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"This Month in Focus"

This is a busy time for IRIS as key work that has been carried out comes to completion and new projects are begun.

We also welcome back **Gayle MacDonald** on the 3rd June, as she arrives in Scotland. She is here to run 2 '**Massage for People Living with Cancer**' courses, in Aberdeen and Edinburgh.

With the launch of the **new IRIS website** planned for **early June**, we will have a fantastic platform for people to learn about what IRIS is, what IRIS does, and what IRIS plans to do.

The register of Level 1 qualified IRIS massage therapists is filling up and will be on the website. Already many cancer support services are keenly waiting to start using it as a vital resource for their patients.



Highlights this Month:

- **We await Gayle's return to Scotland on the 3rd June**
- **New IRIS website launching in June**
- **Level 1 Registered Therapists will have their details listed on the new website**
- **IRIS flyer coming soon**
- **Literature Review - research based evidence of the benefits of massage to cancer patients**
- **2nd IRIS Pilot Paid Massage Therapist Service will be hosted by Forth Valley Hospital**
- **Join a Multi-Disciplinary Working Group**
- **Full Team Meeting: 13th July 12pm at the Quaker House**



Calling all IRIS trained therapists:

With the Level 1 Register of 'IRIS Massage Therapists' about to go live, and IRIS Registration still free, do consider completing your Level 1 IRIS training by completing the 'Communications Skills' and 'Supporting the Therapist' 1 day courses. Then you can apply to be an IRIS Massage Therapist and be added to the IRIS Register. All IRIS paid Massage Therapist vacancies require the IRIS Level 1 qualification and to be IRIS Registered.

New IRIS website

Look out in **early June**, for the **brand new revamped IRIS website**, with the new register of Level 1 qualified Massage Therapists, the Literature Review with the 3 downloadable Executive Summaries, news, education, and fundraising pages. If you have any good digital images of IRIS activities, please send them in as we want to regularly update our website gallery of images. Please send to Maggi at:

operations@iriscancerpartnership.org.uk

IRIS flyer

An IRIS flyer will be produced during the next couple of months as a useful resource for PR, events, networking and fund-raising. If anyone has good quality digital images (which you own the copyright to use) do send them to Maggi for possible inclusion.

“Operations Manager’s Report” from Maggi

IRIS Literature Review is complete

The IRIS Literature review has been a substantial piece of work. The Final Report details the size and scope of the research reviewed, with 3 excellent Executive Summaries written for clinicians, therapists and members of the public. They will be available as free downloads on the IRIS website.

The Literature Review will be a valuable resource for many people in the field of cancer, for clinicians, therapists, massage training schools, people with cancer, families and friends, giving research based evidence of the many benefits of having massage for people with cancer. IRIS massage therapists will be able to use the findings of the Literature Review in their marketing literature and websites.

Importantly, the report found no evidence in any of the research, of any negative effects of having massage for people with cancer. The report also makes several recommendations including noting the very little research that has been done about the effects of receiving massage by children and young people with cancer.

Many thanks go to Anne Douglas for her hard work and production of this excellent resource.



IRIS Pilots Paid Massage Therapist Service

The Western General Hospital Complementary Therapy Service (WGH/CTS) is hosting the 1st IRIS Pilot Paid Massage Therapist Service, when Carol Pollard joins their team offering 7 hours per week of additional massage appointments in diverse settings within the Hospital. This will begin in early June and is very exciting - the 1st Partnership project for IRIS in what is hoped will be many.

The 2nd IRIS Pilot Paid Massage Therapist Service will be hosted by Forth Valley Hospital and the advertisement for 7hrs / week of massage will be sent to all Level 1 Registered IRIS Massage Therapists in mid June. Interviews will be held 3rd/4th week in July.

All IRIS Paid Massage Therapist vacancies are open only to IRIS Level 1 Registered Therapists, so if anyone is considering applying for the Forth Valley vacancy, please send in your application for Registration asap.

Scoping Survey, funded by the Big Lottery

This work will commence in June. Preliminary work has been done to identify key contacts and places to visit across Scotland. The purpose of the study is to identify current massage therapy service provision in all settings, ascertain if there is more demand than supply, and identify gaps in provision. Focus groups will give invaluable client and patient feedback about the effects of having massage, and preferred places to receive it etc.

A Multi-Disciplinary Advisory Group is being formed, drawn from the 5 arms of IRIS; clinicians, researchers, patients, therapists and cancer centres. Its role is to assist and support the IRIS researcher, Anne Douglas with this vital piece of work. All future IRIS fund-raising will have the Literature Review and the Scoping Survey as the evidence base for future applications for increasing service provision, developing a volunteer therapist scheme etc.

