

# PHAROS

*A beacon of hope in the darkness*

*Newsletter of the Reading Prostate Cancer Support Group (RPCSG)*

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*Website: [www.rpcsg.org.uk](http://www.rpcsg.org.uk)*

## **THE AUGUST MEETING**

57 people including two new members, attended the August meeting, which featured an interesting talk by Jayne Doyle, BSc, a local Complementary Therapist.

Jayne started by introducing herself and her background. She started in complementary therapy work about 20 years and offers a range of massage therapies and aromatherapy.

In 2010 she began volunteering for a charity offering therapies for civil survivors of war in Bosnia. In 2013 she gained a Diploma in Adapting Complementary Therapies in Cancer and Supportive Care from The Christie NHS Trust, Manchester.

She has since worked at Guy's and St Thomas' NHS Trust, London with Dimbleby Cancer Care and then went onto become the Senior Complementary Therapist/Service Manager at UCLH Macmillan Cancer Centre, London (covering a career break). She has worked with out patients and in patients, in the clinical areas of oncology and haematology with paediatrics, teenagers and adults and their carers.

The terms Alternative Treatments and Complementary Treatments are often interchangeable, and Jayne clarified that she offers complementary therapies to complement medical treatment in an integrated way.

Jayne said that each treatment is adapted to suit the patient and that deep pressure is not used. A question was asked about the thought that massage can spread cancer through the lymphatic system. Jayne said that there is no evidence to support this at all and that using a light touch and other adaptations are perfectly safe.

Someone raised a question about diet. Jayne noted that whilst she was trained and insured to practice Nutrition, she was not specialised in this with cancer care. She would direct people to [Penny Brohn](#) for useful information.

Jayne discussed the benefits of massage and aromatherapy, notably to encourage relaxation, ease pain, reduce anxiety, improve fatigue and promoting a sense of wellbeing.

Jayne has instructed partners and carers of patients in administering some basic massage techniques so that support can be continued at home.

Reflexology is often used and is based on the idea that there are reflex points on the foot that relate to different parts of the body.

Jayne finished by passing around some aroma sticks for the audience to sample, with a challenge to 'guess the aroma'. A member of the audience hoped that a gin and tonic aroma was available - unfortunately not!

Jayne was thanked for her informative and interesting talk, and presented with a bouquet of flowers as a token of appreciation.

## **Editor's extras:**

Following the meeting, Jayne sent several documents to me that are relevant to her talk, and she has said that any member wanting to read any of these is welcome to do so. The document titles are:

1. Reflexology and pain management.
2. Aromatherapy and stress.
3. Bridging the gap (the main principles of supporting clients with cancer using complementary therapies).
4. Hear, hear (David Tredinnick MP, a champion of integrated healthcare, talks about his work in Parliament and why he's a fan of reiki).
5. Saying 'Yes' to massage (Dr Peter Mackereth, Anita Mehrez and Ann Carter from Christie Hospital look at some of the myths surrounding massage and cancer, and how people affected by this condition can benefit from treatment).
6. Could Massage Therapy Promote cancer metastasis?
7. Complementary therapies in Cancer and Palliative Care.

If any member would like a copy of any or all of the above documents, please email me and I will send your requested documents by email.

Jayne said that she is quite willing to reply to questions that any members may have. If you have any queries for her, please get in touch with Jayne by email on [messagejaynedoyle@gmail.com](mailto:messagejaynedoyle@gmail.com) or you can telephone Jayne on 07928 995653. You are also welcome to visit her website at: <http://www.massajayne.com>

The website currently contains Jayne's own account of her visit to our group.

I recommend all members to visit Jayne's website as above, as it contains a wealth of detail too extensive for this newsletter. The web site is excellent and contains a very comprehensive description of the various complementary therapies, their techniques and benefits.

Much of document numbered 7 above is on Jayne's website, but additionally it has some information on choosing and starting the therapies, and as this is very useful, I have reproduced it below:

### **Finding a therapist**

Some GP practices offer therapy sessions or may be able to recommend a qualified local therapist. There is a Public Register of therapists and Professional Associations also maintain registers of appropriately trained and qualified therapist.

The following is a checklist of practical steps that we recommend you take to reassure yourself before trying a particular therapy or therapist:

- establish what the therapy is trying to achieve
- use a therapist who has a specialised qualification and is insured
- ask what experience the therapist has in treating someone with cancer
- speak to the therapist prior to making a booking to ensure you feel comfortable with them
- check what the fees are
- find out what is available on the NHS in treatment centres you may already be using

### **DATES FOR YOUR DIARY**

#### **THE SEPTEMBER GROUP MEETING**

On the 4th September there will be a talk by Nikki Hayward. Nikki is a Senior Nurse with Cancer Research UK, in the Research & Engagement unit. She will talk about advances in research, Clinical Trials, and the awareness and prevention of cancer.

#### **THE OCTOBER GROUP MEETING**

The meeting on the 2nd October will feature a talk by Dr. Paras Shah of the RBH, who will talk about his work at the RBH.

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