

## Chair's welcome

### Welcome to our October newsUpdate

October has seen the uncertainty and disruption caused by the COVID-19 pandemic continue, with many areas in England moving into higher alert levels as rates of infections rise and circuit-breaker lockdowns introduced in Northern Ireland and Wales. No doubt this is causing heightened anxiety for everyone. Whether in person or remotely, supporting your clients with the treatments you provide to reduce stress and support their mental health is now more important than ever. You can also let your clients know that as a CNHC Registrant you are committed to Standing up for Standards, and explain the added assurance that provides.

If you aren't able to work at the moment, checking in with your clients with a phone call or an email can make all the difference.

I will also reiterate the advice we gave during the lockdown at the beginning of this year – self-care and looking after your own mental health, as well as that of your family and clients, is vitally important, particularly now the clocks have gone back and days are getting shorter. One way you can support your wellbeing is by eating well. We are therefore pleased that one of our partner organisations, the British Association for Nutrition and Lifestyle Medicine (BANT), have written a blog post for us offering helpful tips on how to eat well during the winter months.

You can find some information below on the three-tier alert system and circuit-breakers that have been introduced and how to check what applies in your area. We are continually updating our advice to Registrants on following government guidance on working safely and are always happy to hear from you if you have questions that are not answered there.

To close on a positive note, one of our Registrants, Melissa Tyers, has shared her experiences of working with patients with blood cancer at a NHS palliative care unit where complementary therapist roles are funded by the hospital charity. It is heartening not only to read about all the great work Melissa is doing but also to see NHS recognition of the important role complementary therapies can play in supporting patients during their treatment.

Best wishes,

**Michael Watson**  
**CNHC Chair**



## Coronavirus (COVID-19) update

### STOP PRESS: New National Restrictions for England announced on 31 October



To reduce social contact, the Government has ordered certain businesses and venues to close from **Thursday 5 November** until 2 December. This includes: "hair, beauty and nail salons, tattoo parlours, spas, massage parlours, body and skin piercing services, non-medical acupuncture, and tanning salons."

You can find Government guidance on the new restrictions [here](#).

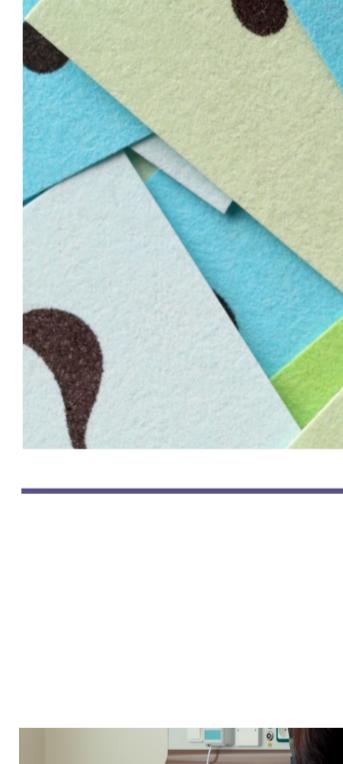
A full list of the business closures will be published and set out in law. As soon as this is available, we will contact Registrants to provide further details.



### Useful information for Registrants on COVID-19

As we head into tighter restrictions again, this is an opportunity to remind you that you can find information and resources in the [coronavirus news](#) section of our website. This includes:

- [Advice to Registrants on following government guidance on working safely](#)
- [Latest government announcements on returning to work](#)
- [Test and Trace explained](#)
- [NHS COVID-19 app: NHS QR code and poster for close contact services in England and Wales](#)
- [Advertising during the coronavirus pandemic](#)
- [Working remotely](#)
- [How to maintain physical and mental wellbeing](#)



### Covid-19: Frequently Asked Questions

Each month we will answer questions raised by Registrants:

**Q: What are the new alert levels that have been introduced in England and how do I find out which one applies to me?**

**A:** A three-tier system of [local COVID alert levels](#) (also known as local lockdowns) for England came into effect on 14 October 2020.

Local COVID alert levels set out information for local authorities, residents and workers about the restrictions put in place to manage the outbreak in their area.

You can enter your postcode into the postcode checker to [find out the coronavirus restrictions in a local area](#).

If you live or work in an area in a [Very High Level](#) the Government, in consultation with the local authority, can introduce further restrictions, including closing close contact services or prohibiting the highest-risk activities. We advise you to check on a regular basis whether additional restrictions apply in your area. If you need further clarification, we would advise you to contact the public health officer at your local council.

**Q: I practise close contact (hands-on) therapies in Northern Ireland. Do I have to stop working during the circuit-breaker lockdown?**

**A:** COVID-19 circuit-breaker measures came into force on Friday 16 October for an initial period of 4 weeks. It includes close-contact complementary therapies (i.e. where treatments cannot be carried out with the necessary social distancing in place, for example massage therapy or reflexology). You must therefore stop working hands-on during this time.

You can find more information on the measures [here](#).

**Q: For how long should I stop working hands-on during the fire-break introduced in Wales?**

**A:** The fire-break came into force on Friday 23 October and ends on Monday 9 November. It applies to everyone living in Wales and will replace the local restrictions which are in force in some parts of the country. You cannot practice close contact treatments (i.e. where treatments cannot be carried out with the necessary social distancing in place, for example massage therapy or reflexology) during this time.

More information can be found [here](#).

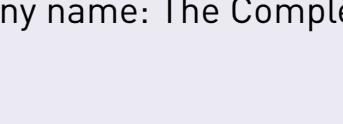
## Other News



### Supporting haematology patients with complementary therapies

In our first October blog post, CNHC Registrant and Reflexologist Melissa Tyers talks about her experiences of working within the Haematology Service at City Hospital Nottingham, in a post part-funded by Nottingham Hospitals Charity.

Read the blog post [here](#)



### How to eat well and live well to support physical and mental wellbeing through the winter months

Winter is fast approaching and with so much focus on supporting our immune system, this year especially, what are the things we can all do to increase our nutrient intake?

In our second blog post for October, Claire Sambolino, a CNHC Registered Nutritional Therapist and Communications Manager at the British Association for Nutrition and Lifestyle Medicine (BANT) offers some useful advice on how to support your wellbeing by eating well.

Read the blog post [here](#)

## Contact CNHC

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