If anyone would like to join this group, or knows of anyone who would be able to help, please contact Maggi at:

operations@iriscancerpartnership.org.uk



“Getting Involved - Make a Difference!” from Maggi

General Fundraising for IRIS

I am so aware that many of our IRIS members are already committed to support -ing IRIS in many ways. For those already helping IRIS, many thanks.

There is another 'Chill and Donate' organised in Edinburgh on Sunday 30th June 12-4pm at Edinburgh Academy Junior School. This falls during Gayle MacDonald's MFPLWC course at the same venue.

I am keen to bring together a small team of IRIS supporters together, to identify some fun IRIS fund raising events. Organising and planning as a team may be very beneficial, to share the load, and increase our creative thinking. Fashions shows, dinner dances, Ceilidhs, all these and many other events we haven't thought of yet, all have amazing potential for fund-raising but need a lot of work to make them happen.

If anyone would like to join in with an exploratory meeting to see what is possible, become part of an IRIS fund-raising team, do get in touch with Maggi at: operations@iriscancerpartnership.org.uk

IRIS relies on donated funds to maintain and develop its services.

Here is a list of some of the key sporting events during the rest of 2013, that offer fund-raising opportunities for IRIS:

City to Summit - Edinburgh to Ben Nevis triathlon	June 1st & 2nd	www.ratracecitytosummit.com
The Edinburgh Moonwalk	June 8th	www.walkthewalk.org/challenges
Mens Health Forum 10K Glasgow	June 16th	www.mhfs.org.uk
IRIS Chill & Donate	June 30th 12-4pm	at Edinburgh Academy Junior School
Three Peak challenge - Climbing the 23 highest peaks in England, Wales and Scotland, usually in 24 hours!	July 13th	www.thethreepeakschallenge.co.uk
Glen Nevis River race	July 20th	www.nofussevents.co.uk
The Big Ben Nevis Triathlon	August 24th	www.nofussevents.co.uk
The Half Big Ben Triathlon	August 26th	www.nofussevents.co.uk
Pedal for Scotland	September 8th	www.pedalforscotland.org
Loch Ness Marathon	September 29th	www.lochnessmarathon.com
The Great Scottish Run	October 5th & 6th	www.greatscottishrun.com
Ultimate Abseil	October 27th	www.chssi.org.uk
Edinburgh and Glasgow Morun - 5km and 10 km wearing a moustache 10% of funds go to Prostate Cancer UK. The rest for any charity.	November 9th	www.edinburgh.mo-running.com



“Curriculum Update” from Zana

Gayle MacDonald is busy packing her bags right now for her 2013 trip. She arrives in Scotland on Monday 3rd June and is very excited about her classes in Aberdeen (14th-16th June) and Edinburgh (28th-30th June). She is looking forward to introducing a new group of therapists to her work.

Angela Secretan organised and ran the second Iris 5DHI at the Western General in Edinburgh on 28th April - 2nd May. Her report is on page 5 of this newsletter. Once again, this was very successful and a wonderful experience for the therapists so thank you Angela for all your hard work, both behind the scenes and during the 5 days. The next 5DHI will be from Sunday 23rd to Thursday 27th March 2014.

The **Lymphoedema Awareness Day** is running on Friday June 7th. This new Iris workshop forms part of level 2 of the Iris curriculum, but as it would be of huge benefit to any therapist we are opening it up to anyone who has done Gayle's 3-day 'Massage for People Living with Cancer' MFPLWC course. The cost is £100.00. This module will be held at Strathcarron Hospice in Denny and is being facilitated by nurse Margaret-Anne Garner and physiotherapist Yolande Borthwick, who are both experienced Lymphoedema Specialist Practitioners and trainers.

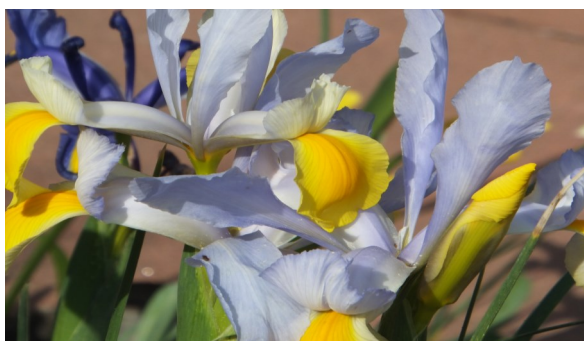
Therapists will take a more in-depth look at the lymphatic system and its relevance for massage therapists working with clients who have had a cancer diagnosis. You will gain a greater understanding of what causes lymphoedema, how to spot the signs and symptoms... and what to do if you do spot them! There will be the opportunity to watch a demonstration of compression bandaging and also to experience a taster session of Manual Lymphatic Drainage. There are still places left on this course so contact admin@iriscancerpartnership.org.uk to register. Gayle will be attending this day.

