

## Blog from CNHC Local Champion

This month marks World Meditation Day on 15 May 2019. Our latest blog is from Iganty Dyakov, CNHC registered Reiki practitioner and [Local Champion](#).

He writes about his experience at a meditation retreat and reflects on his learnings – which he hopes all can benefit from.

Read Iganty's blog [here](#).

## Welcome to the April 2019 edition of newsupdate

CNHC Chair, Michael Watson

*The old saying 'April showers bring May flowers' certainly is ringing true this year. It is so delightful to see the Wisteria in bloom.*

*Last month we had campaign materials available for all CNHC registrants to participate in #StressAwarenessMonth. We hope you found these resources of use – and we were pleased to see an increase in engagement with our posts on Facebook which supported the campaign. Please get in touch if you have any recommendations for campaigns like this in the future.*

*The CNHC Board also met last month. We discussed many important items of business, and you can read the minutes from the open session on the website [here](#). Sadly, at this meeting, we had the announcement that our Vice-Chair, Sheila Inglis, will be standing down from her position as of 31 May 2019. Sheila was appointed as a lay Board member in December 2012 and has served as Vice Chair since January 2014. She also served as Acting Chair for a period in 2015. So it really is difficult to imagine CNHC without her thoughtful, wise contribution. We are incredibly sad to see Sheila go, but we wish her the best and many thanks for her years of dedicated service to the CNHC.*

*Like the new buds starting to emerge, I hope you and your practice are seeing benefits from the renewed feeling of spring.*

Best wishes,

Michael Watson



Michael Watson

## CNHC registrant named Reflexologist of the Year



Sal Hanvey, CNHC registered for Reflexology, was recently named Reflexologist of the Year – Northern Ireland at the Health Beauty & Wellness Awards in partnership with LUX Life Magazine.

Congratulations from all of us at CNHC!



## Progress made on CNHC core curricula

CNHC has been working hard to develop a core curriculum for every category on our register. They all have been developed to meet the requirements of our Core Curriculum Template. The Core curricula include the relevant National Occupational Standards and set out details of the training requirements that must be met to apply to CNHC's Accredited Register. You can view the CNHC Core Curriculum Template [here](#).

For those of you who run courses, you are likely to understand the amount of time it takes to develop and consult on a core curriculum. Throughout this process, we have relied on the assistance of our Profession Specific Board members to help us with the work and provide expert advice specific to their occupation.

Since January we published two core curricula – Microsystems Acupuncture and Aromatherapy, and we are currently consulting on Sports Therapy and Sports Massage (as the next step towards opening the Register to this new category). To date we have published 9 core curricula in total, which can all be found on our website [here](#).

## Random Sampling 2019

As part of our duty as a voluntary regulator, CNHC carries out a random sampling on an annual basis to check Professional Indemnity Insurance (PII) certificates and Continuing Professional Development (CPD) logs of registrants. This involves CNHC asking 5% of registrants to send us copies of their PII certificate and CPD log for their last full year of registration.

**This year's sampling will begin on Monday 13th May 2019 and the deadline to return documents will be Monday 10th June 2019.**

If you are selected, you will be contacted by email and post to send us your completed CPD log and insurance certificate. Please note that you are not required to send these documents unless you have been notified that you have been selected as part of the random sample.

The full details of the policy and process for the sampling is available on our website [here](#). If you are included in the sample, failure to comply could affect your registration.

For further details about CNHC's CPD policy, visit our website [here](#).

## Hyperlinks added to CNHC Code Contents pages

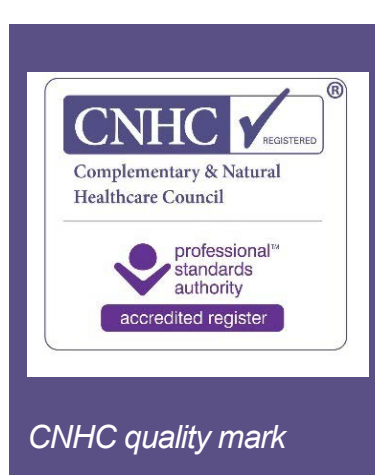


Following feedback from our recent Profession Specific Board (PSB) meeting, we have updated the CNHC Code of Conduct, Ethics and Performance to make it more user-friendly and easier to navigate.

It is now possible to click on any heading in the Contents section (pages 2 and 3 of the document) and you will be taken directly to that part of the Code.

You can access the CNHC Code here: [CNHC Code of Conduct, Ethics and Performance](#)

## Using the CNHC Quality Mark



If you are a CNHC registered practitioner, you are only permitted to include the CNHC Quality Mark for the discipline / disciplines you are registered for.

The CNHC Quality Mark can be used on your website and publicity materials, but please note that use of the CNHC Quality Mark in relation to any disciplines not on our register is a breach of the regulations governing its use.

To view the Terms of Use for the CNHC Quality Mark, [click here](#).

## PSB election results for Massage Therapy and Nutritional Therapy

The deadline for receipt of election statements for the Massage Therapy and Nutritional Therapy Profession Specific Board (PSB) was on 2 May 2019.

For Massage Therapy we received three election statements, so these candidates: Earle Abrahamson, Jennie Lloyd and Jennie Parke Matheson have been automatically appointed and there was no election.

For Nutritional Therapy we received two election statements, so these candidates: Karin Elgar & Paula Werrett have been automatically appointed and there will be no election. Two existing members of the PSB (Alison Benbow & Jo Majithia) agreed to continue in their role.

PSBs provide advice to the CNHC Board about therapy-specific issues and are a key element of CNHC's structure.



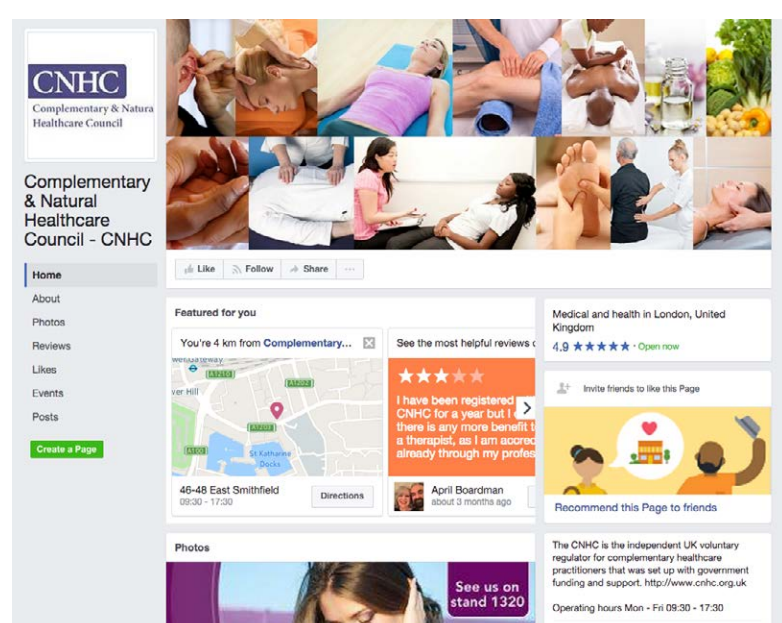
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