



## Thinking of registering with CNHC?

If you are thinking of training and want to register with CNHC, make sure the training you select meets our standards.

In order to be eligible to register, practitioners need to have completed training which meets, as a minimum, the National Occupational Standards and Core Curriculum for the relevant discipline(s).

CNHC holds details of courses which meet these standards for the majority of disciplines on our register. For details of qualifications accepted by CNHC plus all criteria for entry to the CNHC Register, visit our website under: [How to Register / Criteria for Entry to CNHC Register](#).

## Fee increase

With effect from Monday 2 October 2017 the CNHC registration fee will be £68. Anyone completing their online registration with CNHC up to midnight on Sunday 1 October 2017 will be able to register at the current rate of £65. The fee for registration of additional disciplines will remain unchanged at £10 per discipline (to a maximum of four, after which it is free).

The renewal fee will also be £68 from 2 October 2017. Anyone completing their online renewal of registration up to midnight on Sunday 1 October 2017 will be able to renew at the current rate of £65. The fee for renewal of additional disciplines will remain unchanged at £5 per discipline (to a maximum of four, after which it is free).

For further details about CNHC's registration and renewal fees visit: [CNHC fee schedule](#)

## CNHC registered? Keep up to date with links on CNHC's Code

We have updated a number of url links in CNHC's Code of Conduct, Ethics and Performance. You can see the details here: [Updates to CNHC Code of Conduct, Ethics and Performance - July 2017](#)

All CNHC registrants agree to abide by CNHC's Code. You can see the full Code and further details on our website under 'Policies and Publications' here: [CNHC Code of Conduct, Ethics and Performance](#)

## Accredited Registers' Information Sharing Protocol

CNHC is the holder of an Accredited Register, approved by the Professional Standards Authority (PSA). Thirteen of PSA's 23 Accredited Registers have recently agreed that they will share information with each other if one of their registrants is removed from their register as a result of disciplinary proceedings. You can see the full document here: [Accredited Registers' Information Sharing Protocol](#)

## Remember to have a look at CNHC's new website!



The new website is mobile and device-friendly so you will be able to find useful information and login to [My CNHC](#) far more easily from your mobile, tablet, PC and other devices.

You can see the site at [www.cnhc.org.uk](http://www.cnhc.org.uk)

## Job and volunteer roles

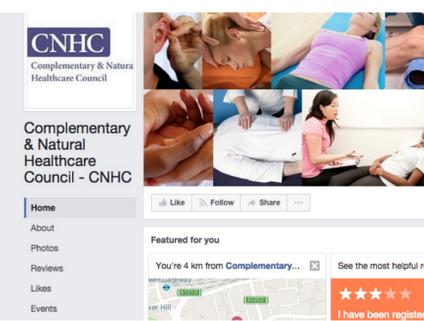
Make sure you check our Facebook page, Twitter feed and website for news updates plus details of job and volunteer roles for CNHC registered practitioners.

## 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

 Follow us @CNHC\_UK



## 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](#).



Michael Watson

## CNHC Chair Michael Watson

*"I know that our registrants work hard, not only to build a practice but also to raise awareness of what they do. Clients gain the benefit and show this by coming back for more."*

*What's harder is gaining wider recognition of complementary healthcare so I'm really pleased to see in this issue an example of the hard work put in by one of our registrants to bring complementary health into the wider health and care sector. The fact that group yoga is now recommended in the NICE guideline for low back pain and sciatica is in part due to the hard work put in by CNHC Registered Yoga Therapist Alison Trehwela and colleagues. Alison worked with others to develop a Yoga for Healthy Backs Programme and to design a Randomised Controlled Trial (RCT) to gather the evidence for it.*

*This is no mean feat - it takes dedication and commitment so I really acknowledge Alison and all of those involved.*

*In amongst the news items in this issue I'm pleased to see more opportunities for practitioners to enter or nominate others for two awards - the 2018 GSK Award and the Skills for Health's 'Our Health Heroes Award 2017'. You can see details of both below.*

*As we continue with the holiday season, I wish you well and look forward to hearing of more successes and progress in the months to come."*

## CNHC Registered Yoga Therapist leads the way on the benefits of yoga for healthy lower backs

With over 11 years' work as lead Yoga Consultant for University of York research and post-research projects, CNHC Registered Yoga Therapist Alison Trehwela, has seen real progress in the way that group Yoga Therapy is being accepted and offered within the NHS, to patients and staff.

