

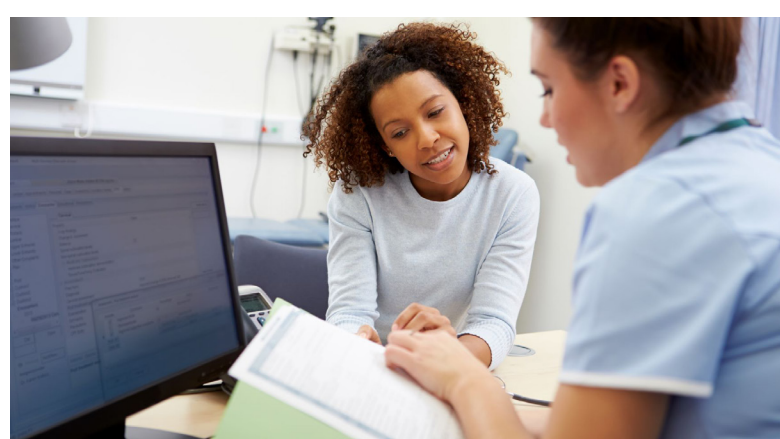


Sugar Awareness Week blog post

For Sugar Awareness Week, one of our CNHC Local Champions who is a Nutritional Therapist, Nathalie Gudgeon, wrote a blog post offering tips on cutting down on children's sugar intake. This has proved very popular with our audiences on social media, particularly as it contained a delicious recipe for chocolate energy balls.

You can read the blog post [here](#).

Opportunities for CNHC Registrants



The new Vacancies section on our website has grown and currently has a number of both volunteering and job opportunities for CNHC Registrants. This includes:

- [Leeds Cancer Support](#)
- [Weldmar Hospicecare in Dorset](#)
- [Weightmedics in London](#)
- [Thames Hospice in Windsor](#)
- [Weston Park Cancer Centre in Sheffield](#)
- [CREST Cancer Support in Surrey](#)
- [Terrence Higgins Trust – Central London](#)
- [Cytoplan in Malvern](#)

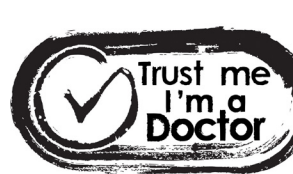
Coronavirus (COVID-19): Latest guidance



In light of the developing situation with the recent outbreak of coronavirus, CNHC registrants are advised to keep up to date with relevant guidance issued by the Department of Health and Social Care (DHSC) and Public Health England (PHE).

[Find out more](#)

CNHC Local Champion appears on BBC 2's Trust Me, I'm a Doctor



CNHC Local Champion Vidhi Sadana can be seen delivering Yoga Therapy to patients

with cardiovascular conditions and anxiety in Series 9, episode 5 of BBC 2's Trust Me, I'm a Doctor. Broadcast on 12 February, the programme saw Dr Michael Mosley run an experiment to discover the effect of yoga on blood pressure. Vidhi collaborated with the BBC and the London School of Topical Medicine and Hygiene and the results showed that gentle yoga over a period of one month lowered blood pressure as much as vigorous exercise, with added benefits for mental health.

[Watch the episode on BBC iPlayer](#)

Welcome to our February NewsUpdate

As February is traditionally the month of love, I've been contemplating this theme – not the romantic expressions of St Valentine's Day and Leap Year marriage proposals – but on the themes of care, compassion, valuing the individual and providing person-centred care, which are so integral to complementary therapies. I'd like to take this opportunity to acknowledge the great care that our CNHC Registrants provide to the public, as well as their continuing commitment to Stand Up for Standards.

Please do take some time to check the many volunteering and job opportunities currently advertised on our website for CNHC Registrants at hospitals, hospices and other organisations. These show the demand for complementary therapies and the recognition of the positive impact such interventions make on people's lives.

This month CNHC exhibited at the Integrated care for people with multiple long-term conditions event at the King's Fund. Staff attending were both moved and inspired by hearing first-hand accounts of patients' lived experiences of multiple long-term conditions. While Social Prescribing and other group-based interventions within communities, typically provided by the voluntary sector, are already becoming part of the solution, my hope is that the next steps are to recognise the benefits to the public and integrate 1-to-1 interventions such as those provided by complementary therapies into mainstream healthcare provision.

Best wishes,

Michael Watson
CNHC Chair



Michael Watson
CNHC Chair

CNHC exhibit at the Kings Fund



On 4 February CNHC's CEO, Margaret Coats, and Communication Manager, Sharon Robinson, exhibited at the [Integrated care for people with multiple long-term conditions](#) event at the King's Fund. There was an opportunity to network with health and social care commissioners, service providers, charities, and people with experience of long-term multiple conditions.

The King's Fund did a fantastic job of putting patients' voices at the centre of their event and presenting the great work done by the [Taskforce on Multiple Conditions](#), a cross-sector partnership between the Richmond Group of Charities, the Royal College of General Practitioners and Guy's and St Thomas' Charity. The Taskforce was set up to examine the nature and scale of the challenge of people living with multiple condition, how it affects people's lives and why the system struggles to respond.

You can read their report [here](#).



Holistic Therapist Magazine

All CNHC registrants receive a free digital copy of Holistic Therapist Magazine. Issue 33 (Jan/Feb/Mar) is available to download from [My CNHC](#).

[Find out more](#)



European Congress for Integrative Medicine (ECIM) Committee: Call for abstracts

A reminder that there is still time to submit an extract for this event. The deadline is **23 March 2020**.

ECIM 2020 takes place this year at the Queen Elizabeth II Centre in London on 11 -13 September. It will feature a wide range of exciting presentations, discussions and networking opportunities with healthcare practitioners, academics, researchers and experts in the field of integrative medicine.

[Find out more](#)

Contact CNHC

Email: info@cnhc.org.uk | Phone: 020 3668 0406 | Website: www.cnhc.org.uk

Address: 46-48 East Smithfield, London E1W 1AW

