

What cancer patients say about having massage

"Having these massages has really helped me cope with the stress, anxiety and tensions of having cancer."

Tom, Edinburgh.

"I felt encouraged, energised and better able to cope with what the day throws at me."

Jane, Lothian.



"I could never have known how such light touch massage could affect me so deeply and positively. Amazing!"

Cancer patient, Borders General Hospital.

"The men who had massages have been so surprised at how beneficial and important massage has become in helping them through their cancer experience."

Hebridean Men's Cancer Support Group

Supporting our work:

There are many ways you can help Iris.

Volunteering:

- Any individual fund raising is always welcome
- Nominating Iris within your workplace for corporate charitable giving
- Holding a Chill and Donate pampering event
- Being an event volunteer. Maybe as simple as helping to serve cups of tea or chatting to event attendees
- Bringing skills to work for Iris at events and on Management Group/Board

Donating:

- Cheques made payable to '**Iris Cancer Partnership**' and post to 27 Craigs Avenue, Edinburgh EH12 8HS
- Send to Iris's bank account no: 71943660, sort code: 87-70-15, with reference/narrative "Donation"
- Text **IRIS21** to **70070** with **amount** of gift e.g. IRIS21 £30
- B.T. MyDonate
<https://mydonate.bt.com/charities/iris-cancerpartnership#>

Please send in your contact details if making a donation to admin@iriscancerpartnership.org.uk

Iris Cancer Partnership



Working in partnership to promote & provide Cancer Care Massage Therapy throughout Scotland

www.iriscancerpartnership.org.uk

www.facebook.com/iriscancerpartnership

enquire@iriscancerpartnership.org.uk

About Iris Cancer Partnership:

Iris is a Scottish charity committed to promoting and providing Cancer Care massage services throughout Scotland.

Iris is a partnership organization and its members are a multi-disciplinary group of:

- ◇ People living with cancer
- ◇ Researchers
- ◇ Clinicians
- ◇ Therapists
- ◇ Cancer support centres

Patients and clients are the heart of all Iris work.

Iris's Strategy:

- ◇ Iris provides a specialist curriculum of cancer care massage training. By 2014, over 300 Scottish massage therapists will have completed the Iris 3 Day 'Massage For People Living With Cancer' training.
- ◇ Iris has a Register on the its website of all Level 1 trained massage therapists for people to access.
- ◇ Iris works with other cancer support organisations to extend existing cancer care massage services and develop new ones throughout Scotland.
- ◇ Iris continually improves services by on-going evaluation and research.

Comfort Orientated Massage

"Less anxiety, nausea, better sleep and more energy to add to their quality of life. That is what people with cancer seek". **Gayle MacDonald, from her book "Medicine Hands".**

Patients report a range of benefits they have experienced:

- ◇ Less anxiety
- ◇ Less stress
- ◇ Less insomnia
- ◇ Less fatigue
- ◇ Less nausea
- ◇ Improved relaxation
- ◇ Increased body confidence.



Patricia McNamara, at Paul D'Auria Cancer Support Centre

"It is a gentle, non-invasive form of therapy. It addresses the whole person in a gentle, human, non-complicated way."

The Iris Curriculum:

Level 1: Cancer Care Massage

'Massage for People Living with Cancer'

- led by Gayle MacDonald - 3 days

Communication Skills - 1 day

Supporting the Therapist - 1 day

Mentored Case Study (by email)

Level 2: Oncology Massage

'Massage in the Oncology Setting; a 5 day hospital intensive'

- led by Angela Secretan - 5 days

Lymphoedema Awareness Day - 1 day

Deepening your Practice

- 5 in-depth case studies

- led by Gayle MacDonald (by email)

Bringing it all together

- led by Gayle MacDonald - 2 days

