

Happy New Year

IMPORTANT NOTICE – NICE proposes removing complementary therapies from NICE guideline

NICE is currently reviewing its guideline for 'Improving supportive and palliative care in adults'.

The draft scope proposes removing complementary therapies from the NICE guideline (at line 109 of the draft scope).

Given the contribution that complementary therapies make to improving the wellbeing of people using these services, this represents a retrograde step. CNHC will be responding to challenge this proposal.

If you work for an organisation in supportive and palliative care, make sure the organisation registers as a stakeholder with NICE in order to respond to the consultation. The consultation closes on 29 January 2016 at 5.00pm.

Consultation details are here: <http://www.nice.org.uk/guidance/indevelopment/gid-cgwave0799/consultation/html-content>

NICE seeks committee members

NICE is also looking for lay and professional committee members to consider the guideline.

If you are a service user, family member or carer of someone using supportive and palliative care, or a health professional with relevant experience, then you can apply to become a member of the committee here: <http://www.nice.org.uk/get-involved/join-a-committee>

Requirement for CNHC registration supports the Mulberry Centre's focus on quality

The Mulberry Centre in Twickenham is a registered charity whose mission is to provide support and information for anyone affected by cancer. It opened its doors in 2001 and since then has been offering practical ways of enhancing physical, psychological and emotional wellbeing. Services include complementary and relaxation therapies, ongoing one to one support on a drop-in basis, counselling sessions and support groups, plus a wide range of workshops.

Chief Executive Emma Cartwright said: *"The combination of information, support, self-management and relaxation helps people feel in control. It helps them to make the right decisions to manage both the physical and mental trauma of a cancer diagnosis, treatment and recovery."*

She added: *"We choose to have CNHC registration for our volunteers as it covers a range of complementary therapies that we offer clients and ensures therapists meet national standards, follow best practice procedure and are accountable to the Council if anything goes wrong. In the same way, The Mulberry Centre is justly proud of the award of the Macmillan Quality Environment Mark (MQEM) as a centre of excellence in cancer support."*

The Centre currently has 30 therapists who are registered with CNHC with two practitioners working towards registration. Each month CNHC registered therapists deliver over 90 separate treatments and classes for over 60 individual clients.

Here you can see CNHC registrants Angie Forero (left), Senior Therapist Jo Grinbergs (centre) and Gurpreet Keila (right) at the Centre.



Angie Forero, Jo Grinbergs, Gurpreet Keila

CNHC at the London Health Show 20 – 21 January 2016

Come and meet the CNHC team at the London Health Show on 20 – 21 January 2016. CNHC will be exhibiting at the show as well as running a workshop about advertising on Wednesday 20 January. CNHC's Chief Executive & Registrar Margaret Coats will also be taking part in a panel discussion alongside other key representatives from the complementary healthcare sector on Thursday 21 January 2016.

The event is free to attend and you may register for a free visitor pass here: [London Health Show registration](http://www.londonhealthshow.com/registration)

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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Email info@cnhc.org.uk
or call on 020 3668 0406

To view CNHC's website, [click here](http://www.cnhc.org.uk).

Michael Watson begins the year as CNHC's new Chair

As highlighted in our [September 2015 CNHC newsupdate](#) Michael Watson took over the role of CNHC Chair on 1 January 2016. Sheila Inglis, who has been Acting Chair, reverts to her role of Vice Chair.



Michael Watson

Here Michael sets out his vision for the coming year:

"First, I want to wish a Happy New Year to all of our registrants and to the many others who I know read the newsletter. I am really looking forward to taking CNHC's work forwards with the team in the coming months."

"My belief is that if you have signed up to CNHC you have a competitive advantage over those who haven't and I want to do all I can to support you with making the most of this. I've outlined four areas I think are key over the coming year:"

- **Supporting the wellbeing agenda:** *At a time when people are living longer, with multiple conditions that are not going to be cured, we have to find ways to support people to manage their wellbeing over the long term. I believe that complementary therapies have a key role to play in this.*
- **Providing patient choice:** *An integrated approach where patients have access to a range of healthcare professionals – including complementary therapists – must be developed.*
- **Practitioners demonstrating standards:** *If we want the first two to happen, practitioners need to show they are committed to UK-wide standards. That's where CNHC comes in and to those who would say 'why register?' I would say 'why would you not register?'*
- **Doing good research.** *We need a strong evidence-base for our sector that shows what complementary healthcare can achieve. CNHC is not in a position to address all of this but I do want us to support this where we can and I'm pleased to see some guidance on the MYCAW tool in this newsletter.*

So, overall, my vision is for the disciplines we register to become far more widely available as part of mainstream healthcare. By registering with CNHC you are showing that you are a professional who is committed to standards and that you want to be part of this picture. I look forward to sharing the journey with you."

