



New CNHC Board members

Following some very strong applications, we are delighted to welcome three new members to the CNHC Board. Two lay members ('lay' in this context means someone who has never completed training or practised in any discipline regulated by CNHC) and one CNHC registrant member.

The two lay members are:

Iain McInnes: originally a registered nurse, Iain has most recently held the role of Interim Chief Executive of Southport & Ormskirk Hospitals NHS Trust.

Philip Rose-Neil: a longstanding acupuncturist, Philip is currently the Chairman of the British Acupuncture Council.

The registrant member is:

Sue Spurr: a Shiatsu practitioner who has been registered with CNHC since 2010, during which time she has also held a number of governance roles within the fields of Shiatsu and education.

All three have considerable experience in governance roles. More details to be published on the website in due course.

Welcome to the October 2019 edition of newsupdate

CNHC Chair, Michael Watson

As the leaves start to fall from the trees it is clear that autumn has arrived. As this is traditionally a time to harvest the fruits of the year's efforts, I want to take this opportunity to celebrate the hard work of our registrants.

I'll begin by thanking all of our CNHC registrants. I know how hard you work, offering such wonderful care to the public and demonstrating your commitment to standards by registering with CNHC.

I want to thank our Profession Specific Board (PSB) members who provide advice to CNHC's Board about issues concerning each of the disciplines on the register. Again, I know it takes something to put yourself forward for a role on a UK body such as CNHC and I am grateful for the commitment and professionalism shown by all of our PSB members. We have included an update on the recent election process for a number of PSBs in this issue.

I also want to thank our CNHC Local Champions who fly the flag for CNHC around the UK. Their work is invaluable and supports us to get our message out to the public in a wide variety of ways. In this issue you can read the blog by Matt and Kirsty Grogan who share their journey to becoming CNHC Local Champions and their encouragement of others to do the same.

I know that for many complementary health practitioners this additional work is fulfilling and rewarding in its own right. However, it is also important that they are recognised and so I speak on behalf of the whole Board in acknowledging all of you for your contribution to this important area of work – whether it be as a PSB member and/or Local Champion.

I also welcome three new members of CNHC's Board, and you can see details of these new members in this newsletter.

I wish you well in the coming months.

Best Wishes,

Michael Watson



Michael Watson



Stoptober is back

The Public Health England and NHS Stoptober campaign started on 1st October. CNHC is encouraging registrants to support this public health initiative by making patients aware of the variety of services available to help quit smoking.

Hypnotherapy may help clients achieve behavioural change to stop smoking, and CNHC is encouraging the public to check our register if they plan to use hypnotherapy to support them during the campaign.

We have also developed a press release for CNHC registered Hypnotherapists to approach local media outlets. While Stoptober is a campaign in its own right, it now falls under the umbrella of the OneYou campaign, which encourages the public to make small and practical changes to enhance their overall health and wellbeing.

Find out more about Stoptober [here](#).

Download the CNHC Stoptober press release for Hypnotherapists in [MyCNHC](#).

CNHC exhibit at The King's Fund

CNHC exhibited at The King's Fund Event 'Enhanced health and wellbeing in care homes' on Thurs 19 September.

The event had attendees from the care home sector, including managers, directors, service coordinators and other care home staff. There were also council leads, NHS Clinical Commissioning Group (CCG) leads and health care professionals in attendance.

Conversations were held with many delegates, discussing the role of CNHC and our registrants in the wider public health workforce. Key contacts were made with care home managers and service coordinators, requesting CNHC leaflets and information to sign-post to the public and relevant staff.



Update on Profession Specific Board (PSB) Elections

In the last issue we set out details of the election process for the Aromatherapy, Reflexology and Shiatsu Profession Specific Boards (PSBs).

Sometimes when CNHC holds Profession Specific Board (PSB) elections, the number of candidates who put themselves forward is fewer than the minimum number of five required to hold an election. When that happens, CNHC invites those who stepped forward (and who meet the criteria) to take up the position and on occasion also invites existing PSB members to continue in the role, if they wish to do so. This approach works well by providing a good combination of continuity and newness to the PSBs' work.

This was the case for all three therapies this time round which means a continuity of members on the Aromatherapy PSB and a combination of new and existing members in the Reflexology and Shiatsu PSBs as detailed below:

- Sally Earlam, David Godfrey, Helen Turier, and David Wayte were appointed as members of the Reflexology PSB.
- Rosemary Pharo and Dinesh Kotecha have been invited to continue as members of the Aromatherapy PSB.
- Adam Hillinger, Tamsin Grainger and Teresa Manning were appointed as members of the Shiatsu PSB

You can see the membership of all CNHC PSBs here: [PSB members](#)



Updates to CNHC website

CNHC has recently completed work on the website which will make it easier for registrants and the public to find news, vacancies and blog articles.

Our [News](#) page now has separate categories to quickly find relevant information – and it also has a search function. You can now click on four different tabs to view: news, blogs, news archive and vacancies. There is also a search function for all tabs, so if you are looking for an article on a specific topic you can type it directly into the search bar.

Check out the new News page [here](#).

Do you follow us on LinkedIn?



Follow us on LinkedIn to get the latest information from us including: job opportunities, CNHC initiatives, news updates and more...

Follow us [here](#).

CNHC registrants take the leap to become Local Champions

Since 2012 CNHC has worked with a dedicated group of CNHC registrants who have chosen to raise awareness of CNHC in their local area. We call these registrants our Local Champions because they really are doing such great work on our behalf.

Local Champions run talks or host stands at local events, put up CNHC posters in local cafes, health centres, libraries and other locations - and some have secured articles in their local newspapers.

All of which increase the profile not only of CNHC but also of the practitioners themselves so it's a win-win!

In our latest blog you can read about Local Champions Matt and Kirsty Grogan, who describe their journey to becoming complementary therapists and CNHC Local Champions.

Click [here](#) to read Matt and Kirsty's blog.

If you would like to know more or are interested in becoming one of CNHC's Local Champions please email us at: info@cnhc.org.uk



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