



## Complementary Therapy Network

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Since the Lynda Jackson Macmillan Centre (LJMC) opened in 1993 we have established a wide network of professionally registered and experienced therapists who are interested in using their skills to work with people affected by cancer. These therapists have undertaken further training with us in cancer care.

Many patients have already benefited from the complementary therapy provided at the LJMC or on the wards. We hope by providing this list, that we will encourage people affected by cancer to contact local therapists and enjoy the benefits of complementary therapy.

In order to be part of our network, therapists will:

- have complementary therapy qualifications, recognised by their relevant governing bodies
- be registered with their relevant professional bodies (checked annually)
- have up-to-date professional indemnity insurance (checked annually)
- have been practising their therapy for at least one year after qualification
- have undertaken training with the LJMC on cancer treatments, side-effects, and psychological effects on people affected by cancer

Each therapist has provided his/her own details for this factsheet, and each will have their own set of charges. Some may offer a sliding scale, depending on clients' means. Your therapist will be happy to show you their professional body and insurance certificates, should you wish to see them.

Please be aware that inclusion in this network list does not imply or suggest a recommendation by the LJMC.

If you have any questions or would like further information about any of the therapies mentioned in this list, please contact our Complementary Therapy Co-ordinator on 020 3826 2553.

**Disclaimer:** To be listed here is not proof of professionalism or that the therapist is competent.

The LJMC cannot be held responsible for any damage, injury or loss caused as the result of any therapy, advice or treatment given by any practitioner listed on these pages.



<b>BERKSHIRE</b>							
<b>NAME</b>	<b>AREA COVERED</b>	<b>Contact</b>	<b>AR</b>	<b>MAS</b>	<b>REF</b>	<b>REI</b>	<b>OTHER</b>
JACOB, Keith	Windsor	07707 105653				•	
STUBBS, Jane	Maidenhead	07984 852931	•	•	•	•	IHM, TAT

<b>BUCKINGHAMSHIRE</b>							
<b>NAME</b>	<b>AREA COVERED</b>	<b>Contact</b>	<b>AR</b>	<b>MAS</b>	<b>REF</b>	<b>REI</b>	<b>OTHER</b>
ANDREWS, Lorna	Chesham, Amersham	01494 433851 alt_therapies_lorna@me.com				•	
FREY, Michelle	Chesham	07753 854015 michelle.100@btinternet.com	•	•		•	IHM, L.MAS, HSM
JAMES, Barbara	Amersham	01923 282815		•			
TAYLOR, Kari	Gerrards Cross	07948 398273 kari@fourwindsnaturaltherapies.co.uk		•	•		IHM
THORPE, Pam	Amersham	01494 726228				•	SHI, Qi

<b>HERTFORDSHIRE</b>							
<b>NAME</b>	<b>AREA COVERED</b>	<b>Contact</b>	<b>AR</b>	<b>MAS</b>	<b>REF</b>	<b>REI</b>	<b>OTHER</b>
ANDREWS, Lorna	Hemel Hempstead	01494 433851 alt_therapies_lorna@me.com				•	
ASBACH, Meike	Chipperfield, Sarratt, Bovingdon and the Langleys	01923 388404 07783 359145		•			TFM
BROEKHOFF, Maria	Watford	07976 797063 01923 232298			•	•	IHM
BURKE, Lindsey	Croxley, Rickmansworth, Watford	01923 229812 lindseyburkereflexology@gmail.com	•		•		
CHASE, June	Abbots Langley, Watford	07807 772796 june-4-protea@hotmail.com	•	•		•	IHM, TAT
CUSCHIERI, Lisa	Rickmansworth	07889 394310 lisa@nurtureyou.co.uk	•				HM
FREY, Michelle	Chesham	07753 854015 michelle.100@btinternet.com	•	•		•	IHM, L.MAS, HSM
GORDON, Roma	Radlett, Watford, St Albans	01923 855780 romagordon@gmail.com				•	EFT, FM, IHM
GRIBBEN, Debbie	Stotfold	07815 934731 hello@yourinnerpeace.uk.com	•	•	•	•	IHM
HALLS, Christine	Stevenage and surrounding	07967 879645	•		•	•	IHM
HANNAM, Lynda	Rickmansworth	07986 264430 lyndah444@hotmail.com	•			•	EFT
HINDS, Patricia	Hatfield, Hertford, St Albans	07852 319233 patricia@reflexology.net		•	•	•	
HINKSMAN, Sandra	Hitchin & Surrounding	01462 458260 07808 520107 hinksmansandra@hotmail.com	•	•	•		IHM

