

## Stoptober is back



It's time once again for the Stoptober campaign, when people across the country are encouraged to give up smoking for the month of October. The evidence shows that if someone can give up smoking for 28 days they are five times more likely to give up for good.



Hypnotherapy may help clients achieve behavioural change to stop smoking, and CNHC is encouraging the public to check our register if they plan to use hypnotherapy to support them during the campaign.

You can find out more about the campaign here: [Stoptober - Public Health England](#). The support offered, apart from the email option, is available to anyone across the UK. Those signing up for email support outside of England will be directed to their local stop smoking service.

## Introducing our new Communications Manager

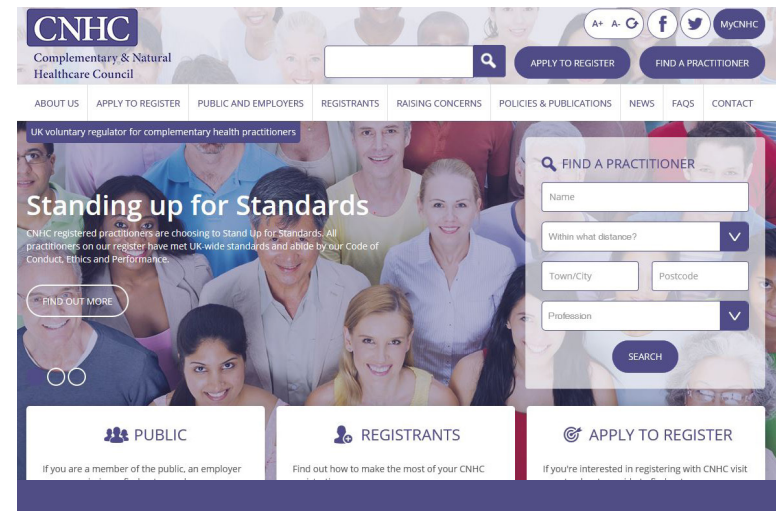


Terri Barker

[Terri.Barker@cnhc.org.uk](mailto:Terri.Barker@cnhc.org.uk)

Terri Barker has joined CNHC as the new lead for our communication efforts. Terri is a former BBC journalist and most recently has worked as a communications advisor for Unilever and Transport for London. If you'd like to get in touch or have ideas you would like to share, you can contact her on

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



... and don't forget to bookmark our page too: [www.cnhc.org.uk](http://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 [My CNHC](#) - far more easily from all your devices.

## New LinkedIn page

CNHC has a new presence on professional networking site LinkedIn. If you want to connect with other registrants and professional colleagues, or if you simply want to follow CNHC, you can find us [here](#).

## 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!



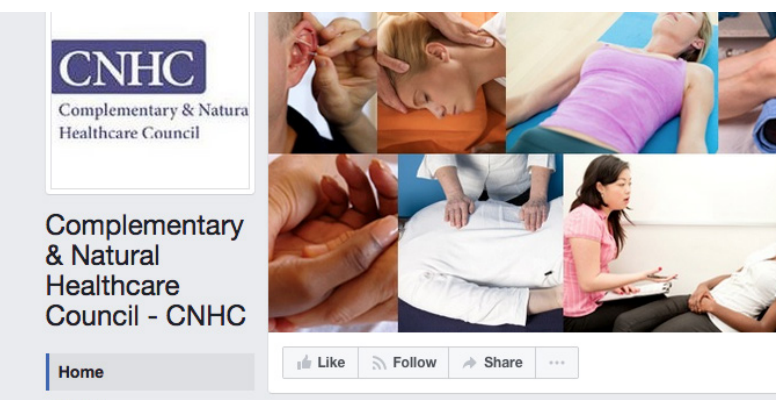
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## Contact CNHC:

Email [info@cnhc.org.uk](mailto:info@cnhc.org.uk)  
or call on 020 3668 0406

To view CNHC's website, [click here](#).

## CNHC Chair Michael Watson



Michael Watson

*"It's been a busy month at CNHC as I'm sure it has been for you, with many of us returning from summer breaks, sending children back to school and for some, embarking on new training, education or professional courses."*

*I'm delighted to announce that we have appointed two new members to our Board here at CNHC. Sarah Grant is a registered nurse and is the Patient Information and Health and Wellbeing Manager for the Sir Robert Ogden Macmillan Centre in Harrogate; she joins us as a lay member of the Board. And Bea Teuten is a solicitor with an impressive background in healthcare regulation and also a yoga therapist, who joins us as a registrant member.*

*We've also boosted our communications with some new features on our website and social media presence. There's a new blog page, which is designed to promote your own articles and photographs about the work you're doing – so if you have a story you'd like to share please do get in touch. And if you're on LinkedIn you can enhance your professional profile by following or linking to the new CNHC page.*

*I am always really pleased to hear about the brilliant work our Registrants get involved with – this month we hear the story of Jacqui Beddoes, who is not only a carer for her daughter, but is also one of two registrants in the Vale of Glamorgan who are commissioned by the local council to provide much-needed treatments to people looking after family members full time.*

