



# COMPLEMENTARY THERAPY AWARDS 2022

11 February 2022

## Winners' Guide



Carrie Grant MBE  
presented the awards  
during the 2022  
Integrative Health  
Convention

It's a wonderful moment for us at Chamberlain Dunn to be able to introduce the 2022 Complementary Therapy awards.

It seems a lifetime ago when we launched the awards in 2018, celebrated with an inspiring lunch time celebration in London. Overcoming a few hurdles, we are back.

The awards were presented by Carrie Grant MBE, the broadcaster, vocal coach and campaigner, during the virtual Integrative Health Convention on 11 February. We heard from our finalists many stories of creativity, resilience and the determination that complementary therapists have shown throughout the pandemic.

Here we summarise the winning entries and provide contact details for you to follow up if the projects would help you in your work.

**Congratulations to the winners and all our finalists from the Chamberlain Dunn team**

# The Award for Mental Health



“ The judges thought this was a superb example of how complementary therapy helped staff during the pandemic and beyond. ”

## Winner

### Supporting our Staff (SoS)

#### Dr Jacqui Stringer

Clinical & Research Lead, Complementary Health & Wellbeing  
The Christie NHS Trust

**Team Members:** Eileen Hackman, Anthony Ryan, Lauren Lyons, The Complementary Health & Wellbeing Therapists, The Christie NHS Trust

Dr Jacqui Stringer, clinical and research lead, complementary health and wellbeing, from The Christie NHS Trust for the Supporting our Staff (SoS) initiative, using complementary therapies to enhance resilience. A confidential free-at-source referral-based staff therapy service was launched in May 2020. The mental health of employees was deteriorating rapidly due to the complex pressures of COVID-19. The service, delivered virtually and face to face, provides bespoke physiological and psychological support to enhance resilience, using complementary techniques.

**Contact** [jacqui.stringer3@nhs.net](mailto:jacqui.stringer3@nhs.net)

## Finalists



#### Ed Elf Child Therapy Ltd. Evalynne Charmer

Evalynne Charmer paediatric hypnotherapist of Ed Elf Child Therapy, who trains hypnotherapists to work with young people who have autism.  
[evalynnecharmer@outlook.com](mailto:evalynnecharmer@outlook.com)



#### Drop-In Mental Wellbeing Coaching Package Amanda Craven

Amanda Craven clinical hypnotherapist and life coach from Not Just Coaching, who set up a drop-in mental wellbeing coaching package for staff in not-for-profit organisations.  
[amanda@notjustcoaching.com](mailto:amanda@notjustcoaching.com)



#### Postpartum Plan Meg Murray Jones

Meg Murray Jones reflexologist, who launched Postpartum Plan to support women through their emotional and physical recovery after they have given birth.  
[hello@postpartumplan.co.uk](mailto:hello@postpartumplan.co.uk)

# The Award for Wellbeing



“The judges appreciated the way the winners made the online course work with easy access to practical tools to help patients and families.”

## Winner Cavendish Cancer Care's Well-being Course

### Clare Longstaffe

Programme Lead Groups and Courses  
Cavendish Cancer Care

**Team Members:** Charlie Weston, Delphine Sayre, Cavendish Cancer Care

Clare Longstaffe, hypnotherapist and Cavendish Cancer Care for their Well-being Course, a 6-week group online course using simple and effective tools and resources to promote wellbeing for patients and their families. It builds resilience and confidence and helps people feel calmer. Participants are encouraged to gather a 'toolkit,' share experiences and connect with others who may have experienced similar concerns.

**Contact** [c.longstaffe@cavcare.org.uk](mailto:c.longstaffe@cavcare.org.uk)



## Finalists



### Jade Screen Project Andrew Flower

Andrew Flower, acupuncturist and Chinese herbalist, Register of Chinese Herbal Medicine, for the Jade Screen Project, a practitioner-led initiative providing free Chinese herbal medicine to frontline workers affected by COVID-19. [andrewflower24@gmail.com](mailto:andrewflower24@gmail.com)

#### Team Members:

**Lily Lai**, Association of Traditional Chinese Medicine

**Olivia Shaw, Laurie Glenn, Malika Meddings**,

Register of Chinese Herbal Medicine

**Hu Xiao Yang**, University of Southampton



### Yoga and Wellbeing support for NHS Staff during Covid and Beyond

#### Gail Topping

Gail Topping, clinical nurse specialist and yoga teacher, who integrated yoga and mindfulness to support NHS staff during the pandemic.

[gail.topping@nhs.net](mailto:gail.topping@nhs.net)



### Nourishing Families

#### Anna Thomson

Anna Thomson, nutritional therapist, Nourishing Families, who supports children and parents to build a positive relationship with food to nurture wellbeing.

