



## PROMOTING THE GROWTH AND INFLUENCE OF CANCER SELF-HELP GROUPS



### **Philippa Carr**

Philippa Carr is Head of Education and Advocacy at Target Ovarian Cancer. She represented Cancer 52 on the NCSI Research Work Stream and facilitated the Less Common Cancers Consultation for Cancer 52 and NCSI Research Workstream, 2009 (see Mapping Rarer Cancers Report at <http://www.ncsi.org.uk/resources/ncsi-reports/>) She contributed to a presentation at Britain Against Cancer, 2009 on the Rarer Cancers. Philippa has developed innovative projects and publications to help improve the lives of women living with ovarian cancer including the development of the Target Ovarian Cancer Survivorship Programme. A state registered Dramatherapist and a Dramatherapy Supervisor with experience as a senior clinician in the NHS mental health sector for Hertfordshire Partnership NHS Trust, she has a particular interest in the psychological and emotional impact of cancer on the survivorship experience.

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### **Dr Rosy Daniel**

Dr Daniel was a trainee, then doctor and then Medical Director of Bristol Cancer Help Centre (1985 to 1999), and then worked from 1999 to 2005 at the Harley Street Oncology Centre alongside Professor Karol Sikora. She has now become a world authority on the holistic approach to cancer care and addresses conferences and seminars nationally and internationally, as well as being a frequent broadcaster. She is author of 5 books and the interactive Health Creation Programme which can be accessed from [www.healthcreation.co.uk](http://www.healthcreation.co.uk) along with supportive health coaching from her Health Creation Mentors. The Mentors provide the crucial long-term support to make the healthy lifestyle changes that she recommends to her patients. She is also very concerned for the well-being of those caring for the ill and her Mentors also support carers to protect their own health and well-being.

Rosy has spent 25 years helping people challenged with chronic or life threatening illness to evaluate the potential benefits and support available from complementary, nutritional, psychological and self help approaches alongside mainstream medicine.

### **Matt Hudson**

The Founder of Mind International Training Associates, Matt Hudson is a leader in the field of Hypnosis and Hypnotherapy. With a continuous improvement approach to professional development, Matt has trained with the founders of NLP Bandler and Grinder, the highly respected, hypnotherapist, Wilfred Proudfoot and also Paul McKenna, to name but a few.

He sits on the committee for the UK Guild of Hypnotist Examiners, and has delivered papers on 'Conversational Decoding' (his own, unique unconscious communication training programme) at their Annual Conference.

Born with conductive deafness, Matt has an extra edge when it comes to non-verbal communication; this has allowed him to become an exceptional Hypnotherapist and an impressive trainer. He has been in private practice since 1995 working with all manner of human conditions, from phobias, addictions, terminal illness, bereavement, depression, anorexia, public speaking, child development etc.

Despite heavy demand from the corporate sector and a busy schedule of training events across Europe and the Middle East, he still finds time to teach medical students from Newcastle University, Matt says “the key to good coaching and exceptional communication is in the hands of quality trainers, who can take the most complex learning and make it easy for the student” Matt prides himself on a hands on, practical, demonstrative approach to elegant intervention work, which he openly and selflessly shares with others on his experiential trainings.

Matt’s outstanding work has gained him great plaudits from, health, education and multi-national corporate organisations. Appearing on the BBC and independent television, numerous, radio shows and both local and national press. He continues to push the boundaries of unconscious process and is at the forefront of developing unique therapeutic, conversational interventions. Matt has recently developed a course to teach other therapists how to create amnesia within the mind, for more effective post hypnotic suggestions. He is also working on a book based on Family Rule Recognition (FRR) which will give therapists, managers or coaches the tools to effortlessly support their clients through the transformation of a limiting belief.

Matt Hudson is an intuitive Coach and trainer who is eager to share his enthusiasm and commitment to change and growth.

## **Ann MacEwan**

Ann MacEwan has worked in the voluntary sector and with volunteers for 20 years in a variety of roles, with organisations including Breast Cancer Care, the NHS, and the British Lung Foundation. For the last 4 years she has worked mainly with support groups. Since August 2010 has worked for The Prostate Cancer Charity Scotland, where her first main task was overseeing the inclusion of several prostate cancer support groups into the Charity. In her spare time Ann is an enthusiastic motorcyclist.

