

PSB elections – next round begins

The election process for Microsystems Acupuncture, Naturopathy and Sports Therapy Profession Specific Boards (PSBs) will begin on Monday 2 October 2017.

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

The timetable is as follows:

- **Monday 2 October 2017:** an email will be sent to the CNHC registered practitioners of each discipline setting out the full details and inviting them to stand for election.
- **Monday 23 October 2017:** the deadline for receipt of election statements will be 5pm on this date.
- **Tuesday 24 October 2017:** election statements will be made available to the CNHC registered practitioners of each discipline in the 'CNHC Resources' section of MyCNHC. All CNHC registered Microsystems Acupuncturists, Naturopaths and Sports Therapists will be invited to vote electronically via SurveyMonkey.
- **Tuesday 7 November 2017:** closing date for voting will be midnight on this date.
- **Wednesday 8 November 2017:** successful candidates will be notified and results will be published.

Please read for deadlines:

- ***In order to stand for election practitioners must be registered for the relevant discipline no later than midnight on Sunday 1 October 2017.***
- ***In order to vote, practitioners must be registered for the relevant discipline no later than midnight on Monday 23 October 2017.***

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

HMRC launches new Small Business Online Forum

HMRC has launched its Small Business Online Forum for small businesses and the self-employed. The Forum provides links to HMRC's new dedicated webchat service and has been designed to provide useful hints and tips with:

- starting a business
- support for growing a business – including taking on employees and expanding
- completing tax returns
- tax credits

You can find out more here:

<https://online.hmrc.gov.uk/webchatprod/community/forums/list.page>

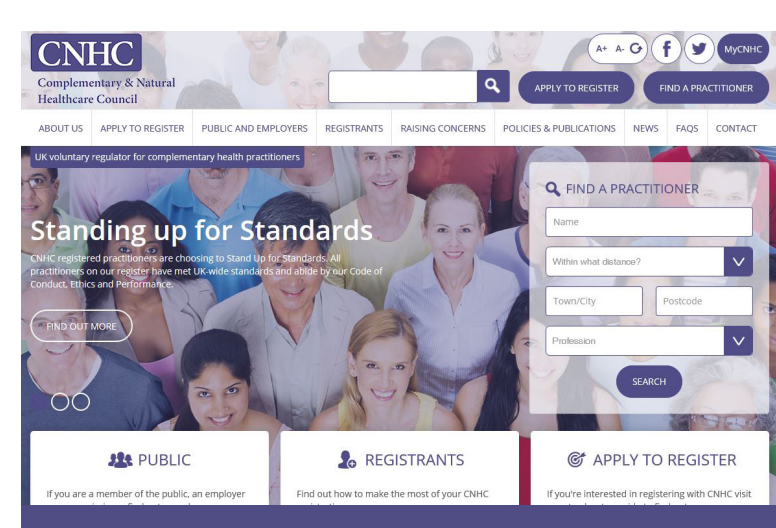
GSK Impact Awards

A reminder that 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. Application deadline: 5pm on Friday 22 September 2017

For further details and to apply visit:

<https://www.kingsfund.org.uk/projects/gsk-impact-awards>

Visit CNHC's website



The website is mobile and device-friendly so you will be able to login to [My CNHC](#) and find useful information easily from your mobile, tablet, PC and other devices. You can see the site at 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.

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Michael Watson

CNHC Chair Michael Watson

"I think it's fair to say that Autumn is now well and truly with us. I hope you enjoyed the summer and are refreshed and enthused with your work as a result!"

I am always really pleased to hear about the fascinating work our Registrants get involved with and this month I want to thank CNHC Registered Reflexologist Keith Moore for his account of working with patients in a psychiatric ward.

Keith's experiences once again show not only the difference that his work clearly made to both patients and staff, but also the ways in which his approach has led to new opportunities with his own private practice. If you have a story you'd like to share about your work please do get in touch with us.

If you are familiar with our newsletters you will know that at CNHC we work hard to influence decision-makers wherever we can. So I am really pleased to see that our work in collaboration with the Society of Teachers of the Alexander Technique, was successful in making the case for the continued inclusion of the Alexander Technique in NICE's guidelines for Parkinson's Disease. You can find out more below.

You can also find out how to get involved with NICE (the National Institute for Health and Care Excellence) below. NICE is looking for members of the public to join committees and to attend its Question Time and Board meetings so if you want to influence NICE then I encourage you to find out more here.

Finally, our next round of elections for Profession Specific Board (PSB) members begins in October. If you are registered for Microsystems Acupuncture, Naturopathy or Sports Therapy then this is your chance to have a direct involvement in CNHC's work and you can find out more here.

