

Dear All,

As I was out running this morninga time for my own contemplation and reflection I knew as soon as I got back I had to send this email.

In the last couple of days alone I have received 4 referrals from patients who have just been diagnosed with cancer, or have been told their cancer has spread and can no longer be treated in an active way conventionally. The message of the role of Holistic Care for Cancer patients alongside Conventional Treatment is spreading fast. I now have Palliative Care Consultants and Hospice Nurses referring patients to me privately...integration is really progressing . I already have more patients than I know where to put..!

I know the way forward is for us to get together and share this knowledge with people like yourselves so we can form a list of Practitioners who can support and work with these sorts of patients. That is the primary aim of our Workshop to be able to Offer a Course and Certificate of Training in Holistic Cancer Care so we can have a team of Professionals who feel able and supported to work in this amazing field. This list will be entirely optional as we know some of you may just want to attend for personal interest.

Myself and Linda Wood, Mair and Tam Llewellyn are gettingtogether to teach the first of these workshops at the beginning of May at Craiglands in Ilkley.

I worked with Mair last year and she followed my Holistic Programme to support her through her own experience of breast cancer. Our aim is to share what we have found invaluable in working with patients with Cancer and learn from each other.

....I receive emails every day from patients telling me what a difference this kind of help and support makes to their lives and their families. I have copied in below just a couple of recent ones. The first I received yesterday from the brother of a gentleman I have been working with for the last 5 months who was diagnosed with a brain tumour last year.

'Hi Dr Kate

Thanks for the update. M has now regained his sense of humour and is a lot happier in how he sounded. It has been a long hard road for him, and i think psychologically it has been difficult too. I think your treatments have done wonders and i'm so thankful that you came into his life. We can never thank you enough, just to see

M living happier. His hope is back and that is fantastic. I can only imagine what it must feel like to have what seems like a death sentence hanging over a person when cancer is mentioned. Your work makes such a difference in peoples lives.

Thanks Again'

The second is from a lady who had just been diagnosed with breast Cancer and came to do my programme at the end of last month.

Dear Kate,

I can't thank you enough for the two days I spent with you last week. I too felt incredibly priviledged and you made me feel so nurtured and safe. I think the work you're doing is truly wonderful and I want to tell the world about this amazing woman tucked away in a beautiful place in Northumberland. I've thought so much about everything you covered with me over the time I spent with you and have been tapping in the car on the way to and from London and at the B&B before I went to sleep. I've also practised my breathing.

I'm looking forward to having a quiet day tomorrow to gather my thoughts, read all your emails you've been busy sending, and looking at all the things in my goody bag that I came home with last Thursday. I was so exhausted when I arrived home as it took about 3 hours and we left after breakfast on Friday so I haven't had time yet to even unpack the bag properly. I'm also going to have a go with our smoothie maker to see whether it will manage the juice-making otherwise I shall go and find a liquidiser powerful enough to do it.

I mentioned to my husband the possibility of coming back to spend another day with you and suggested that he come with me so that we can make a special trip of it and spend some time exploring the area. He seemed to think it was a good idea and hopefully by then I should be feeling pretty wonderful!

Thank you Kate from the bottom of my heart for all that you've done for me so far. I already feel so much better and I know that I am going to move forward with renewed energy and feeling better than I've ever felt before with all these wonderful things you're giving me. You deserve so much recognition for the wonderful work you're doing.

With lots of love,'

We need more people working in this field!!!!. If you are drawn to it or already working in the field and would like to build on your current knowledge and learn more about other aspects of Holistic Care I feel you will gain a tremendous amount. Please do let me know personally if you are interested in attending the workshop or have any queries or questions. Some places are booked already but we still have some left. I have pasted in the Official Course Description below. There is quite a lot of information as we wanted to tell you a bit about each of us too.

With Lots of Love to you all

Kate

Dr Kate James