## **Stephen Richards**

Stephen initially pursued a career in banking and then trained to be a general nurse at the Oxford School of Nursing. He later gained a mental health nurse qualification at the Bethlem and Maudsley Hospitals in London. Stephen’s nursing career has spanned both the NHS and hospice sector. He was a Macmillan nurse and managed a range of Macmillan services whilst at Newham Healthcare NHS Trust.

Stephen holds a first degree in political science and a Master’s degree in care, policy and management. He is also a King’s Fund and Smith and Nephew bursary award winner.

Stephen holds a particular interest in developing services which overcome barriers, particularly amongst the most vulnerable in our society. With access in mind, he is also interested in the scope of cancer care within the private independent sector.

He joined Macmillan in 1997 as a Nurse Consultant and was appointed Regional Director for London Anglia and South East England in 2003 and Director for England in February 2011.

## **Revd David Schofield**

David Schofield is a retired Anglican priest who served all his 32 years of ministry in the Diocese of Lincoln. He now lives with his wife of 43 years, Christine, in the High Peak area of Derbyshire. They have two married children: a son who lives in New Zealand and a daughter who lives next door. They have three granddaughters of whom they are very proud.

David enjoys reading, word puzzles and writing poetry and children’s short stories.

## **Professor Robert Thomas**

- Visiting Professor: Cranfield University
- Consultant Oncologist: Bedford and Addenbrooke’s Cambridge University NHS Trusts
- Clinical Teacher: Cambridge University
- Editor: Cancernet-UK
- Chair: Macmillan Survivorship advisory board

Professor Robert Thomas is a practicing consultant, cancer specialist, with 26 year's experience in patient care. After formal training in mainstream cancer care at the Royal Marsden, National Hospital for neurology, Royal Free and Middlesex Hospitals London, he now leads cancer treatment services at the Primrose Oncology & Research Unit, Bedford and the prostate brachytherapy program at Addenbrooke's Hospital, Cambridge University NHS Trust.

**TEACHING POSTS** - He is a recognised clinical teacher at Cambridge University where he teaches medical students in clinic and at the bedside. He scored "outstanding clinical teacher from every student for three years".

**EDITORIAL EXPERIENCE** - Deputy editor of the British Journal of Cancer Management and editor of the medical journal "Focus on Cancer Medicine". He is editor of the cancer treatment and lifestyle advice website [cancernet.co.uk](http://cancernet.co.uk) and [prostate-cancer.co.uk](http://prostate-cancer.co.uk). Editorial input into the 2000 national NHS cancer plan, the DoH review of complementary medicine; The NICE committee on palliative and supportive medicine. Editor of the Macmillan Cancer Relief survivorship evidence review. Member of the National Research committee of complementary therapies.

**RESEARCH INTERESTS** - Despite a long history of basic scientific and laboratory research his academic interests have now turned to methods which improve patient's quality of life, reduce their side effects and improve their understanding of their disease and treatment options. This research has been published extensively and produced a number of practical information tools including bespoke patient booklets, leaflets and video films in English and ethnic languages. The methodology for this research is also now being taught to colleagues and students internationally in formal teaching programmes, medical conferences and invited lectures. He has a particularly strong research interest on how lifestyle interacts with the cancer process and how an optimal lifestyle can improve quality of life and disease outcome following a diagnosis of cancer. As well as a number of practical lifestyle strategies for patients, his team have designed and conducted the worlds largest and the UK first prospective lifestyle study in men with prostate cancer.

Prof Thomas is the winner of numerous awards and has published very extensively in medical and research journals.

## Jo Warmington

Jo Warmington is currently the Community Fundraising Manager for CLIC Sargent in Yorkshire, Lancashire, The North East & Cumbria. CLIC Sargent is the UK's leading children's cancer charity and Jo supports people, community organisations and corporate companies to raise awareness of CLIC Sargent and childhood cancer, and also to raise valuable funds for the charity too.

Previously to working at CLIC Sargent, Jo was the PR & Marketing Manager for The CREATE Foundation, a social enterprise who provide, training, work experience and employment for vulnerable adults.