*Jacqui's story shows how much of a difference you, as registered healthcare practitioners, can make to patients and staff by ensuring that the public has access to complementary healthcare delivered by professional, qualified and insured practitioners.*

*One more thing to keep in mind for this month: our next round of elections for Profession Specific Board (PSB) members has begun and will wrap up by early November. If you are registered for Microsystems Acupuncture, Naturopathy or Sports Therapy then this is your chance to join us and have direct involvement in CNHC's work.*

*As autumn moves up a gear I wish you a successful month and I look forward to hearing more news and stories about how you are making a difference for your patients and clients."*

## CNHC appoints new Board members

Sarah Grant qualified as a registered nurse in 1996 and throughout her career has specialised in cancer care, working as a Macmillan clinical nurse specialist in palliative care for 12 years at a large teaching hospital.



Sarah Grant

Following completion of her masters at Warwick University, she relocated from the Midlands to North Yorkshire in 2012. She is currently the patient information and health and wellbeing manager at the Sir Robert Ogden Macmillan Centre part of Harrogate District Hospital. She is responsible for service development, improvement and management of a range of health and wellbeing services for people affected by cancer in the Harrogate and Rural District, including a complementary therapy service. Sarah is passionate about governance, professional regulatory standards, education and the integration of complementary therapy across all healthcare settings.



Bea Teuten

Bea Teuten has been involved in healthcare throughout her career, working to ensure that patients and the public are protected and that clinical staff are clear about the legal and ethical parameters within which they work.

Bea was a council member at the Nursing and Midwifery Council and has worked as a healthcare solicitor, mediator and advocate. She also founded and chaired a medical charity and sits on the ethics committee of the Royal College of Paediatrics and Child Health. As a yoga therapist and long-term user of many complementary disciplines Bea is passionate about their role in healthcare.

## CNHC registrants Caring for the carers:

### Vale of Glamorgan Council funds CNHC registered practitioners



Jacqui Beddoes

CNHC registered practitioner Jacqui Beddoes is one of two CNHC registrants who provide complementary therapies to carers in the Vale of Glamorgan, South Wales.

It's a valuable service which the council has offered for several years, one which Jacqui came to while caring for a family member herself. After she was referred for treatments, she took the initiative and applied to the council's Carers Development Officer to become one of their providers – especially as she had already been offering a discount to carers and had even been providing some free treatments to a group of carers once a month.

All carers are entitled to be assessed by their local council. It looks at what help may be needed by the carer when they are providing care, as well as exploring how the role's responsibilities affect the carer's life, health and overall well-being.

In the Vale of Glamorgan if stress is highlighted as part of this assessment, carers are offered four treatments of either massage or reflexology. These treatments are paid for by the council which requires the practitioners to be CNHC registered.

Jacqui commented. *"Not all councils offer complementary therapies as part of these assessment so I'm really pleased that the Vale of Glamorgan provides this service in South Wales. Some carers have never tried therapies before and thoroughly enjoy this time away from their caring role. Quite a few have now continued treatments on a regular basis as they have realised how much it benefits them."*

As a carer herself Jacqui has some insight into the challenges: *"I care for my 27-year-old daughter who has Myelin Sheath Delay, which has caused delayed development and severe learning disabilities. I understand the impact it can have on life. Stress and anxiety are a major one. Juggling day-to-day life, worrying about health, finances and the future, among other things, can all take its toll."*

Although the referrals are not regular, Jacqui receives around five over a six-month period, sometimes more. Jacqui enjoys this work as part of her overall practice: *"I love meeting the different people and hearing their stories. Seeing the change in some people after a treatment is like a weight has been lifted for that time. Also for some, particularly older carers, they like to have someone to talk to as well."*

If you are CNHC registered and you have a story to tell about your work please contact us at [info@cnhc.org.uk](mailto:info@cnhc.org.uk)

## PSB elections – next round begins

The election process for the Profession Specific Boards (PSB) for Microsystems Acupuncture, Naturopathy and Sports Therapy Profession Specific Boards began this week and will conclude in early November.

PSB members are elected by registrants to give CNHC registered practitioners a direct say in who will act as advisers to our board. Any registrant from Microsystems Acupuncture, Naturopathy or Sports Therapy may stand for election, including those who are currently members of the PSB.

**To be eligible to vote, practitioners must be registered for the relevant discipline no later than midnight on Monday 23 October 2017.**

### Timetable:

- **Monday 2 October 2017:** emails sent to CNHC registered practitioners of each discipline inviting them to stand for election
- **Monday 23 October 2017:** election statements submitted by 5 pm
- **Tuesday 24 October 2017:** election statements published in the 'CNHC Resources' section of MyCNHC. All registered Microsystems Acupuncturists, Naturopaths and Sports Therapists will be invited to vote electronically
- **Tuesday 7 November 2017:** voting closes at midnight
- **Wednesday 8 November 2017:** successful candidates notified and results published.

You can see full details of these PSB elections here: [CNHC PSB election October - November 2017](#)