

# Healing hands

WE CAUGHT UP WITH **ANGIE BUXTON-KING**, HEALER AND FOUNDER OF THE SAM BUXTON SUNFLOWER HEALING TRUST

**Q TELL US A BIT ABOUT YOUR BACKGROUND...**

I've had a varied background. One of the main jobs I did was work at London Luton Airport as an airport duty officer, controlling flight plans. Then I got married and started a family. When the children were old enough I went back into work, caring for people in nursing homes. I then went on to work for Age Concern as a carer advocate – speaking up for other people – and that's when Sam, my youngest son, was diagnosed with leukaemia.

**Q WHEN DID YOU DEVELOP AN INTEREST IN HEALING?**

In 1988. My mother had ovarian cancer and was supported by a healer. After she died, I read everything I could about healing and later trained in spiritual healing. By 1995,

when Sam was diagnosed, I was working in a very casual way, as many healers are. The beauty of healing is that it is user-friendly – you can use it any time, any place, anywhere. It's very flexible and you can integrate it into conventional medicine easily. Your hands are all the tools you need.

**Q TELL US ABOUT THE SAM BUXTON SUNFLOWER HEALING TRUST...**

After Sam passed away in 1998, I worked for a while with animals to get my balance back. With restored confidence, I decided to approach hospitals to promote healing as a great tool that could be used to support patients. In 1999, I was taken on by University College Hospital (UCH), working as a healer on the haematology and oncology wards.

We were doing good work, but I began to think of succession. We had to create a charity to fund healers' work in this setting and to encourage the NHS trusts to take it on. That's how our model was born in 2006. My passion was to take the healer to the hospital bedside.

**Q TELL US ABOUT YOUR PUBLISHED BOOKS...**

The first book came out in 2004, and it's called *The NHS Healer*. It's about

Sam's journey and how we used many complementary therapies to help him be well enough to take conventional medicine. As my then manager said, we need to try to cure patients with medicine but we need to support them while we are curing them.

My second book, *The NHS Healer: Onwards and Upwards*, shares the knowledge of the charity and how we spread it from UCH into 16 other NHS trusts. It can be used as a template for others to pick up and implement themselves. The onwards and upwards part of the title is because I am relentless in moving forward!

**Q YOU RECENTLY PICKED UP TWO AWARDS AT THE COMPLEMENTARY THERAPY AWARDS. PLEASE TELL US MORE...**

It meant a great deal to me. I didn't expect to get the award for cancer care and certainly wasn't expecting to receive the overall winner award. I was delighted on behalf of our charity and trustees. It helps to raise awareness and spread the word about what we're doing. I've already seen an increase in interest in our courses, because one of the things we do is train healers to work within these special settings.

**Q WHAT ARE YOUR PLANS FOR THE FUTURE?**

Our stated aim as a charity is to place a healer in every cancer centre, and that is what we work towards. In the meantime, I'm very aware that we need help and support from other people, so collaboration with others is a big part of my future plans.

**Q HOW DO YOU TAKE CARE OF YOUR OWN HEALTH AND WELLBEING?**

We live in a beautiful county, so nature is a great rejuvenating tool for me. We have two dogs and I love being with them. As far as my mental wellbeing goes, we have a healing room at home and I sit in meditation most evenings and send healing out to other people.

**Q WHAT IS THE BEST ADVICE YOU HAVE BEEN GIVEN?**

Don't sit on your hands, use them to help others. **||**



**Angie Buxton-King** is a healer and the founder of the Sam Buxton Sunflower Healing Trust, a charity dedicated to supporting cancer patients and their families by providing funds to employ healers in the NHS and hospices. Angie also trains healers and has published two books. [cancertherapies.org.uk](http://cancertherapies.org.uk)