

Happy New Year

Mid Devon Public Health Fund subsidises complementary therapy service for the elderly



The Blackdown Healthy Living and Activity Centre is a charity that was set up to support the health and well-being of elderly and isolated people in the Blackdown Hills in Devon. The Centre offers a range of services including complementary therapies and a mix of classes and events.

One very positive innovation is the Centre's Low Cost Clinic for complementary therapies (including reflexology, massage, hypnotherapy, Alexander Technique teaching) which is subsidised by a grant from the Mid Devon Public Health Fund. The grant money is used to reduce the complementary therapists' room rent, which enables practitioners to lower the fees they charge to clients.

Centre Manager, Charlie Bottling commented: "Our Centre is fundamentally here to support our community, the Low Cost Clinic concept makes the services offered by our Therapists accessible to more people. That's fantastic. In the future we hope to access additional funding to further reduce the cost of treatments available via the Low Cost Clinic."



CNHC registered hypnotherapist Roland Bullivant provides hypnotherapy at the Centre, and offers his services as part of the Low Cost Clinic. Roland commented: "The Centre itself provides a broad range of services and is especially valuable for elderly and isolated members of the community."

I wanted to try to help people who could benefit from hypnotherapy even if they do not have the financial resources of those who can afford it more easily. The Low Cost Clinic is a good way to do that and I am very grateful to the Mid Devon Public Health Fund for its support."

The Centre was set up following an idea by a (then) local GP, Dr Meads, who got together with a group of interested local people and developed the Centre in the old St Ivel milk factory club building.

The Centre is now a thriving hub of activity and is well used and attended by the local community.

To find out more visit: bhlac.org.uk

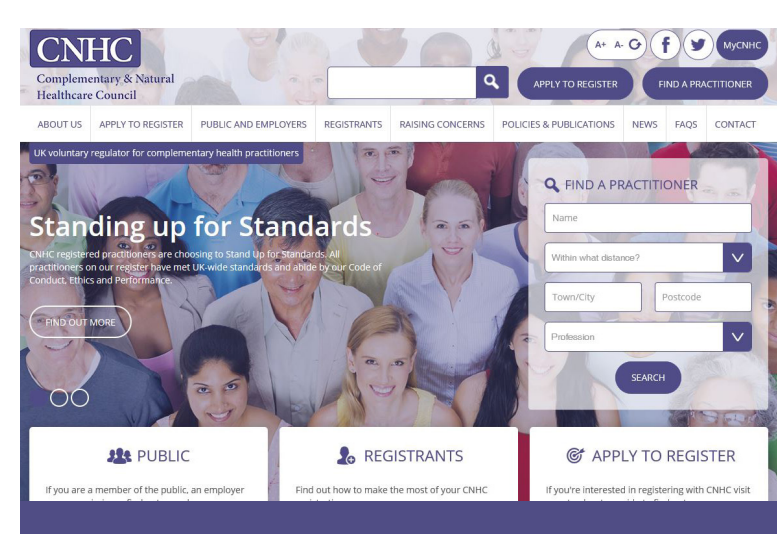
Looking for a complementary therapist?
Choose with confidence

Always look for the CNHC registered logo - Your guarantee of standards

www.cnhc.org.uk

If you are CNHC registered you can download a copy of this poster by logging in to MyCNHC.

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



... and don't forget to bookmark our page too: 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 MyCNHC - far more easily from all your devices.

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.

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](https://www.facebook.com/cnhc)



Follow us [@CNHC_UK](https://twitter.com/cnhc_uk)



Follow us [Youtube](https://www.youtube.com/cnhc)



Connect with us [here](https://www.linkedin.com/company/cnhc)

Contact CNHC:

Email info@cnhc.org.uk
or call on 020 3668 0406

To view CNHC's website, [click here](http://www.cnhc.org.uk).

CNHC Chair Michael Watson looks forward to an exciting 2018

Michael Watson, CNHC Chair



Michael Watson

First of all please let me wish a Happy New Year to all of our registrants and to everyone who reads our newsletter. I hope you've all had a good seasonal break and are returning to work relaxed and refreshed.

As we look ahead to what should be an exciting year for CNHC, it is worth stating our purpose one more time: to protect the public. It is our single aim and the sole reason for our existence. Much of our work involves speaking out on behalf of the complementary healthcare sector whenever we can. What you might not be aware of is the work that goes on behind the scenes at CNHC to enhance the reputation of complementary healthcare and to influence government and decision-makers in this area.

Last year we had several notable achievements – not least with the recognition of the role that CNHC registrants play in the wider public health workforce, as you will have heard about in our last two newsletters. We contacted a wide range of organisations about this including Public Health England and the private health cash plan providers that reimburse for complementary health treatments. Our goal is to achieve more still.

Having said that, our work is not only about raising awareness of our registrants and the important work that they do – but is also about raising standards. As we and all CNHC registrants like to say often, we are 'standing up for standards'.

Complementary therapists who register with CNHC sign up voluntarily, which speaks volumes about your commitment to providing a professional service and giving confidence to patients. By registering you are saying: "I am prepared to be held publicly accountable."

I hope this year brings you every success and a renewed sense of pride in your work.

Carers in Hertfordshire – Carers' Passport Service

Carers in Hertfordshire is a countywide charity that provides free advice, information and support to unpaid carers - people looking after someone who is elderly, disabled, has a physical or mental illness or who misuses drugs or alcohol.

The charity ensures carers are recognised and valued, supported and that they have the opportunity to have a collective voice on issues that affect them and the people they care for.

