapist service** which will start in the next quarter.
- **Develop links and relationships with key organisations supporting people with cancer in Scotland.** It is so vital they understand the aims of IRIS. There is so much scope for pan Scottish activities in the future in the field of massage within cancer care, e.g. collaborative data collection about its benefits, building relationships and sharing perspectives.
- **Coordinate the IRIS fundraising work.**



For the **next newsletter** I will include a **list of all the key events for charity sponsored fundraising over the next year**. I hope this may be useful for us all to spread the word to our families, friends and colleagues. Often, once folk hear about what IRIS does, they have a willingness to join in and include IRIS in their awareness when charity events are happening in their lives. I am a great believer in the power of connection, sharing, enthusing to others.

Please do make sure to send in photos of any IRIS fundraising for the newsletter and soon to be launched new IRIS website (remember we need permission from folk in the photo for use in publicity).

Many exciting things - the forthcoming courses, the new website, the pilot service launch, the scoping work ... all good!

I look forward to hearing from you, meeting you and sharing this next phase in developing the aims and objectives of IRIS.

Maggi

chillandonate@iriscancerpartnership.org.uk

“Getting Involved - Make a Difference!” from Maggi

Chill & Donate - An All Year Round Event!

This much treasured IRIS unique fundraising event began as an activity throughout February each year. [Due to its popularity, we are now making Chill & Donate an all year round event!](#) Any time, almost anywhere!

As well as in your home, there are many opportunities to host a Chill & Donate event in community settings or in the workplace. [Sarah Urquhart-Taylor and Scottish Massage Schools held a Chill & Donate event](#) in the Edinburgh Academy Junior School recently, with lots of therapists and, despite an awful day of sleet and cold, managed to [raise a fantastic £350 for IRIS](#) which is brilliant! [Many thanks to the team for all their work.](#)

Sarah & SMS play to hold the [next Chill & Donate on Sunday 30th June 12-4pm](#). Please contact Iris if you are interested in helping Sarah offer some therapies, or even simply donating some home-baking: chillandonate@iriscancerpartnership.org.uk

[Community centres, schools, local projects](#) all may be willing to share their space for a Chill & Donate event. Often workplaces welcome visiting complementary therapists, especially on-site chair massage. Spread the word amongst friends and family. If you find a friendly workplace that would enjoy hosting a Chill & Donate event and you need extra volunteers, let me know and it can be advertised amongst our pools of therapists: chillandonate@iriscancerpartnership.org.uk

Choosing a [Chill & Donate theme](#) can be fun. A [country](#) or a [culture](#) means you can choose snacks and music and even costumes to reflect that. One Chill & Donate evening included a belly dancing lesson and the snacks were a Middle Eastern feast. Folk paid £15 for their massage, belly dancing lesson and feast, and all thought they had a fantastic bargain and had helped IRIS too.

Be as creative as you like!



General Fundraising for IRIS

It is great to [spread awareness of IRIS amongst colleagues, friends and family](#). As word spreads folk share ideas and more opportunities arise where a fundraising activity can take happen. Once people know what IRIS does there is usually an immediate interest and rapport to get involved.

The [new website](#), soon to be launched, will have lots of images of IRIS fundraising events to inspire and inform, and will be a great way to share what IRIS is all about to those in our lives who do not know.

A [calendar of key sponsored sports events throughout the year](#) will be circulated with the next newsletter.

Some Community Places to Spread the Word / Have a Fundraising Event!

- Some supermarkets invite nominations for charities to be supported - have a look when shopping.
- Many schools have a nominated charity for their pupils to support during the school year.
- Workplace - dress down days, raffles, auctions, Charity of the Year nominations, fancy dress days.
- Pub quiz, pub karaoke.
- Car boot sale, jumble sale, book sale.
- Sports club, health club – quiz night, music themed night.
- Dinner party, charity “Come Dine with Me” style.
- Coffee and baking morning at home, at work, in the community.
- Fashion show.
- Dinner dance, disco, ceilidh, folk night.
- Sponsored events, from the big organised runs, bike runs etc. to your own creative choices.



“Curriculum Update” from Zana

Iris is gearing up to the 2013 round of the 3-day **Massage for People Living with Cancer** (MFPLWC) course which forms the foundation of the curriculum. Below are the dates and locations for this course.

Dates for the next round of **Communication Skills** and **Supporting the Therapist** modules are also detailed below. The former will be held in Aberdeen, Airdrie and Denny and the latter in Aberdeen, Edinburgh and Glasgow.

The 1-day **Lymphoedema Awareness** workshop, which forms part of the Level 2 curriculum, is now in place and will be delivered by two members of the team at Strathcarron Hospice. They are experienced trainers in this field. It will be held at Strathcarron on **Friday 7th June** (registration form attached). Gayle has always emphasised the importance of a thorough understanding of the lymphatic system and this workshop will include recognising the signs and symptoms of lymphoedema, an in-depth look at the condition itself, discussion of a variety of case histories, experiencing what manual lymphatic drainage (MLD) feels like and knowing where to source help for patients with lymphoedema.

The 2013 **5-day Hospital Intensive** in April/May at the Western General Hospital in Edinburgh, which will be facilitated by Angela Secretan, is now fully booked but an **additional course is being organised for the autumn**.

A reminder for anyone who has done the 3-day MFPLWC course with Gayle that there will be a chance to brush up on your skills at a **Review Day** in Edinburgh on **Saturday 8th June** (registration form attached). This is a great opportunity to refresh your memory about the MFPLWC protocols. Do you remember P,S and P? If not it might be good to go! It also counts towards CPD.

In the last newsletter I spoke of continuing to work with Gayle on the format of the 2-day **“Deepening Practice – Bringing it All Together”** module for those who have completed the rest of Level 2 of the curriculum. The plan is for this to start around September 2013, completing in June 2014 to allow therapists to gain relevant experience and write up the case studies which will form part of this module.

Moving forward!

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



REVIEW DAY

Revise all the MFPLWC techniques

8th June 2013 - Edinburgh Academy Junior School

LEVEL 2 TRAINING - 2013

5 Day Hospital Intensive

28th April-2nd May 2013 – Western General Hospital, Edinburgh ****Fully booked****
Next course to be arranged - Autumn 2013

Lymphoedema Awareness

Friday 7th June 2013 - Strathcarron Hospice

Practicum

Case studies to start 1st Sept 2013
Deepening Practice: Bringing It All Together - June 2014

*“Next Full Team Meeting”
and Social event*

Date: Sat 13th July 2013, 11am