



PSB elections to commence in April

The election process for the Hypnotherapy and Healing Profession Specific Boards (PSBs) begin this month. Any registrant from Hypnotherapy and Healing can stand for election for the relevant PSB, including those who are currently members of the PSB. PSB members are elected by registrants to give CNHC registered practitioners a direct say in who will act as advisers to CNHC's Board.

Click [here](#) to view the timetable and important deadlines.



Random Sampling 2018

As part of our duty as a voluntary regulator, CNHC carries out a random sampling on an annual basis to check insurance certificates and CPD logs of registrants. This involves CNHC asking 5% of registrants to send us copies of their insurance certificate and CPD log for their last full year of registration. This year's sampling will begin on Monday 7th May 2018 and the deadline to return documents will be Monday 4th June 2018.

If you are selected, you will be contacted by email and post to send us your completed CPD log and insurance certificate. If you need to update your contact details, you can do so by logging into [MYCNHC](#). *Please note that you are not required to send these documents unless you are notified that you have been selected as part of the random sample.*

The full details of the policy and process for the sampling is available on our website [here](#). If you are included in the sample, failure to comply could affect your registration. For further details about CNHC's CPD policy, visit our website [here](#).

Job and volunteer roles

Make sure you check our [Facebook page](#), [Twitter feed](#) and [website](#) for news updates plus details of job and volunteer roles for CNHC registered practitioners.

Share CNHC's newsletter

We make our newsletter available on our [website](#), [Facebook](#) and [Twitter](#) sites. Please share and retweet these posts to spread the word about CNHC!

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Welcome to the April 2018 edition of newsupdate



Michael Watson

Michael Watson, CNHC Chair

Spring is now in full swing, and I hope you all had a wonderful Easter break over the long weekend. Clocks have moved forward, and we can look ahead to even more daylight as summer approaches.

At CNHC we have kept ourselves busy this month with numerous activities to promote public awareness and integration. CNHC Chief Executive, Margaret Coats, attended a meeting with the Royal Society for Public Health and the Professional Standards Authority, in addition to the meeting of the All Party Parliamentary Group for Integrated Healthcare in March. CNHC's presence at these meetings ensures that the voice of complementary health practitioners is heard at government level.

This month we have also confirmed several events throughout 2018 at which CNHC will be exhibiting, including those with The King's Fund and The Royal Society of Medicine. We hope these events will present opportunities for CNHC to meet and engage with delegates to discuss complementary healthcare integration.

In other exciting news, we have opened the CNHC register to Colon Hydrotherapy. Core curriculum for this new category is now up and live on our website [here](#). Many thanks to the Colon Hydrotherapy PSB members and CNHC staff involved for all their work to make this happen.

If you are interested in becoming a PSB member, don't forget the election process for Hypnotherapy and Healing begins this month.

Best wishes, Michael

Kool to be Kind Initiative in Primary Schools

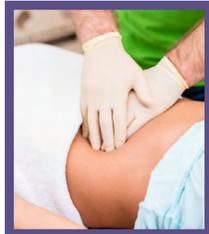


The Kool to be Kind initiative was designed to help children learn coping strategies if they got angry or frustrated at home or at school. Janice Barclay, CNHC registered Hypnotherapist, was contacted by Moray Firth Radio on behalf of their charity Cash for Kids to participate in this initiative.

The initiative started by identifying 3 local primary schools who were willing and eager to participate. They visited the children for up to a full day and worked with them in a group setting in their classrooms. Janice engaged with the children by asking them what they would do to be kind to someone, and while answering they got to cuddle a Care Bear. She then taught them about hypnotic anchors, so that if they ever felt insecure all they needed to do was take a deep breath and blow out their frustrations, and the lovely feeling of calm would return to them.

The sessions were a great success and many positive responses were received from the children and their teachers. Janice's registration with CNHC gave confidence to the charity and teachers for these initiatives, and she very much looks forward to working on more activities like these for her community. You can read the full blog from Janice on our website [here](#).

New to the CNHC register – Colon Hydrotherapy



We are pleased to announce that a new discipline has been added to our register, and the core curriculum has now been published for [Colon Hydrotherapy](#). All current registered CNHC Naturopaths who applied through the Association and Register of Colon Hydrotherapists (ARCH) have already been moved to this category, and you will have received communication from CNHC about this. If you are interested in adding Colon Hydrotherapy to your CNHC registration, visit our website [here](#) for more information and instructions on how to add another discipline.

GDPR Update

The deadline for the new General Data Protection Regulations (GDPR) is fast approaching on 25 May. CNHC has been in touch with registrants by email to provide the latest updates from the Information Commissioner's Office (ICO) regarding these new regulations.

This short checklist for small organisations on the Information Commissioner's Office (ICO) website will help you comply with the General Data Protection Regulations (GDPR) as well as the Data Protection Act (the Act): [How to comply checklist](#). Not all of the additional guidance that's listed underneath the checklist will apply to you, but the [Electronic Mail Marketing link](#) will be relevant, if you text or email clients.

CAMSTRAND 2018



RCCM's research conference CAMSTRAND will be held over two days on Tuesday 26 and Wednesday 27 June 2018 at the University of Manchester. This year's conference looks at 'Adapting to the demands of 21st century health research'. There is still time to submit abstracts, but the deadline is fast approaching on Monday 16 April. For further information about the speakers and topics on the day, you can download the programme [here](#).

Share your success stories with us

Are you CNHC registered and do you have a research project, success story or interesting news to share? We are always looking for relevant articles to include in our monthly newsletter and on our blog. Please get in touch with us at: info@cnhc.org.uk

CNHC Local Champions

Do you want to help spread awareness of CNHC and your practice locally? Then we want to hear from you! We are expanding our Local Champions network and are looking for eager CNHC registrants to help spread the word about standing up for standards. If you are interested in finding out more, please get in touch with Carolyn Watson, Communications Manager: carolyn.watson@cnhc.org.uk.

CNHC registered? Keep your registration up to date

Whether it's time to renew or your registration has lapsed, renewing your registration is easy to do online. Follow these simple steps:

- Login to [MyCNHC](#) using the email address you registered with and your password
- Click the 'Renew' option
- Confirm the details requested
- Pay the renewal fee online by debit/credit card

For full details visit [Renew your CNHC registration](#).

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