CNHC registrant Chairs charity providing support and therapies to mental health service users

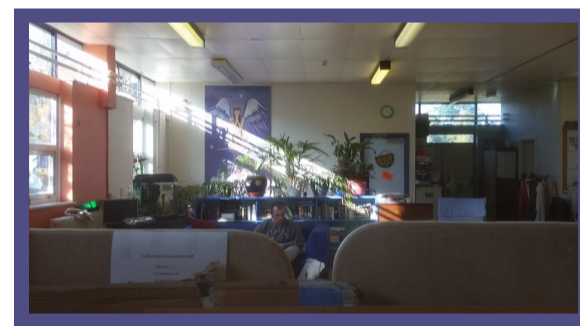
Barbara Heron is a CNHC registered massage therapist. She is also the Chair of Trustees of the Creative Living Centre, an independent charity which provides holistic support to adults in Greater Manchester experiencing mental or emotional distress.

The Centre was set up in 1997 with the full involvement of service users (known as members) and was designed to support people through its Five Area Programme focusing on:

- Mental and Emotional Wellbeing
- Physical Wellbeing
- Confidence and Communication Skills
- Finance and Budgeting
- Participation Skills

The Programme involves a range of therapies and self-help approaches that include complementary therapies, counselling, and opportunities to take part in group classes and activities. Barbara provides massage therapy, aromatherapy, group sessions using hand massage, and Movement for Wellbeing classes.

Barbara said: *"Members link with the centre through direct referrals from GPs, Community Psychiatric Nurses and social workers as well as some appreciative consultants in local hospital mental health wards. They can also self-refer and many have been told about us from friends and family. Well over 1000 people have used the Centre and we currently work with around 150 people each week."*



The Creative Living Centre

The Centre is funded by the local Clinical Commissioning Group (CCG) and a number of other organisations and charitable trusts. The impact of the services is evaluated using the Measure Yourself Concerns and Wellbeing (MYCAW) tool (see below), plus information about attendance and the Five Area Programme outcomes. This information is provided for the CCG at regular intervals.

Barbara commented: *"The CCG acknowledges that we offer support to many of their patients who would otherwise require medical and/or emergency intervention. We work with people expressing suicidal thoughts linked to a range of emotional, practical and relationship crises. We offer an ongoing link rather than the more time limited interventions available within statutory services, and this is appreciated locally."*

As well as direct support to individuals the Centre has been involved in local strategic developments and consultations such as Bury's Mental Health Strategy, the local Health Watch board and Manchester CCG's review of mental health services.



Barbara Heron

Barbara added: *"We have also worked to educate the wider community around mental health issues and the Centre's approach through provision of student placements for local colleges and universities, partnership with the Challenge Network's projects for young people and links to our local High School."*

Of her involvement Barbara said: *"I am constantly impressed by the effectiveness of our holistic approach and the positive outcomes for our members. The emphasis on appropriate CPD led by the CNHC continues to enhance my work and we encourage all our therapists to become CNHC registered."*

The MYCAW evaluation tool

There is much debate about the evidence-base for complementary therapies and the challenges of gathering that evidence. However, there are some fairly simple evaluation tools you can use to demonstrate the impact of your work.

One is the MYCAW (Measure Yourself Concerns and Wellbeing) tool. MYCAW is a simple questionnaire for clients and patients to complete and has been designed to evaluate complementary therapies in cancer support care. It may be useful in other settings as well, and as you can see it is being used by the Creative Living Centre in Manchester.

MYCAW has been adapted from an earlier questionnaire called MYMOP, which you may have heard of and which we covered in our [January 2014 CNHC newsupdate](#). MYMOP has certain strengths but also some weaknesses and so MYCAW has been developed by a multi-disciplinary research group to provide a questionnaire that captures the client's experiences of any changes to their 'concerns or problems', rather than 'symptoms'.

You can find out more about MYCAW and how to use it in your practice at the University of Bristol's Centre for Academic Primary Care here: <http://www.bris.ac.uk/primaryhealthcare/resources/mymop/sisters/>

Advertising update in January edition

In line with the statutory regulators, and following discussions with the Professional Standards Authority, the CNHC Board has agreed that CNHC will no longer accept complaints that are about breaches of the Committee of Advertising Practice (CAP) Code. All complaints about breaches of the CAP Code will now be directed to the Advertising Standards Authority. CNHC will continue to take account of any adverse findings about registrants by the Advertising Standards Authority.

CNHC registrants must continue to comply with advertising regulations and sections C4 and C5 of the CNHC Code of Conduct, Ethics and Performance.

For details of CNHC's Code of Conduct, Ethics and Performance visit: [CNHC Code of Conduct, Ethics and Performance](#) which you can find on our website under 'Publications'.

For details about the Advertising Codes, which all advertisers must meet, visit: <https://www.cap.org.uk/Advertising-Codes.aspx>

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