In May 2017, CNHC received a request to invite Hertfordshire-based CNHC registrants to participate in the charity's Carers' Passport Discount Card Service. This involves local businesses offering their services at a discount to carers who hold the Carers' Passport.

CNHC worked in partnership with Carers in Hertfordshire to raise awareness about the service to our Hertfordshire-based registrants and the results have been very positive with practitioners signing up to support the Carers' Passport.

Karen Denny, the charity's Carers' Passport Project Officer, said: "We introduced the Carers' Passport in May 2013 and know that carers have found the savings offered beneficial. Just as important is the inclusion of our contact details on the card, so carers know where to turn to if they need help. We're delighted that many CNHC registrants have joined the service as it shows they recognise the valuable contribution carers make to society and the people they support. We are grateful for CNHC's invaluable work with us in order to make this possible."



Karen Denny (right) handing passport to carer, Emily

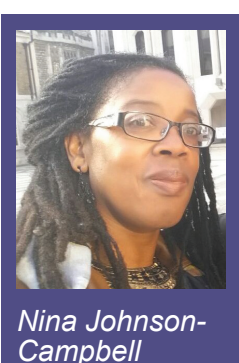
Below, a number of Hertfordshire-based registrants share what inspired them to take part.



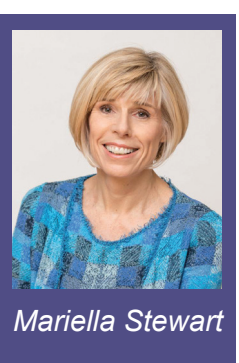
Brian Isbell



Sanpreet Jaspal



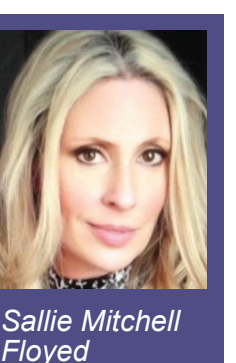
Nina Johnson-Campbell



Mariella Stewart



Judith Watson



Sallie Mitchell Floyed

Brian Isbell

Brian Isbell is CNHC registered for naturopathy, craniosacral therapy and healing.

He contacted the charity after receiving our email and speaks here about what it means to him to be involved: "Carers are such a vital part of the UK health system, yet they have received insufficient support themselves in the past. The Carers in Hertfordshire Passport Service enables me to make a contribution to this valuable healthcare provision. By offering treatments at concessionary rates plus workshops in health and wellbeing, I am able to make my own contribution to the health, wellbeing and resilience of carers, who in turn will be more empowered in their caring roles."

Sanpreet Jaspal

Sanpreet Jaspal is registered with CNHC for aromatherapy, massage therapy and reflexology. Here's why she got involved: "In my practice I have treated many patients who are carers as well as lending a hand in caring for loved ones. So I understand the financial, emotional and physical challenges being a carer brings. This is why I choose to work with the Carers Passport Service. We need to get the word out about this fantastic service."

Nina Johnson-Campbell

Nina Johnson-Campbell is a CNHC registered hypnotherapist who has also signed up to the service. Nina cared for her parents in the past so understands the stress that can be involved. She commented: "Unpaid carers really are some of the unsung heroes in our society and schemes like this help to show how much they are appreciated and valued."

The discounts are a practical way of demonstrating this and I'm glad to add a little part to that. Learning practical skills to aid relaxation and stress reduction is something that I think a lot of carers and their loved ones could benefit from and I hope that the discounted rate will help."

Mariella Stewart

Mariella Stewart is also CNHC registered for hypnotherapy: "The reason I went ahead and offered a discount is because I recognise the important work that carers do 24/7, day after day. A carer's mental health is very important as they need to carry out their vital tasks in a positive way. Learning the art of deep relaxation via hypnotherapy is a wonderful skill enabling carers to stay calm, positive and more in control of their emotions."

Judith Watson

CNHC registered nutritional therapist Judith Watson had been invited to provide a talk for Carers in Hertfordshire earlier in 2017. So when the invitation to be part of the Carers Passport Service came through, Judith decided to take part: "Carers spend so much time looking after other people under stressful conditions so I felt it was important that they have a chance to talk to someone on a one to one basis about their nutritional needs and supplements if required. This can help them feel more empowered about what they can do nutritionally to stay healthy emotionally and physically."

Sallie Mitchell Floyed

Sallie Mitchell Floyed is a CNHC registered hypnotherapist who says: "I wanted to get involved as I feel strongly about the service that Carers in Hertfordshire provide. I believe that carers' needs are important and that they deserve a break and recognition. By offering a discount for my services I hope to help carers more easily achieve happiness and personal growth."

If you are based in Hertfordshire and would like to get involved with the Carers' Passport or support Carers in Hertfordshire in any way, or if you are a carer seeking advice or help please contact the charity on 01992 58 69 69 or visit www.carersinherts.org.uk

HMRC support with online tax return in time for January 31st deadline!

HMRC is offering free webinars to support people to complete their online tax return in time for the January 31st deadline. You can register and take part in HMRC's webinar here: [HMRC self-assessment webinars](http://HMRC-self-assessment-webinars)

CNHC registered? Keep your registration up to date

Whether it's time to renew or your registration has lapsed, renewing your registration is easy to do online. Follow these simple steps:

- Login to MyCNHC using the email address you registered with and your password*
- Click the 'Renew' option
- Confirm the details requested
- Pay the renewal fee online by debit/credit card

*If you have forgotten your password contact us at: info@cnhc.org.uk or telephone: 020 3668 0406

For full details visit Renew your CNHC registration

Remember you can download your CNHC registration certificate plus a wide range of resources by logging in to MyCNHC.