



Chair's welcome

Welcome to our July news update.

This month sees a return, not to normal but the 'new normal'. The coming weeks, as more of our Registrants return to work, will reveal what practising in this landscape is like. This is new territory for everyone involved in complementary therapy. What is heartening is the feedback we have received from many of our Registrants about the demand from the public for their services, with clients booking ahead for when practices reopen.

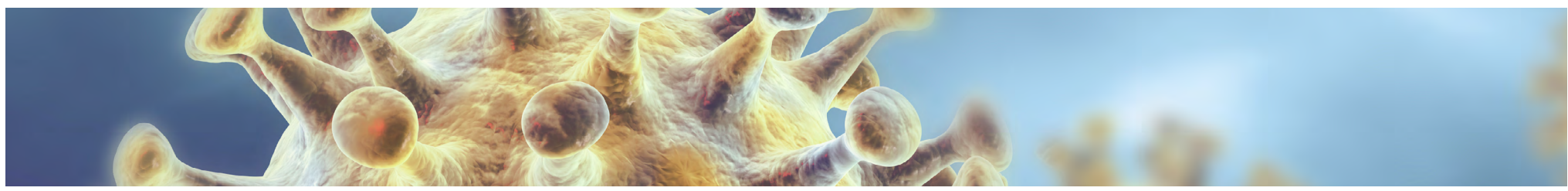
As you know, CNHC is approved as an Accredited Register by the Professional Standards Authority for Health and Social Care (PSA), a body accountable to Parliament. This provides additional assurance that CNHC registrants meet UK-wide standards of patient safety and service quality. Being part of an Accredited Register is now more important than ever, to assure the public that you are safe and competent to practise and that you Stand up for Standards. So if any of your clients are a little nervous about returning to see you, you can tell them that you are CNHC registered and explain just what that means in terms of safety and great standards of care.

More information about returning to work can be found below and we are updating our guidance in line with the latest guidance being issued by governments across the UK.

We hope that Registrants have found our regular email updates helpful and we will continue to keep you updated. If you have any questions or feedback, please don't hesitate to contact us by emailing us at info@cnhc.org.uk

Best wishes,

Michael Watson
CNHC Chair



Coronavirus (COVID-19) update



Returning to work

Details of the latest government announcements for England, Northern Ireland, Wales and Scotland on returning to work, along with CNHC guidance on preparing to return to work can be found on our website.

Find out more [here](#)



Covid-19: Frequently Asked Questions

Each month we will answer a question raised by Registrants:

Q: I'm a self-employed complementary therapist and am over 70. I consider myself to be in good health. Is it safe for me to return to practising?

A: If you are aged 70 years or over, with no other health conditions that place you in the 'high risk (clinically extremely vulnerable)' category you fall into the 'moderate risk (clinically vulnerable)' group.

For more information, see guidance from the NHS on [Who's at higher risk from Coronavirus](#).

People in the moderate risk group are advised to stay at home and socially distance but they are not required to shield. They can return to work, if they can maintain social distance and are unable to work from home. You can therefore return to working face to face with clients if you can maintain the required social distancing.

If you practise 'hands-on' therapies, the current Government advice states that if you have to spend time within 2 metres of others, you must "carefully assess whether this involves an acceptable level of risk". You can use the Government's online [Check if you should go back into work](#) service for advice specific to your own situation.

Please check the Government and NHS websites on a regular basis as Government guidance may change in the future.

The decision to return to working is entirely a decision for you to make and we would recommend that you seek the advice of your GP or hospital consultant if you are being seen by one.

Q: What do you mean when you talk about face to face and 'hands-on' therapies?

A: Face to face therapies are ones where you are able to maintain a physical distance from your clients. Examples of face to face therapies are hypnotherapy and nutritional therapy. If you are able to maintain the required social distancing that the Government advises you may return to working face to face on the dates relevant to the country you practise in. More information on when you can return to work can be found [here](#).

'Hands on' therapies are those that involve close physical contact with clients for extended periods of time, for example, massage therapy, reflexology and sports therapy. More information on when you can return to working 'hands-on' can be found [here](#).



Self Employed Income Support Scheme (SEISS): Second grant

If you were eligible for the first grant and can confirm to HMRC that your business has been adversely affected on or after 14 July 2020, you'll be able to make a claim for a second and final grant in August.

Find out more [here](#)

Other News



New discipline added to the CNHC Accredited Register: Sports Massage

Our Accredited Register will open to the new discipline of sports massage on 20 July. If you practise sports massage and would like to register with us, or are already a CNHC Registrant but would like to add an additional discipline to your registration, you must have completed a course that meets our [core curriculum](#) for sports massage.

You can find out how to register with us on our [website](#) and if you need any help or have any questions you can contact us at info@cnhc.org.uk



Job opportunity for a CNHC Registrants

Banbury Chiropractic Clinic are looking for a part or full time CNHC Registered massage therapist. The closing date for applications is 25 July.

Find out more [here](#)

Contact CNHC

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