



## CNHC article features in *New Statesman* healthcare supplement



George Jenkins OBE, Professional Standards Authority, Norman Lamb MP and Michael Watson, CNHC



Phillip Marshall and Sarah Grant, Sir Robert Ogden Macmillan Centre, Harrogate Hospital

Clinicians and managers from NHS trusts around the UK were the featured guests at the launch of *New Statesman* magazine's *Spotlight* policy report on healthcare, which included a CNHC article on page 9.

CNHC Chair Michael Watson welcomed guests and contributors to last month's event, which featured comments by Norman Lamb MP, the former health minister and now chairman of the Commons Science and Technology Select Committee, and Lisa Cameron MP, the Scottish National Party's spokeswoman in Westminster on mental health.

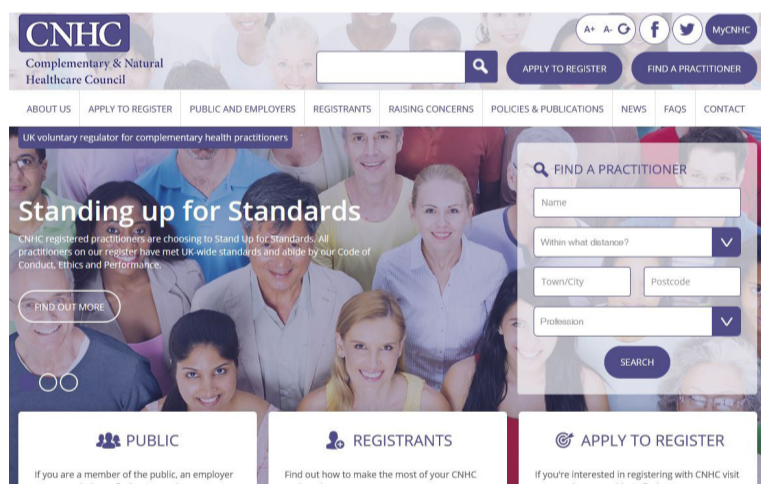
The event was great opportunity for guests from NHS trusts and charities who use CNHC-registered practitioners to meet and share experiences of how complementary therapies are integrated with mainstream medicine for a wide range of patients.

The *Spotlight* supplement focuses on the future of the NHS – particularly the debate over what services should be part of the modern health service – and includes articles by Health Secretary Jeremy Hunt and Labour's shadow health secretary Jonathan Ashworth.

CNHC's Chief Executive Margaret Coats contributed a piece on the benefits that complementary therapies could provide to NHS patients and health professionals, especially in a time of stretched resources. The supplement also featured the CNHC poster 'Choose with Confidence' on the back cover.

The *New Statesman Spotlight* policy supplement on healthcare is [available here](#).

## Remember to have a look at CNHC's website...



... and don't forget to bookmark our page too: [www.cnhc.org.uk](http://www.cnhc.org.uk)  
Our website is now mobile and tablet-friendly so you will be able to find all the usual and useful information - as well as login to [My CNHC](#) - far more easily from all your devices.



## Poster download

If you are CNHC registered you can download a copy of this poster by logging in to [My CNHC](#).

## New LinkedIn page

CNHC has a new presence on professional networking site LinkedIn. If you want to connect with other registrants and professional colleagues, or if you simply want to follow CNHC, you can find us [here](#).

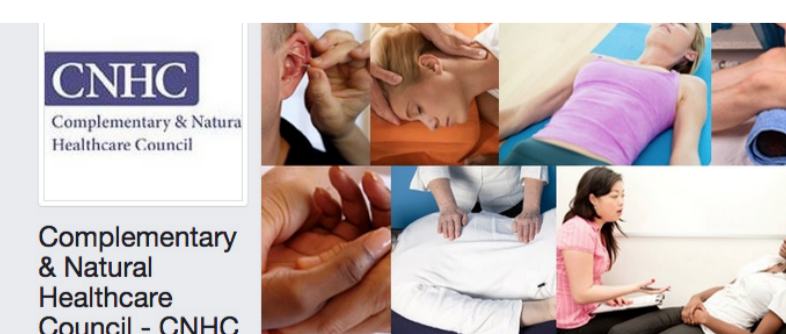
## Share CNHC's newsletter

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

Like us on Facebook

Follow us @CNHC\_UK

Connect with us [here](#)



**Contact CNHC:**  
Email [info@cnhc.org.uk](mailto:info@cnhc.org.uk)  
or call on 020 3668 0406  
To view CNHC's website, [click here](#).



## Michael Watson, CNHC Chair

It's that time of year again when the clocks have been turned back and many of us start thinking about our plans for the festive season. I'm sure many of you will be wondering where the months have gone and how you'll be able to get everything on your 'To Do' list completed before the year ends.

At CNHC we have had a busy month, with the launch of a special healthcare supplement in the *New Statesman* which included an article by Margaret Coats, our Chief Executive. At the launch event I was pleased to welcome some valued guests from a number of NHS trusts – friends who work regularly with our registrants and understand the importance of registering with CNHC.

We also welcome the release of an important new report from the Royal Society for Public Health and the Professional Standards Authority, on the role that practitioners on accredited registers can play in improving the nation's public health. We've included a link to the report, so I hope that you can find some time in your busy schedule to have a look through – it is inspiring reading.

One other bit of news is that we've set up a new channel on YouTube, where we're going to post video reports and interviews about the work we do here and some of the great success stories our registrants have to tell.

As the days get shorter – and colder - don't forget to take time out to think about your achievements over the past year and about the good work you have done... and thank you again for 'Standing up for Standards'.