<b>HERTFORDSHIRE</b>							
<b>NAME</b>	<b>AREA COVERED</b>	<b>Contact</b>	<b>AR</b>	<b>MAS</b>	<b>REF</b>	<b>REI</b>	<b>OTHER</b>
HOLLY, Emma	Harpenden	07814 296701 emma.holly@restoretherapy.co.uk					ScarT
HURLEY, Mary	Watford & Surrounding	01923 240793					ACU
JACOBS, Pip	Rickmansworth, Northwood & Croxley Green	01923 494396	•		•		SH
JAMES, Barbara	Chorleywood	01923 282815		•			
KIRBY, Annie	Watford, Radlett	01923 353342 anniekirby@btinternet.com	•		•	•	NT
KNOTT, Jackie	Chorleywood, Rickmansworth & Surrounding	07941 423032 01923 284471 jackie.knott@tiscali.co.uk					BT, ET
LAI, Lily	Hemel Hempstead	07815 885947 info@acupunctureandherbs.co.uk					ACU, CHM, A, CU
SVITANA, Caroline	Borehamwood	07876 254306 info@happysoles.net			•	•	IHM, EFT, RLD
SWIEZYNSKA, Marta	Watford, Moor Park, Rickmansworth	07908 991127 marta@theyogaproject.co.uk					Yoga, M, RL, MI
THORPE, Pam	Chorleywood	07766 341864				•	SHI, Qi
WRIGHT, Emma	Tring & surrounding	07977 193883 01442 824110		•		•	FM
WESTON, Sandra	Watford	07976 545933		•	•		RAPSI
WORDSWORTH, Linda	Watford	01923 662843			•		

<b>MIDDLESEX</b>							
<b>NAME</b>	<b>AREA COVERED</b>	<b>Contact</b>	<b>AR</b>	<b>MAS</b>	<b>REF</b>	<b>REI</b>	<b>OTHER</b>
BUDHWANI, Rukshana	Stanmore	07956 375712 ruks60@hotmail.com				•	
CHEEK, Kyong-sook	Northwood	01923 450385 kscheek@aol.com				•	
CUSCHIERI, Lisa	Rickmansworth	07889 394310 lisa@nurtureyou.co.uk	•				HM
DEGUN, Tarsem	Ruislip	07979 852425 tarsem.degun@hotmail.com			•		E ACU, POL
de VALOIS, Beverley	Uxbridge	07791 913624					ACU, CU
GARRETT, Tonia	Ruislip, Eastcote, Northwood, Pinner, Hillingdon	07958 338990 mail@toniagarrett-therapy.com	•	•		•	IHM, L.MAS, SM, C, SH
HARRIS, Julie	Uxbridge	07934 005711			•		
HARRON, Lesley	Pinner	07732 041099 toetosolereflexology@hotmail.com			•		
HUNTER, Christine	Uxbridge, Hillingdon	07774 273788 christinehuntermbe@gmail.com	•	•	•		ACU

MIDDLESEX							
NAME	AREA COVERED	Contact	AR	MAS	REF	REI	OTHER
JACOBS, Pip	Northwood, Eastcote	01923 494396	•		•		SH
KAHRS, Adriana	Pinner, Harrow	020 8868 7937 contact@spatiumclinic.co.uk		•	•	•	REI, L.MAS, IHM, HSM, SM
KOTHARI, Jayashree	Harrow	020 8952 5289 j@aromaclinic.com	•				K
PREBBLE, Lindsey	Northwood	07840 704745 lindseyprebble@yahoo.co.uk	•	•	•		BTh, FM
RALSTON, Amy Louise	Northwood & surrounding	01923 827833 amyralston@mac.com					ACU, ZB, HO, ST
RICHARDSON, Julia	Northwood & surrounding	07787 160830 jh.richardson@hotmail.co.uk					PIL
SWIEZYNSKA, Marta	Northwood, Pinner & Harrow,	07908 991127 marta@theyogaproject.co.uk					Yoga, M, MI, RL
TRILL, Jeanne	Ruislip, Eastcote	01895 621745 07770 623956 jeanne.trill@btinternet.com			•	•	HM
WHITE, Julie	Northolt	07840 377823				•	

### Key to the therapies listed

KEY	THERAPY
A	Acupressure
ACU	Acupuncture
AR	Aromatherapy
BT	Bowen Technique
BTh	Beauty Therapy
C	Counselling
CHM	Chinese Herbal Medicine
CU	Cupping
E ACU	Ear Acupuncture
EFT	Emotional Freedom Technique
ET	Emmett Technique
FM	Facial Massage
HM	Herbal Medicine
HO	Homœopathy
HSM	Hot/Cold Stone Massage
IHM	Indian Head Massage
K	Kinesiology
L.MAS	Lymphatic Massage
MAS	Massage
M	Meditation

KEY	THERAPY
MI	Mindfulness
NT	Nutritional Therapy
PIL	Pilates
POL	Polarity
Qi	Qi Gong
RAPSI	Rapsi Therapy
REF	Reflexology
REI	Reiki
RL	Relaxation
RLD	Reflexology Lymph Drainage
ScarT	ScarTherapy Massage
SH	Spiritual Healing
SHI	Shiatsu
SM	Sports Massage
ST	Scenar Therapy
TAT	Thermo-Auricular Therapy (Hopi)
TFM	Thai Foot Massage
Yoga	Yoga
ZB	Zero Balancing