



## Chair's welcome

### The COVID-19 outbreak presents an unprecedented challenge on a global scale.

CNHC's key priority at this difficult time is to support our Registrants. Registrants will have received email updates with the latest advice and signposting to useful resources, and we will continue to send you relevant information. We are updating the new [Coronavirus news](#) section on our website on a regular basis and you can also keep up with the latest developments by following us on [Facebook](#) and [Twitter](#).

These are extremely unsettling times, and no one can predict with any certainty what the future holds. However, the arrival of spring sunshine will, I hope, help us to focus on all the positives we have to look forward to. Our support of integrated healthcare continues, and we are very pleased to see many of our Verifying Organisations supporting the 13th European Congress for Integrative Medicine (ECIM2020).

For those of our Registrants who are able to practise remotely, we have put together some tips and resources on this topic. There is much that complementary healthcare can offer in supporting the public's physical and mental wellbeing at this time, including helping to combat issues such as smoking and obesity which are known to exacerbate the effects of COVID-19 in some people who become infected. Everyone is likely to be experiencing additional stress and worry and our Registrants, whether they are practising at the moment or not, can play a crucial role in supporting their client's wellbeing by keeping in touch, listening and signposting. At the same time, it is also important to maintain your own physical and mental health and we have included some resources below that we hope you will find useful.

In the midst of this outbreak, all we can do is manage the risks while we adapt to new ways of living and working, monitor the ongoing situation carefully and help out those in our communities who are in need where we can.

Best wishes to all of you, your families, friends and colleagues.

**Michael Watson**  
CNHC Chair



## Coronavirus (COVID-19) update



### Advice to Registrants

You can find advice we have issued to Registrants on complying with the Government's self-distancing and self-isolating measures [here](#).



### Registration fee increase postponed

CNHC recognise the impact of COVID-19 on complementary therapists' livelihoods. We have therefore taken the decision to freeze the planned increase of our registration fee which was due to take place on 6 April 2020. Our fees remain at their 2019 levels.



### Support for the self-employed

You can read our summary of the Self-employment Income Support Scheme (SEISS) [here](#).



### Advice to training providers

We have issued advice to the providers of courses that meet the requirements for CNHC registration. Where we previously required simultaneous physical presence for some components of courses, these can now be delivered via simultaneous electronic presence instead. Find out more [here](#).



### Continuing Professional Development (CPD)

This is a good opportunity to remind our Registrants that CNHC's Continuing Professional Development (CPD) Standards do not require attendance at courses, conferences or other training events. Our Standards give many examples of what can be counted towards the required 15 hours of CPD. Find out more [here](#).



### Practising remotely

We have put together some guidance and tips on how you can safely deliver therapies remotely. Read it [here](#).



### Wellbeing

Supporting your wellbeing as well as that of your families, friends and clients is crucial during this difficult time. You can find useful resources on mental and physical health and wellbeing [here](#).



### Advertising guidance

#### False claims of coronavirus prevention and cures

We remind our Registrants that any claims that a complementary therapy can prevent, treat or cure COVID-19 is a breach of section C4 of the CNHC [Code of Conduct, Ethics and Performance](#), as is the case with any other disease.

CNHC also welcomes the news that the Committee of Advertising Practice (CAP) have made it quicker and easier for the public to report adverts relating to COVID-19 with a new [report form](#). You can find more information about advertising responsibly [here](#).

#### Compliance with the CAP code

If you are producing new marketing material about offering your therapies remotely, or if you are experiencing downtime while you suspend practising, this is probably a good time to review your advertising and web copy. All claims you make about your therapies must comply with the [CAP Code](#). Please refer to CAP's [Guidance on health therapies and the claims to avoid if robust evidence is not held](#).

You can also read CNHC's Guidance Sheet on Advertising [here](#).



### 'Your NHS Needs You': NHS call for volunteer army

You can help those in your local community who have been asked to shield themselves from coronavirus because of underlying health conditions by becoming a NHS Volunteer Responder. Find out more at [www.goodsamapp.org/NHS](http://www.goodsamapp.org/NHS)

## Other News



### Self-directed support in Scotland

In the February issue of this Newsletter we included an article on Personal Budgets in England. We have now produced a brief summary of the Scottish equivalent. Read it [here](#).



### Yoga practice in the UK: A cross-sectional survey

We invite all CNHC registered yoga therapists to complete this study by a research team in the Division of Epidemiology and Public Health at the University of Nottingham that will help them to better understand current yoga practice in the UK. You can find the survey [here](#).

### Contact CNHC

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