## Royal Society for Public Health recognises the role of CNHC registrants within the wider public health workforce



The Royal Society for Public Health (RSPH) has recognised that practitioners registered with CNHC support public health by encouraging their clients to make positive lifestyle changes that could improve their health and wellbeing.

This recognition is one of the key messages in a joint report released last week with the Professional Standards Authority for Health and Social Care (PSA), which looks at the potential impact that the 'untapped resource' of practitioners on Accredited Registers (ARs) could have on the nation's public health.

The valuable support offered by CNHC registrants includes improvements to diet and nutrition, support with giving up smoking and losing weight, support with reducing stress, improving sleep, managing pain and other symptoms, as well as overall enhancements to wellbeing.

A key focus of the report is to identify barriers that inhibit the best use of this untapped resource. For example, a key recommendation is for AR practitioners to have the authority to make direct NHS referrals - in appropriate cases - thereby reducing the administrative burden on GP surgeries.

The Society is adamant that the UK must make use of every opportunity to improve public health and make progress on health priorities such as reducing obesity and smoking.

Practitioners on accredited registers, the report says, have the potential to make a significant contribution to public health – one which, according to RSPH Chief Executive Shirley Cramer and PSA Chief Executive Harry Cayton, we can "ill afford to ignore."

CNHC Chair Mike Watson commented: "We take special pride in the role CNHC has played in making this report happen. Two years ago, in July 2015, the RSPH published a report looking at the potential for professionals such as hairdressers, librarians and leisure service providers to collaborate with other services and organisations in delivering the country's public health agenda.

"That report, however, made no mention of complementary therapies, or practitioners on other accredited registers such as counsellors and psychotherapists. CNHC brought this oversight to the attention of the PSA, which led directly to this joint project on the positive impact that practitioners on accredited registers can have on public health."

The report found that because practitioners on accredited registers build relationships of trust with their clients, and also have comparatively long treatment sessions, they are uniquely suited to offer brief interventions and 'effective signposting' for health concerns.

The report is the culmination of a consultation launched at the Professional Standards Authority's (PSA's) annual conference in early May. It follows focus group discussions which involved a number of CNHC registrants, as well as the RSPH's survey that was sent to practitioners on every Accredited Register last year.

CNHC contributed to the report by sending out our own survey. We were delighted that 25 percent of our registrants responded with very clear messages and information that we fed back to RSPH and PSA.

You can read the report in full [here](#).

## Creative Living Centre celebrates 20 year milestone

The Creative Living Centre in Greater Manchester, an independent charity which provides support to adults experiencing mental or emotional distress, has celebrated its 20 year anniversary - and an important award from the Big Lottery Fund.



Deborah Egan, Support Coordinator



Barbara Heron, Creative Living Centre

The Centre was founded in 1997 and receives funding from the local NHS Clinical Commissioning Group (CCG) and a number of other organisations and charitable trusts. They've now had a successful bid for more than £300,000 from the Big Lottery Fund.

Their programme involves a range of therapies and self-help approaches that include complementary therapies, counselling, and opportunities to take part in group classes and activities.

Barbara Heron, a CNHC-registered massage therapist and Chair of the Centre's trustees, describes the support they offer. "Many of our members have medical issues in addition to the severe physical impact of poor mental and emotional health.

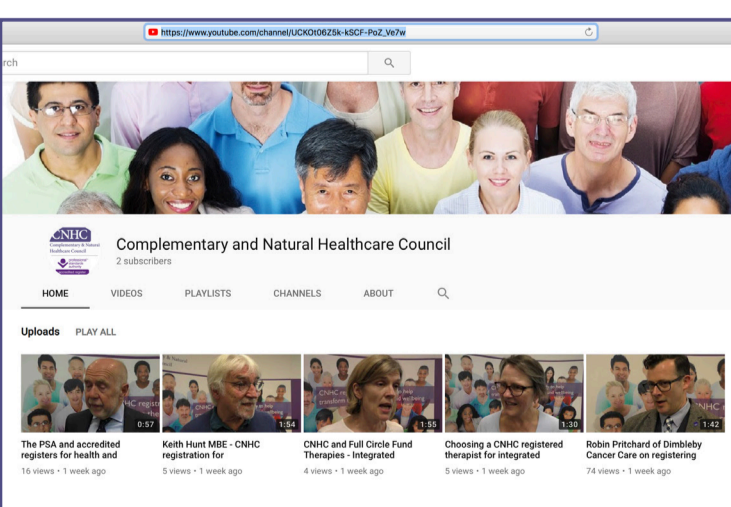
"The benefits of our therapies are immense: releasing the build-up of body-mental tension encourages relaxation, with the ensuing calmness often a feature of grateful comments by our members."

Barbara says the idea of holistic health treatment was a "radical" idea when the Centre was founded 20 years ago.

She added: "We are fortunate in having the respect and support of the local CCG, GPs and hospital consultants who appreciate our positive, reported and preventative outcomes.

"We look forward to ever greater positive impact upon our members and hope to influence positively the delivery of more responsive mental health support provision. This can only benefit the rapidly increasing numbers with mental ill health, in line with the current focus on social prescribing within the NHS."

## Check out our new YouTube channel



Now there is one more way to keep up with the news from CNHC – on YouTube.

We've launched our latest social media channel with a series of video interviews with some of our guests at the recent launch of the *New Statesman* healthcare supplement.

NHS clinicians and staff – as well as CNHC registrants working within the health service – spoke about why they believe registering with CNHC is so important.

Follow us on YouTube [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.