



Blog post on GLP-1 medications

In our latest blog post, Caroline Gilmartin, a CNHC-registered Naturopath who is the principal and owner of the Natural Healthcare College UK and Interim Chair of the Naturopathic Nutrition Association (NNA) gives a nutritional perspective on the benefits, risks and practical support for those taking GLP-1 medications.

[Read the blog post](#)



CNHC workshop at IPM 26

CNHC's workshop at IPM 26 'Setting standards: The regulation of complementary healthcare in the UK' takes place on Thursday 18 June at 10.30am.

The workshop is an opportunity to find out more about the system of voluntary regulation of complementary healthcare practitioners in the UK and why setting standards is crucial to the integration of complementary therapies into mainstream healthcare.

[Find out more](#)



Welcome to our new Board Members

CNHC is pleased to welcome two new registrant members of our Board who both joined in February. **Laura Shipp** is a CNHC-registered Naturopath, Kinesiologist, and Hypnotherapist. **Amanda McAuley** previously served on the CNHC Profession Specific Board (PSB) for Reflexology and is also a CNHC-registered Reiki practitioner.

You can read their biographies in the Board Member section of our website.

[Read Board Member biographies](#)



News from our Verifying Organisations (VOs)

Get up-to-date with the latest news from CNHC's [Verifying Organisation](#) (VOs) – the professional associations who are our valued partners and verify applications to register with CNHC.

CHP's Annual Conference

CNHC were pleased to exhibit at Complementary Health Professionals (CHP) Annual Conference which took place on 21 March. It was an informative and packed schedule. Howard Evans gave a talk about his work in Craniosacral Biodynamics, particularly in relation to his experience of working with patients in hospital and hospice care. Sarah Matheson, an Occupational Therapist and Case Manager spoke about the use of complementary therapies in complex injury care. Meghan Mari, Director of the Jing Institute of Advanced Massage Training, spoke on how advanced clinical and relaxation massage therapists can work alongside physiotherapists, chiropractors, and osteopaths to create a more integrated approach to client care. CHP Director Julie Quinn who is also the Head of Client Services at the Mulberry Centre, an information and support service for anyone affected by cancer, talked about the use of complementary therapies in palliative and cancer care.

The day also included the CHP annual awards ceremony. CNHC would particularly like to congratulate CNHC-registrants Meredith Earl who won Student Practitioner of the Year and Jamie Lloyd who won Practitioner of the Year. You can find out more [here](#).

Kinesiology Federation's One Day Conference

The Kinesiology Federation's Annual One Day Conference takes place on 14 May 2026 in Northampton. Find out more [here](#).

NNA Annual Conference

The Naturopathic Nutrition Association (NNA) annual conference - Naturopathic Strategies for the GLP-1 Era: Nutrition, Lifestyle and Beyond takes place on 25 April 2026 in Billingsgate, London. Find out more [here](#).

UK Reiki Federation at the Mind, Body Spirit Festival

The UK Reiki Federation will be exhibiting at the [Mind, Body, Spirit Festival](#) on 22 to 25 May 2026 in Olympia, London.



Professional Standards Authority publishes new Standards to strengthen public protection

The Professional Standards Authority for Health and Social Care (PSA) has published its updated Standards for Accredited Registers.

The revised Standards reflect extensive engagement and consultation, and set out the expectations the PSA will use when assessing how registers protect patients and the public and maintain confidence in the occupations they register.

The updated framework introduces clearer and more accessible expectations, with a strengthened focus on governance, safeguarding, risk-based decision-making and professional suitability. For the first time, the PSA has also introduced a single set of Standards covering both professional regulators and Accredited Registers, bringing greater consistency across its oversight and accreditation work.

The new Standards will underpin the PSA's future performance reviews of Accredited Registers.

[Find out more](#)



Volunteering opportunities for CNHC registrants

- **Olive Tree Cancer** support in Crawley, West Sussex, are looking for volunteer massage therapists. Find out more [here](#).
- **Heart of Kent Hospice** based in Aylesford, Kent are looking to recruit a volunteer complementary therapist practising massage therapy and/or reflexology. Find out more [here](#).
- **Leeds Teaching Hospitals NHS Trust** is currently recruiting volunteer Complementary Therapists at the new The Rob Burrow Centre for Motor Neurone Disease (MND) at Seacroft Hospital. Find out more [here](#).

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