

Complementary Therapy Network

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.



| BERKSHIRE | | | | | | | |
|------------------|-----------------------------|------------------------------------|-----------|------------|------------|------------|--------------|
| NAME | AREA COVERED | Contact | AR | MAS | REF | REI | OTHER |
| JACOB, Keith | East Berkshire | 07707 105653 | | | | • | |
| STUBBS, Jane | Maidenhead (10 mile radius) | 07984 852931 msjestubbs@aol.com | • | • | • | • | FM |

| BUCKINGHAMSHIRE | | | | | | | |
|------------------------|-----------------------------|---|-----------|------------|------------|------------|--------------|
| NAME | AREA COVERED | Contact | AR | MAS | REF | REI | OTHER |
| ANDREWS, Lorna | Amersham & surrounding area | 01494 433851 alt_therapy_lorna@me.com | | | | • | |
| HARRIS, Julie | Buckinghamshire | 07934 005711 julieharris0209@gmail.com | | | • | | |
| THORPE, Pam | Amersham & surrounding area | 07766 341864 pamthorpe@ntlworld.com | | | | • | SHI, Qi |

| HERTFORDSHIRE | | | | | | | |
|----------------------|---|---|-----------|------------|------------|------------|-----------------|
| NAME | AREA COVERED | Contact | AR | MAS | REF | REI | OTHER |
| ANDREWS, Lorna | Hemel Hempstead, Northwood, Watford | 01494 433851 alt_therapy_lorna@me.com | | | | • | |
| ASBACH, Meike | Chipperfield, Sarratt, Bovingdon, The Langleys | 07783 359145 zeasy-wellness@outlook.com | | • | | | |
| BROEKHOFF, Maria | Watford, Croxley | 07976 797063 mariabroekhoff@hotmail.com | | | • | | IHM |
| CHASE, June | Abbots Langley, Watford, Kings Langley | 01923 263208 june-4-protea@hotmail.com | • | • | | • | IHM |
| GRIBBEN, Debbie | Stotfold, Letchworth, Hertfordshire, Bedfordshire | 07815 934731 debbiegrib@gmail.com | • | | • | • | IHM |
| HALLS, Christine | Stevenage & surrounding areas | 07967 879645 christinehalls@btinternet.com | • | | • | • | IHM, M |
| HANNAM, Lynda | Rickmansworth | 07986 264430 lyndah444@hotmail.com | • | | | • | EFT |
| HINDS, Patricia | Hatfield, Hertford, St Albans | 07852 319233 patricia@reflextherapy.net | | • | • | • | |
| HINKSMAN, Sandra | Hitchin & surrounding areas | 01462 458260 hinksmansandra@hotmail.com | • | | • | | IHM |
| HOLLY, Emma | Harpenden | 07814 296701 emma.holly@restoretherapy.co.uk | | | | | ScarT |
| HURLEY, Mary | Watford & surrounding areas | 01923 240793 maryjhurley@gmail.com | | | | | ACU |
| JACOBS, Pip | Rickmansworth | 01923 494396 | • | | • | | ScarT |
| KIRBY, Annie | Watford, Radlett, Bushey, Borehamwood | 01923 353342 anniekirby@outlook.com | • | | • | • | |
| LAI, Lily | Apsley, Hemel Hempstead | 07815 885947 info@acupunctureandherbs.co.uk | | | | | ACU, CHM, A, CU |
| RALSTON, Amy | Aylesbury & surrounding area | 01923 827833 amyralston@mac.com | | | | | ACU, ZB, HO, ST |
| SVITANA, Caroline | Borehamwood & surrounding areas | 07876 254306 info@happysoles.net | | | • | • | IHM, EFT |

