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## *"This Month in Focus"*

### IRIS Pilot Service Provision

IRIS is proud to announce that the 1st paid service pilot has commenced at the Complementary Therapies Services at the Western General Hospital. The **contracts were signed on 5th June** and **Carol Pollard**, the IRIS therapist commenced her 7hrs/week on the 7th June. She will be mainly based in the **Haematology Unit** within the WGH.

This is the beginning of a **very exciting phase** of IRIS profile-raising and partnership working.

The 2nd pilot paid service at **Forth Valley Royal Hospital** begins in August, with interviews on 19th July. All Level 1 **IRIS Registered Therapists** should have received notification of this post in the past few days. Applications should be submitted by **5th July**.

The pilots will **enable IRIS to measure and evaluate** the impact of increasing **service provision in 2 hospital based complementary therapies services**, 1 already within a very well established team of therapists and 1 within a very new smaller service with 1 volunteer therapist.

All of the work IRIS does is **committed to working with a partnership approach**, building and linking in to networks of people working in diverse settings and professions, together informing, sharing and **developing the support available to people living with cancer**.

Evaluation from these 2 paid pilot posts, together with the IRIS Volunteer Massage Therapist Service that will commence in the Autumn, and the Scoping Survey findings, which will be complete by December 2013, will form the basis of funding applications for further, strategic IRIS therapist recruitment across Scotland.

IRIS will be working in partnership with Organisations that would welcome support to develop their services or creating services where there is demand but no supply.

**Carol Pollard and Maggi Scott signing contracts on 5th June**, ahead of Carol starting work with IRIS.



### Highlights this Month:

- **Carol Pollard starts the first Iris Pilot Service at WGH**
- **Interviews for the 2nd IRIS Pilot Paid Massage Therapist Service will be held on 19th July**
- **Scoping Survey Advisory Group met on the 11th June**
- **first Scotland-wide study of all massage provision available for people living with cancer**
- **AGM & Full Team Meeting: 13th July 12pm at the Quaker House**
- **MFPLWC run in Aberdeen 14th-16th June**
- **Lymphoedema Awareness Day run at Strathcarron Hospice on 7th June**
- **Chill & Donate Event running on Sunday 30th June at**



## *“Operations Manager’s Report” from Maggi*

This is a **time of consolidation** of many good pieces of work for IRIS, coming together, ready for launching into the public domain. With the new **re-designed website about to be launched**, this will allow free download of the IRIS Literature Review Report and its 3 executive informative 1 page summaries, and the much awaited Register of Level 1 Registered Therapists. IRIS will become a significant resource provider for the profession of massage and cancer services users, providers and stakeholders. It has taken just over 3 years and a lot of hard work to get to this point, which is a great achievement for everyone.

Both resources will play a very **important educational role**, **reassuring those who would like a massage** but are not sure, **enabling professionals in related fields to confidently recommend massage from a trained therapist**, and for those supporting people with cancer enable them to give **contact details for trained therapists across Scotland**. None of the extensive Research summaries detailed any negative effects for receiving massage for people with cancer, but many, many positive effects were found.



### **IRIS Scoping Survey**

The next challenge in my work is to lead the **Scoping Survey** field work with Anne Douglas providing the specialist research input. She will be creating the questionnaires, interview systems, and carrying out the focus group work. The **Scoping Survey Advisory Group met on the 11th June** and between them members have so many skills to bring to this work. Their experience includes:

- \* Setting up a massage service in a hospital
- \* Committee member organising the Scottish Cancer Support Groups Conference
- \* 3 members have had cancer, and travelled the long road of diagnosis, treatment and recovery
- \* Working as a therapist in a community based cancer centre
- \* 2 volunteer therapists working in a hospice
- \* Professional Researcher

During July and August I will be **visiting many key cancer support services across Scotland** interviewing workers, therapist and patients. Telephone survey interviews will also take place, particularly aiming in rural areas where access is an issue, eg Thurso, the Outer Hebrides. The Focus Groups will take place in September and the Final report will be completed by December 2013.

This Scoping Survey will be the **first Scotland-wide study of all massage provision available for people** living with cancer, in all settings, hospitals, hospices, cancer centres and in patients homes. It will identify where there are gaps in the provision of massage for cancer patients, and work to redress this situation.

Throughout the carrying out of the survey we will at all times be working in partnership with organisations. It will be the management tool for IRIS in planning its strategic funding applications.

### **IRIS Information/Social Event 13th July 12-3pm, Quaker Meeting House, 7 Victoria Street, EH1 2JL**

IRIS is holding an **Information and Social event with lunch**. Presentations will be made about the IRIS Literature Review, IRIS service provision and IRIS Curriculum development, and there will be many opportunities for socialising and exchanging of ideas within the time.

