



8th International Congress of Complementary Medicine Research – London 2013

The 8th International Congress of Complementary Medicine Research (ICCMR) will be held in London in 2013. The focus will be on global sustainability of healthcare for long term conditions and the Congress will highlight a range of issues including the latest research on the effectiveness and safety of treatments, and how to make treatments sustainable in environmental and economic terms.

The Congress will be held from 11 – 13 April 2013. The deadline for abstracts is 15th November 2012 and the last date for early bird bookings is 31st December 2012.

Further details can be found on the ICCMR at: www.iccmr2013.org

CNHC registered practitioners receive FHT Excellence awards

CNHC's Chair, Maggy Wallace, and former Chief Executive, Maggie Dunn, were delighted to attend the Federation of Holistic Therapist's (FHT's) 50th Anniversary Gala Dinner and 2012 Excellence in Practice and Education awards ceremony.

A number of CNHC registered practitioners received the FHT's Excellence Awards.

CNHC registered reflexologist Sally Kay (pictured) received an Excellence in Practice Award for her research and development of a reflexology technique called reflexology lymphatic drainage (RLD), for the management of secondary lymphoedema in patients affected by treatment for breast cancer. Following a small-scale trial to test the effect of the technique in 2011 at Cardiff Metropolitan University, Sally and colleagues hope to gain funding to conduct a large-scale multi-centre randomised controlled trial in due course.



Sally Kay

CNHC registered practitioner and Local Champion Mariette Lobo also received a Commended Tutor of the Year Award.

Research Council for Complementary Medicine (RCCM) workshop 9 November

The RCCM is running a workshop on public funding for complementary medicine and demonstrating efficacy through clinical audit. The workshop will be held on Friday 9th November 2012 in north London from 1.30- 4.30pm and will cost £50.

For further details contact Dr Ava Lorenc at lorenca@lsbu.ac.uk.

CNHC quality assurance project update

CNHC has received confirmation from verifying organisations that have agreed to take part in CNHC's quality assurance project. A number of these have sent through the documentation requested for independent assessment against CNHC's criteria. Others have stated that they will contact CNHC about their willingness to participate, following an AGM or other relevant meeting of members in the coming months. Some organisations have not yet responded at all.

All available information on the response rate will be taken to CNHC's December Board meeting

We will provide a progress report in January's NewsUpdate.

Recent Activities

In the month of October CNHC's Chair (Maggy Wallace) and Chief Executive (Margaret Coats) have undertaken various activities including:

- Camexpo
- Parliamentary Group for Integrated Healthcare
- Briefing session for new Chair
- FHT Gala dinner
- Meeting with representatives of the National Centre for CAM, Saudi Arabia

Correction

In our [October NewsUpdate](#) we referred to the activities of CNHC registered practitioners who had been involved in the Olympic and Paralympic games. In this piece we stated that Chris Swallow is CNHC registered for sports therapy. Chris is actually registered for massage therapy and we apologise for any confusion caused.

All change on CNHC's Board – Maggy Wallace says 'goodbye', John Lant says 'hello'

In our [October NewsUpdate](#) we announced details of CNHC's newly appointed Board members. Here we include a goodbye message from our Chair, Maggy Wallace, and a note of thanks and introduction from CNHC's incoming Chair, John Lant. The outgoing members of CNHC's Board will step down on 30th November.

Maggy Wallace has been on the CNHC Board since its inception, variously as Co-Chair, Executive Chair and Chair. She leaves with this message: *"I am delighted to have been part of the development of CNHC as a respected and robust regulatory body for the complementary healthcare sector. I have been impressed beyond measure with the hard work and commitment of all those involved: the Board, the staff, and above all, the complementary healthcare practitioners who have worked with us and registered with us. I am delighted to be handing CNHC over in good shape and with an exciting future. I will watch future developments with great interest."*

John Lant takes over as Chair from 1 December. John started his involvement with CNHC as a member of the Finance Committee in 2008 and has been a member of CNHC's Board since 2010. Here John expresses his thanks to Maggy Wallace and CNHC's first Board: *"Maggy has played a central role in bringing CNHC to where it is today. Maggy's leadership and inspiration have been unique and I offer my sincere thanks for her significant contribution to this work."*