| HERTFORDSHIRE | | | | | | | |
|----------------------|-----------------------------|--|-----------|------------|------------|------------|--------------|
| NAME | AREA COVERED | Contact | AR | MAS | REF | REI | OTHER |
| SWIEZYNSKA, Marta | Watford & surrounding areas | 07908 991127 marta@theyogaproject.co.uk | | | | | Yoga, M, RL |
| THORPE, Pam | Chorleywood, Hertfordshire | 07766 341864 pamthorpe@ntlworld.com | | | | • | SHI, Qi |
| WESTON, Sandra | Watford | 07976 545933 sandie.weston60@talktalk.net | | | • | | |
| WORDSWORTH, Linda | Watford | 01923 662843 lw2of6@gmail.com | | | • | | |

| MIDDLESEX | | | | | | | |
|-------------------------|--|---|-----------|------------|------------|------------|-------------------|
| NAME | AREA COVERED | Contact | AR | MAS | REF | REI | OTHER |
| BHANDARI, Sangeeta | Hillingdon, Middlesex and Central London | 07391 664791 saas.bhandari@gmail.com | | | | | M, MI, Yoga |
| BUDHWANI, Rukshana | Stanmore, Edgware, Harrow, Bushey | 07956 375712 ruks60@hotmail.com | | | | • | |
| CHEEK, Kyong-sook | Northwood & surrounding areas | 01923 450385 kscheek@aol.com | | | | • | |
| DEE, Joanne | Pinner & surrounding area | 07872 985155 joanne.dee@hotmail.co.uk | | | • | | IHM |
| DEGUN, Tarsem | Middlesex | 07979 852425 | | | • | | E ACU, IHM |
| de VALOIS, Beverley | Uxbridge, Hillingdon | 07791 913624 info@womens-clinic.co.uk | | | | | ACU, ScarT |
| GARRETT, Tonia | Ruislip, Eastcote, Northwood, Pinner, Hillingdon | 07958 338990 mail@toniagarrett-therapy.com | • | • | | • | IHM, L.MAS, C, SH |
| HARRIS, Julie | Middlesex | 07934 005711 julieharris0209@gmail.com | | | • | | |
| HUNTER, Christine | Hillingdon | 07774 273788 christinehuntermbe@gmail.com | • | • | | | ACU, IHM |
| KAHRS, Adriana | Pinner, Harrow | 020 8868 7937 contact@spatiumclinic.co.uk | | • | • | • | L.MAS, IHM |
| PUGSLEY, Maureen | Northwood | 01923 836220 | | | | • | IHM |
| RALSTON, Amy Louise | Northwood & surrounding areas | 01923 827833 amyralston@mac.com | | | | | ACU, ZB, HO, ST |
| RICHARDSON, Julia | Northwood & surrounding areas | 07787 160830 | | | | | PIL |
| SWIEZYNSKA, Marta | Northwood, Pinner & surrounding areas | 07908 991127 marta@theyogaproject.co.uk | | | | | Yoga, M, RL |
| TRILL, Jeanne | Ruislip, Eastcote, Pinner & surrounding areas | 01895 621745 07770 623956 jeanne.trill@btinternet.com | | | • | • | HM |
| VAUGHAN-BINGHAM, Deanna | Hillingdon, Denham, Northolt & surrounding areas | 07766 045393 deannapalette@gmail.com | • | • | • | • | |

Key to the therapies listed

| KEY | THERAPY |
|--------------|-----------------------------|
| A | Acupressure |
| ACU | Acupuncture |
| AR | Aromatherapy |
| C | Counselling |
| CHM | Chinese Herbal Medicine |
| CU | Cupping |
| E ACU | Ear Acupuncture |
| EFT | Emotional Freedom Technique |
| FM | Facial Massage |
| HM | Herbal Medicine |
| HO | Homœopathy |
| IHM | Indian Head Massage |
| L.MAS | Lymphatic Massage |
| MAS | Massage |

| KEY | THERAPY |
|--------------|---------------------|
| M | Meditation |
| MI | Mindfulness |
| PIL | Pilates |
| Qi | Qi Gong |
| REF | Reflexology |
| REI | Reiki |
| RL | Relaxation |
| ScarT | ScarTherapy Massage |
| SH | Spiritual Healing |
| SHI | Shiatsu |
| ST | Scenar Therapy |
| Yoga | Yoga |
| ZB | Zero Balancing |