On Saturday June 8th Gayle will hold a **Protocols Practical Review Day** for anyone who has attended her MFPLWC course. This will be particularly useful if you have not had much opportunity to use the skills you learned and you would like to remind yourself of what you know, in a relaxed informal atmosphere. This course will take place at Edinburgh Academy Junior School, and details are attached to this newsletter. There are still several places left on this course. To register contact: admin@iriscancerpartnership.org.uk

REVIEW DAY

Revise all the MFPLWC techniques

8th June 2013 - Edinburgh Academy Junior School



LEVEL 1 TRAINING - 2013

Massage for People Living with Cancer

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

LEVEL 2 TRAINING - 2013-14

5 Day Hospital Intensive

23rd-27th March 2014 – Western General Hospital

Lymphoedema Awareness

Friday 7th June 2013 - Strathcarron Hospice

Practicum

Case studies to start 1st Sept 2013

Deepening Practice: Bringing It All Together - June 2014

“Curriculum Update” (cont’d)

A new batch of 35 therapists have finished Level 1 and are eligible to register as an Iris Massage Therapist. Congratulations!

Gayle and I have been extremely encouraged and humbled by the amount and the depth of sharing you have done. (I think the word we used was ‘gobsmacked’!) It has been lovely receiving e-mails from several of you saying that, although you may not have been 100% sure at the beginning about how this module would work, you are now totally convinced that it does! You have been *so* supportive of each other. E-mail ‘communities’ have been built and will continue. A big heart-felt thank you to all of you.

To those of you signed up for MFPLWC, enjoy!

“Massage in the Oncology Setting - Five Day Hospital Intensive (5DHI)”

The second 5DHI course took place at the [Western General Hospital \(WGH\)](#) from [Sunday 28th April to Thursday 2 May 2013](#), tutored by [Angela Secretan](#) and assisted by the Complementary Therapy Team from the hospital.

The first response from the staff when I was informing them that the course would be running again this year, was met with big smiles, saying [how great it would be for their patients](#). The decision to half the number of students to 4 was the right one, which worked very well, as they were absorbed into the wards with ease, without too much purple (Iris poloshirts), this time!

[Day 1 - Sunday](#) - therapists were classroom based, where they [reviewed the clinical information required](#) with hospitalised patients and [those receiving chemotherapy and radiation](#) on an outpatient basis.

[Day 2 - Monday](#) - found the therapists at the [manual handling department](#) learning about equipment on the wards, then being oriented to the wards where they would be working, culminating with a 30 minute foot massage on an in-patient. [Inching forward](#) was the theme of the week.

[Days 3-5](#) - therapists began day 3 with a talk and tour of the [Macmillan Information & Support Centre](#). They then started their rotation through a variety of clinics and wards where cancer patients receive treatment—[haematology oncology, chemotherapy infusion, in-patient wards including palliative care patients and patients receiving radiotherapy treatment](#). At the end of day 3 the therapists were given a [tour and talk of The Maggie's Centre](#). The week ended with a [talk on medical trials](#) and some [reflective work](#). Lastly, the fun part, when Lorna joined us for certificates and photo's:



Back: Katy Master, Moira McKendry (WGH), Mary Niker, Janine Kemp
Seated: Sarah Urquhart-Taylor, Angela Secretan, Anne Hally (WGH)

Feedback from the student therapists, patients and staff were all very positive.

Therapist feedback:

“It has given me more awareness about what different cancer treatments entail”,

“The course and the ladies involved have been wonderful. Their knowledge and expertise is second to none.”

“I found the practical sessions on wards *SO* helpful. Much more confident now”

“The practical sessions ... was the thing I liked best.”

Patient feedback: “So relaxing”, “Helped my pain”, “That felt wonderful”.

Staff feedback: “Fantastic—can we have it every day please?”, “Wow! Can't believe 15 mins could have such an amazing effect”

A date for your diary:

IRIS Information and Social Gathering (including lunch) - Saturday 13th July 2013, 12pm – 3pm
at the **Quaker Meeting House, 7 Victoria Terrace, Edinburgh EH1 2JL**