He continued: *"I thank all members of the board past and present for their energy, dedication and commitment and wish them well for whatever lies ahead. Without their singular contribution further development of this regulatory framework for public protection would be impossible."*

John said of his new role as CNHC's Chair: *"I welcome the opportunity to take forward the CNHC vision of healthcare and public protection and look forward to CNHC applying to become a respected Assured Voluntary Register under the aegis of the Council for Healthcare Regulatory Excellence (CHRE). The CNHC has a commitment to that corporate vision, supported by an executive and experienced team, building a regulatory body with a register respected by healthcare agencies."*

Details about CNHC's new Chair and Board members are available on the CNHC website here: [CNHC's Board from 1 December 2012](#).

National Stress Awareness Day

Wednesday 7th November is National Stress Awareness Day. Many CNHC registered practitioners work with clients who are experiencing stress.

Susan Scott is a CNHC registered nutritional therapist specialising in stress awareness and supporting clients to manage exhaustion and burnout. She works with individual clients in her clinic as well as corporately running workshops and health and wellbeing programmes. Susan is also a director of the International Stress Management Association (ISMA^{UK}), the professional association for stress management practitioners which champions National Stress Awareness Day, now in its 14th year.

Susan says: *"People typically change their eating patterns and food choices when suffering from stress so as a nutritional therapist, my role is to offer diet and lifestyle advice to support clients with addressing the physical and emotional symptoms of stress."*

Of CNHC she says: *"I see registration with the CNHC as a route to reassure the general public that I have been professionally trained to the required standard."*

CNHC at this year's camexpo

CNHC enjoyed another successful year at this year's camexpo. Thanks to all those who came to see us, including a number of Local Champions. It was very good to be able to put faces to names and meet some of the practitioners we have contact with during the year. We were also delighted to speak to so many other practitioners who wanted to find out more about the CNHC and how to register.

In the CNHC seminar, Chair Maggy Wallace spoke to over 80 people who had come to find out about the latest developments in regulation and CNHC's awareness-raising campaign. Maggy commented: *"It was very heartening to see so many practitioners who were keen to know more about standards and professionalism. People asked some very well-informed questions and I think this says a lot about how people are becoming increasingly aware of the importance of effective regulation in the public interest."*

CNHC registered practitioners win camexpo Outstanding Achievement Award for the second time!

CNHC registered practitioners Rachel Fairweather and Meghan Mari have won camexpo's Outstanding Achievement Award for the second year running this year. Meghan and Rachel, who founded and run the Jing Institute in 2003, provide a wide range of CPD programmes and advanced clinical massage qualifications.

Meghan and Rachel commented: *"To receive the CAM Outstanding Achievement Award for the second year running is an incredible privilege and we feel absolutely thrilled and honoured. We accept this award on behalf of massage therapists everywhere who are aiming to raise the standards of the profession and especially to the first graduates of our BTEC level 6 degree level programme in advanced clinical and sports massage."*

We offer our congratulations to Rachel and Meghan (pictured here receiving their award from camexpo's Carsten Holm) for their outstanding work again this year.



Rachel Fairweather, Meghan Mari and Carsten Holm

CNHC registered? Check your CNHC renewal date

Increasing numbers of CNHC registered practitioners are now coming up for renewal.

Keep your registration up to date by taking the following steps:

- Check your entry on the CNHC website at: www.cnhc.org.uk
- Check the date you are 'Registered until' which appears under 'Status' on your register entry.
- Make sure the CNHC has your current email address – all emails will be sent to the email address we have on our system.
- Look out for the CNHC registration renewal email which will be sent to you one month ahead of your 'Registered until' date.
- Check your inbox and spam folders for this message.
- Log in to [MyCNHC](#) to renew, using your username (your email address) and password.

If you need to update your email address you can check and change your details at any time by logging into [MyCNHC](#). (If you have forgotten your password contact us at info@cnhc.org.uk).

Contact CNHC:

Email info@cnhc.org.uk
or call on 020 3178 2199.

To view CNHC's website, [click here](#).