



Changes to the CNHC Board

CNHC welcomes Iain McInnes as its new Chair

[Iain McInnes](#) became CNHC's new Chair on 1 May 2021. He succeeds Michael Watson whose term as Chair finished at the end of April. Iain joined the CNHC Board in October 2019 and brought with him a wealth of experience, having recently taken early retirement after 42 years working in the NHS in a variety of roles – first in clinical nursing, then a short spell in education, followed by executive management positions.

In an article on the CNHC website, Iain talks about his ambitions for CNHC and the challenges both it and the complementary healthcare sector faces. You can read it [here](#).

Find out more about our new Board Members

CNHC also appointed two Lay and three Registrant members to the board on 1 May. Click on the links below to find out more about them:

[Jennifer Barnes-Hill \(Registrant\)](#)

[Teija Barr \(Registrant\)](#)

[Sir Kevin Barron \(Lay\)](#)

[Ann Godsell \(Lay\)](#)

[Lynsey Metcalfe \(Registrant\)](#)



Cassandra Gramozi joins our Sports Massage PSB

CNHC Registrant Cassandra Gramozi joined our Sport Massage Profession Specific Board (PSB) in May.

Cassandra graduated from North London School of Sports Massage (NLSSM) in 2008. She has over a decade of experience of working in elite sport and currently works for the Football Association as a consultant Soft Tissue Therapist to the U21's Men's England. She also is the Manager of NLSSM and a lead lecturer on their Level 5 Diploma course in Sports Massage and Remedial Soft Tissue Therapy.

CNHC has a Profession Specific Board (PSB) for each of the eighteen disciplines it registers. PSBs provide advice to the CNHC Board about therapy-specific issues and are a key element of CNHC's structure.

[Find out more about our PSBs](#)



Evaluating the effectiveness of Nutritional Therapy in the McClelland teaching clinic at the University of Worcester

Alison Benbow, a member of CNHC's Profession Specific Board (PSB) for Nutritional Therapy and fellow CNHC Registrant Miranda D Harris have published a research paper that substantiates the evidence base for the efficacy of Nutritional Therapy.

They recently shared the results of their research with BANT members. BANT have very kindly let us reproduce this this article on our website.

[Read the article here](#)



Job opportunities for CNHC Registrants

There's still time to apply for these positions:

[Nutritional Therapist at the London Clinic of Nutrition](#)

A new freelance position has become available for an experienced nutritional therapist to join their collaborative team. The closing date is 28 May 2021.

[Massage therapist at Advanced Chiropractic](#)

Advanced Chiropractic are seeking two massage therapists to join their highly experienced team in Chelmsford Essex. The closing date is 28 May 2021.

[Advertise your vacancies on the CNHC website](#)

If you would like us to advertise your job or volunteering opportunities to our Registrants, please contact us at info@cnhc.org.uk

[Find out more](#)



European Congress for Integrative Medicine (ECIM) 2021

Registration is open for ECIM 2021 which will take place in London on 5 to 7 November 2021.

CNHC Registrants can register for the event at the ECIM members rate. You can find the discount code by logging into [MyCNHC](#).

[Find out more](#)



National Walking Month

May was National Walking Month and as the past year saw people walking more, the UK charity Living Streets carried out a poll to find out what people have enjoyed most about walking more and what would encourage them to keep walking as lockdown restrictions ease.

Health benefits came out top, with 74 per cent of those polled saying they would continue walking to maintain their physical health and 54 per cent to maintain their mental health. You can see the full results of the poll [here](#).

Living Streets have also put together 20 tips to help you fit 20 minutes of walking into your day, which you can find [here](#).

[Find out more](#)

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