I wish you a successful month and look forward to hearing more success stories as we enter the final quarter of the year."

CNHC Registered Reflexologist's experience volunteering on psychiatric ward

CNHC Registered Reflexologist Keith Moore spent twelve months providing reflexology to patients in mental health services at a hospital in Hastings. Here he reflects on his experiences and offers guidance to others interested in working with specific client groups.

Keith had worked in mental health services previously and wanted to pursue this further. He initially contacted a psychologist at his local hospital to enquire about offering his reflexology services. They suggested he contact the Head of Occupational Therapy (OT) which he did and she was keen to take it up. Keith commented: *"I was really pleased when the Head of OT said yes to my offer of one afternoon a week for twelve months. We agreed that staff would keep a log of how patients responded, given that many patients were in states of high anxiety"*

The hospital wanted to see evidence of Keith's CNHC registration plus details of his qualifications and insurance. Keith also produced some information about reflexology and asked staff to make this available to patients on the ward. He said: *"I was keen that patients actively chose to come and see me rather than had reflexology referred, so they could feel empowered that they had taken that step."*

Keith also chatted to the mental health nurses and Occupational Therapists and got feedback over time. This was very positive and staff reported that patients who had received a session were much calmer both immediately afterwards and also during the night, which made a big difference to those who struggled to get much sleep.

A number of patients responded particularly well and staff were also very positive about the impact that sessions were having. Keith explains: *"Initially I saw a couple of people who had heard of reflexology or had received it before. The feedback was so positive that word spread, especially through the patient council which involved past patients who liaised with staff. More people began to come along – people who had never tried anything like reflexology before."*

It had been hoped that funding could be found to continue the service following the twelve months but unfortunately this was not possible and the service came to an end as Keith could no longer continue on a voluntary basis.



Keith Moore

Keith says now: *"It was an incredibly rewarding experience to be able to create a space for people to receive reflexology in this way. Now I've done it, I see lots of clients with mental health conditions. I haven't actually advertised that but somehow they find me."*

For others thinking of offering a service in a particular field Keith says: *"If volunteering is an option I suggest going to find a relevant organisation where you can offer your services. You will gain invaluable experience and will also become more confident when talking about and working with the relevant client group."*

NICE Update

Nice news on NICE guidelines for Parkinson's Disease

In October 2016 CNHC liaised with the Society of Teachers of the Alexander Technique (STAT) to co-ordinate our responses to the NICE consultation on its guidelines for Parkinson's Disease. The Alexander Technique had been included in the original guideline but NICE's draft guideline proposed removing the specific recommendation for Alexander lessons and instead mistakenly including mention of the Technique under the category of physiotherapy.

CNHC responded to the consultation, reinforcing points made by STAT, and also stating that the Alexander Technique has been recognised as a health profession by the Professional Standards Authority, along with all CNHC registered disciplines, as part of CNHC's Accredited Register.



Julia Woodman

The final guideline was published in late July 2017 and we are delighted to see that the advice on offering Alexander Technique lessons as an option has been reinstated.

Julia Woodman, Chair of STAT's Research Group contacted us to say: *"On behalf of STAT, I just wanted to thank you again for the detailed submission you made to NICE in relation to the Parkinson's guidelines update. The great news is that NICE has accepted most of the points that both CNHC and STAT raised."*

The updated guidelines contain the following statement in the section called 'Non-pharmacological management of motor and non-motor symptoms':

1.7.4 Consider the Alexander Technique for people with Parkinson's disease who are experiencing balance or motor function problems.

The link to new guidelines is: www.nice.org.uk/guidance/ng71

You can read CNHC's response to this and other consultations on our website here:

<https://www.cnhc.org.uk/other-publications-and-consultation-responses>

NICE Question Time and Board meeting – Birmingham 20 September 2017

NICE welcomes the public to NICE Question Times ahead of its Board meetings. The Question Times are a unique event which give the public the opportunity to put questions directly to NICE's Chair, Chief Executive and other NICE senior staff.

The next NICE Question Time and Board are being held on Wednesday 20 September 2017 in Birmingham. NICE Question Time begins at 12.30pm (with lunch provided from 12 noon). The Board meeting begins at 1.30pm.

You can find out more and register here:

[NICE public board meeting and question time - Birmingham](#)

Join a NICE committee

NICE is seeking members for a wide range of committees and working groups. These groups are made up of health, social care and other professionals and practitioners, patients, service users, carers and members of the public, and technical experts.

If you are interested in joining a committee you can find out more and apply here:

[Join a NICE Committee](#)

NICE Conflict of Interest Policy consultation

A reminder that 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.

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.

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