Lunch will be provided. Invitations will be emailed out soon and if you know you would like to come please email [admin@iriscancerpartnership.org.uk](mailto:admin@iriscancerpartnership.org.uk) to book a place. We need to know numbers for food.

I hope many of you will come along and enjoy some informal IRIS time.

Maggi [operations@iriscancerpartnership.org.uk](mailto:operations@iriscancerpartnership.org.uk)

## *“Curriculum Update” from Zana*

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

Gayle MacDonald arrived in Scotland on the 3rd June to run her MFPLWC courses for Iris. Her first course ran in Aberdeen on the 14<sup>th</sup> -16th June. This course was run in Aberdeen at CLAN Cancer Support and proved to be a huge success with the 12 therapists attending. Gayle’s gentle teaching approach and sheer knowledge of cancer was greatly appreciated by all therapists attending.

The afternoon of day 3 is a particular highlight of the course, as this is when clients living with cancer come in for a massage by the therapists. Patients really enjoy their massage, and report feeling nurtured and well cared for by the therapists. Therapists in turn report feeling 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 increase in general feeling of well-being.



### **Lymphoedema Awareness Day @ Strathcarron Hospice**

IRIS held the Level 2 Lymphoedema Awareness Day at Strathcarron Hospice on the 7th June. 11 people attended including Gayle Macdonald, all had completed the IRIS 3 day Massage for People Living with Cancer.

The trainers, Margaret Anne-Garner and Yolande Borthwick, gave an excellent full days programme and all participants agreed they were leaving well informed, with a clear understanding of the lymphatic system and appreciation for the complexity of assessing and treating lymphoedema.

The practical demonstrations of bandaging, both for upper and lower body lymphoedema, gave everyone the chance to see how manual lymph drainage (MLD) is done, and what a lot of bandaging it takes to achieve the desired effects. The skill and precision of the bandaging was excellent to watch.

The MLD taught on this day was the Casley-Smith technique. This technique originates from Australia, developed by Drs Judith and John Casley-Smith. It comprises a very gentle series of hand manoeuvres, effleurage strokes and breathing exercises delivered in a slow rhythmical way. Self management techniques are also taught to patients. A training course in Casely-Smith MLD technique is available at the University of Glasgow.



### **LEVEL 1 TRAINING - 2013**

#### **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**

2014 date TBC - Strathcarron Hospice

#### **Practicum**

Case studies to start 1st Sept 2013

Deepening Practice: Bringing It All Together - June 2014

## *“Dates for you diary”*

### **Chill & Donate Event - Sunday 30th June Edinburgh Academy Junior School**

Once again, we are bringing together some of the best things in life: Massage, chilling, tea and cake, and raising money for the Iris Cancer Partnership!

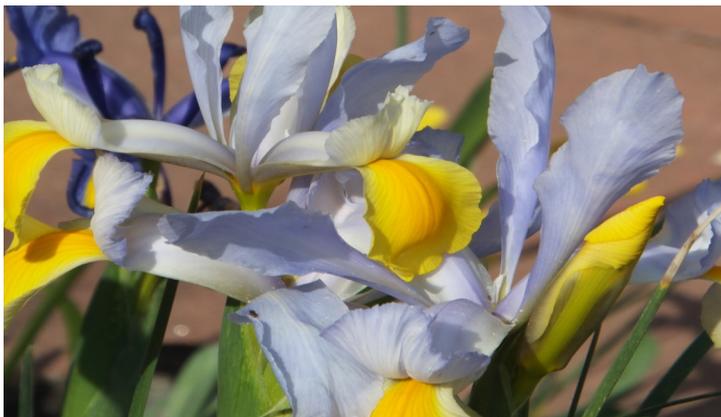
These events have been very successful in the past and both therapists and clients always enjoy them hugely. The idea is very simple. We gather a group of therapists offering various types of massage to the public. This is on a drop in basis between 12pm and 4pm and we also lay on tea and home baking. (We always do a great spread!)

Massage and refreshments are paid for by donation, and all the money raised goes to Iris Cancer Partnership. We will also have a raffle on the day.

If you are available and would like to offer your time and skills, be it for massage, or for generally assisting on the day, please contact Sarah at: [sarah@lothianmassage.com](mailto:sarah@lothianmassage.com)

Even if you can't make it on the day itself, any donations of raffle prizes and home baking are gratefully received.

Let's get together and Chill for Charity!



### **IRIS AGM & Team**

#### **Information and Social Gathering**

Saturday 13th July 2013, 12pm – 3pm  
at the Quaker Meeting House,  
7 Victoria Terrace, Edinburgh EH1 2JL