[hello@nourishingfamilies.co.uk](mailto:hello@nourishingfamilies.co.uk)

**Team Members: Aleksandra Matakovic Manca, Heather McIntyre**, Nourishing Families

# The Award for Pain Management



## Winner

### SRFT Renal Complementary Therapists

#### Janet Cairnie

Lead Complementary Therapy Practitioner & Trainer  
Salford Royal Foundation Trust

**Team Members:** Christine Bowden, Christopher Jones, Clare Gibbion, Johann Kloos, Didem Uruk, Vivienne Cooper, Yui May Cheung, Cindy Vernon, Robert Cant, Belinda Abufares, Suzan Aydin, Saira Sheeraz, Julie Shawcross, SRFT Renal Volunteers Complementary Therapists

Janet Cairnie, complementary therapy practitioner and trainer, and the team at Salford Royal Foundation NHS Trust who provide complementary therapy for patients on dialysis to ease stress and anxiety. Working alongside the medical team, they offer therapies and support to the dialysis patients who are dealing with the stress of endless hospital visits, restricted diets and medication. The aromatherapy blends help patients with chronic pain, spasms in their legs, itching, insomnia and low energy.

**Contact** [janet.cairnie@nca.nhs.uk](mailto:janet.cairnie@nca.nhs.uk)

“ The judges thought the winning project could easily be shared with other services and settings - it is well thought out and planned, and well worth replicating elsewhere. ”

## Finalists



#### Autogenic Training Course Nicholas Straiton

Musculoskeletal Medicine  
Nicholas Straiton, autogenic therapist of the Royal London Hospital for Integrative Medicine, for their Autogenic Training Course to help patients with chronic illness and pain.

[nicstraition@gmail.com](mailto:nicstraition@gmail.com)

**Team Members;** Jane Bird, Stephen Ashby,  
Royal London Hospital for Integrative Medicine



#### British Acupuncture Association

**Chris Davies, CEO, Clare Ward, Acupuncturist,**  
Clare Ward and Chris Davies, acupuncturists, British Acupuncture Association, who secured Department of Health recognition for the work of acupuncturists to support those struggling with painful conditions.  
[info@clarewardacupuncture.co.uk](http://info@clarewardacupuncture.co.uk)



#### Integrative Care Pain Management Conference Dr Jacqueline Mardon, Associate Specialist, NHS Centre for Integrative Care

Dr Jacqueline Mardon, NHS Centre for Integrative Care and Carolyn Paton, Dumfries House, who organised the Integrative Care Pain Management Conference to disseminate the importance of an integrative and holistic approach to pain management for health professionals and patients.

[jackiemardon@googlemail.com](mailto:jackiemardon@googlemail.com)

# The Award for Palliative Care



“ The judges were impressed by the way this intervention was evaluated to show the remarkable ways it has benefitted patients.”

## Winner

**Mathew Atkins, complementary therapist, and Kim Jones, deputy head of clinical services**

Hospice of the valley, Ebbw Vale, Wales

Mathew Atkins, complementary therapist, Hospice of the Valley, Ebbw Vale, Wales for his work in evaluating the effectiveness of patient-generated guided imagery via phone during the pandemic. PGGI is a technique in which the patient or carer supplies the narrative of a positive experience in their minds and the practitioner uses the narrative as the source of the guided imagery session, which helps people reach a relaxed, focused state.

**Contact** [mathew.atkins@hospiceofthevalleys.com](mailto:mathew.atkins@hospiceofthevalleys.com)

## Finalists



**Mary Rose Scott**  
**NI Hospice**

Mary Rose Scott, complementary therapist at the Northern Ireland Hospice, who found ways to provide complementary therapy to patients during the pandemic.

[phutchinson@nihospice.org](mailto:phutchinson@nihospice.org)



**Alison Margaret Sisu**  
**Complementary Therapist**  
**LOROS Hospice, Leicester**

Alison Margaret Sisu, complementary therapist at LOROS Hospice in Leicester who used imaginative solutions to provide a safe space to bring comfort and relaxation for staff.

[alison.sisu2@gmail.com](mailto:alison.sisu2@gmail.com)



## Thank you to our judges

Angie Buxton King  
Michelle Gordon  
Paul Hitchcock  
Sally Price  
Monica Price  
Johann Ilgenfritz

Jennifer Barnes-Hill  
Suzanne Ruggles  
Simon Fielding  
Kevin Durjan  
Georgie Oldfield  
Heather Mason

### Chamberlain Dunn Events

The Old Candlemakers, West Street,  
Lewes BN7 2NZ

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[www.chamberlainedunn.co.uk](http://www.chamberlainedunn.co.uk)

### The Complementary Therapy awards are created and organised by Chamberlain Dunn.

Chamberlain Dunn has over twenty-five years' experience of helping organisations in health and social care throughout the UK reach their key audiences to deliver strong and effective messages. We are the creators of the award-winning Advancing Healthcare awards for allied health professionals and healthcare scientists (running for 15 years with bespoke events for Wales and Northern Ireland), the Health Care People Management Association Excellence awards, the Burdett awards, innovation awards for the UK Public Health Register, the Social Prescribing Network awards and the Complementary Therapy awards.

We organise conferences, seminars, roadshows and training events – real, virtual and hybrid. We work almost entirely with the public sector and charities. Based in Lewes, we have clients throughout the UK and Europe and pride ourselves on creating bespoke campaigns and events that meet the needs of our clients and sponsors. Over the years we have run many successful campaigns, combining well-designed materials with effective media and social media reach.

