



Nutritional Therapist in Pioneering Role at Nellsar Care Homes



CNHC registered Nutritional Therapist and CNHC Local Champion, Charlene (Leni) Wood, has been employed by Nellsar Care Homes as their first ever Nutrition & Wellness Manager. As nutritional advisor, Leni provides a personal consultation to assess the health of individual residents to tailor a nutritional plan in accordance with any physical ailments or specific nutrition requirements, such as need for improved sleep quality.

Read more about Leni's role [here](#).

Focus on the CNHC Code – Principle F

Last month we highlighted Principle E, which deals with protecting clients and colleagues from risk of harm. This month we are reviewing Principle F, the final principle in the CNHC Code of Conduct, Ethics and Performance, which focuses on co-operating with colleagues. Read more on Principle F [here](#).

To view the CNHC Code of Conduct, Ethics and Performance visit: <https://www.cnhc.org.uk/code-conduct-registrants>, or to request a printed copy please email info@cnhc.org.uk or call **020 3668 0406**.

Private Health Cash Plans

Did you know that a number of private health cash plans cover some complementary therapies and offer reimbursements for treatment? At CNHC we have compiled a list of these providers with information and website links as a resource to registrants and the public. You can download this document from our website [here](#).

Find us on LinkedIn



Did you know that CNHC is on LinkedIn? January is the perfect time to refresh your LinkedIn profile and explore this social media site that is dedicated to business. Please follow CNHC, like our page and share our posts. We send out frequent updates with job opportunities, the latest news from us and public awareness posts you can share.

Find us on LinkedIn [here](#).

CNHC Local Champions

Are you looking for a new opportunity to network this year? Then we want to hear from you! We are expanding our [Local Champions group](#) and are looking for eager CNHC registrants to help us 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.

Contact Us:



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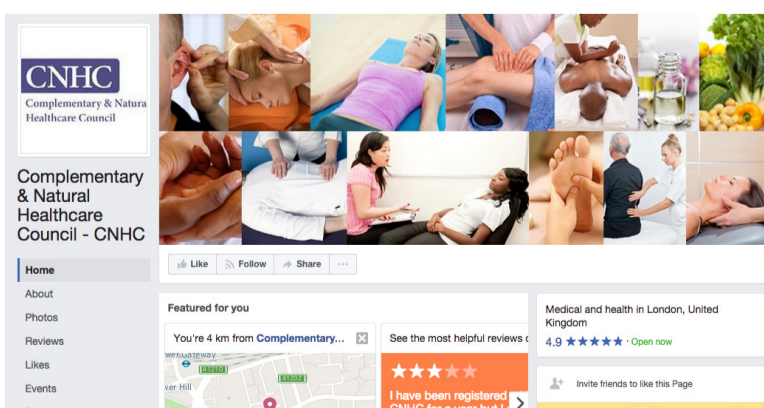
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Welcome to the January 2019 edition of newsupdate

CNHC Chair, Michael Watson, wishes everyone a Happy New Year

A new year often brings a renewed focus. I hope everyone has enjoyed their festivities with family and friends and is ready to hit the ground running in 2019.

To get CNHC ready for the new year, the Board Members met for an Away Day on Tuesday 8 January. We discussed a number of interesting propositions for the year ahead primarily focusing on communications. Overall the day was a great success and a delightful way to start 2019.

CNHC is certainly not alone in setting out plans for the new year. On 7 January, the NHS Long Term Plan was published, which sets out what we should expect to see and hear as local NHS organisations work to publish and implement their plans to tie into the Long Term Plan.

Three main deliverables were highlighted in the plan, with several points focusing on mental health, cancer, and age-related care. Complementary therapists know the positive impact their interventions can have on mental health and wellbeing, cancer patients, and those in end of life care.

While we still have far to go, at CNHC we are pleased that the NHS want to achieve these deliverables by giving people more control over their own health and care and by increasing the NHS contribution to preventing illness and tackling health inequalities. You can find a summary of the NHS Long Term Plan [here](#).

In their capacity as part of the wider health workforce, we encourage all CNHC registrants to continue their valuable health and wellbeing work with their clients, and to support public health initiatives such as the "One You" campaign.

Wishing you all success in the coming year.

Best Wishes,

Michael Watson



Michael Watson

CNHC in National Publications



We have received feedback via surveys that registrants would like to see more done to enhance public awareness. While CNHC is a not-for-profit with a limited budget, we are delighted to announce that having secured very favourable rates, we advertised in three national publications with health and wellbeing supplements for the new year.

The Guardian 'New Year New You' Supplement – Saturday 5 January 2019

The Daily Mirror 'New Year's Resolutions' – Saturday 5 January 2019

Evening Standard 'New Year in the Capitol' Supplement – Monday 7 January 2019

See the publications on our website [here](#).

Get Ready For The 2019 RSPH Awards



The Royal Society for Public Health (RSPH) Health and Wellbeing Awards is the UK's premier awards scheme for promoting health and wellbeing. Get a head start on this year's awards by registering your interest. Complete the form [here](#) to register your interest and find out when the awards are open to enter.

HMRC Tax Return Support



HM Revenue & Customs

If you are self-employed, chances are you will need to file a self-assessment tax return. Most registrants will have a deadline of 31 January 2019 to avoid a fine.

We have listed a number of useful online resources available from HMRC, which you can find [here](#).



"One You" Public Health Campaign

The NHS and Public Health England "One You" campaign has a new initiative encouraging adults to kick-start 2019 by taking the free "How Are You?" health quiz. At the end of the quiz, people receive a health score and are signposted to a range of resources available. The quiz is a tool to encourage the public to think about the current state of their health and to take small steps to improve it.

As highlighted in the [RSPH/PSA 'Untapped Resources' report](#), CNHC registrants are well placed to have conversations with the public about improving their health and wellbeing – whether that be by eating better, stopping smoking or simply getting advice. There are a number of resources available to registrants to signpost to clients and to promote the campaign, which we have made available on [MyCNHC](#).

Contact CNHC

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