In Autumn 2016, NICE Guidance on low back pain recommended group Yoga as a beneficial first step treatment. This was based partly on the evidence from a 313-participant randomised controlled trial for which Alison designed the holistic 'Yoga for Healthy Lower Backs' (YHLB) programme (1). A further research paper showed it would be cost-effective for the NHS and wider society (2).

Alison has continued to establish links with Clinical Commissioning Groups (CCGs), hospital departments and surgeries in Cornwall and Devon, to raise awareness amongst GPs and Commissioners of the availability of this specific evidence-based course.

Alison said: *"The Yoga for Healthy Backs 12-week Courses are now being offered to patients via GP surgeries in Cornwall and Kent, with partial funding and administrative support from the NHS. The course is also being offered to NHS staff to help them deal with back care and stress because attending the course has an impressive 70% reduction in time off work due to back pain."*



Alison Trehwela teaching a class

Alison and others are working hard to share this best practice implementation model throughout the UK, with the help of several national bodies interested in YHLB because of its unique strong evidence-base, NHS support and charity links.

Alison added: *"This is real progress and I am so pleased that our hard work to gather evidence has paid off. The NICE recognition has been a breakthrough for us and for the wider recognition of the value of yoga and yoga therapy for low back pain."*



Alison Trehwela and students

Alison is Medical School Yoga Specialist Tutor at the University of Exeter and Director of the Yoga for Healthy Lower Backs Institute with a register of 400+ teachers nationwide.

For details of the research studies mentioned above visit:  
1. H. Tilbrook et al 'Ann. Int. Med.' [www.ncbi.nlm.nih.gov/pubmed/22041945](http://www.ncbi.nlm.nih.gov/pubmed/22041945)  
2. LH Chuang et al 'Spine' Journal <http://annals.org/aim/article/1033130/yoga-chronic-low-back-pain-randomized-trial>

## NICE Conflict of Interest Policy consultation

The National Institute for Health and Care Excellence (NICE) has published a consultation document setting out its proposals for a revised conflict of interest policy. The draft document outlines the arrangements for members of advisory committees to declare interests and explains how NICE will handle conflicts of interest.

NICE is seeking comments on the proposed policy to ensure its committees' decisions are fair and unbiased.

The deadline for responses is 5.00pm on 18 September 2017.

For details and to respond visit: [NICE Conflict of Interest Consultation](#)

## Awards Update

### Skills for Health 'Our Health Heroes Awards 2017'

Skills for Health have announced their 'Our Health Heroes Awards 2017'. This is the second year the awards have been running. They have been designed to recognise the hard work of health care workers from any field of health, not just those working in the NHS, and can include support workers, apprentices, integrated teams or workforce planners.

Skills for Health will be searching for teams and individuals that go above and beyond the call of duty, and who are creative and innovative in their roles.

If you know someone that fits the bill, nominate them to get the recognition they deserve.

- The Award categories this year are:
- Operational Services Support Worker Award
  - Clinical Support Worker Award
  - Apprentice of the Year Award
  - Integrated Team of the Year Award
  - Workforce Planning Team Award.

Integrated Team of the Year may be of particular interest to those working in complementary health care.

Nomination deadline: close of play on Friday 15 September 2017.

You can find out more and nominate someone here: [Our Health Heroes Awards 2017](#)

### GSK IMPACT Awards

Applications are open for the 2018 GlaxoSmithKline (GSK) IMPACT Awards. These awards are designed to recognise and reward charities that are doing excellent work to improve people's health. They are funded by GlaxoSmithKline and managed in partnership with The King's Fund.

The awards are open to registered charities that are at least three years old, working in a health-related field in the UK, with a total annual income of £80,000 and £2.5 million. Up to 20 awards will be made, ranging from £3,000 up to £40,000.

Previous winners include charities which provide access to complementary healthcare such as Body and Soul, and Carers in Hertfordshire.

Application deadline: 5pm on Friday 22 September 2017

For further details and to apply visit:  
<https://www.kingsfund.org.uk/projects/gsk-impact-awards>