



Chair's welcome

Welcome to our May news update.

I hope you are all safe and well. The recent months have been extremely difficult for everyone, and I appreciate the impact it has had on our Registrants. For those of you who have been able to continue to practise, if you have not delivered therapies remotely before, you have had to rise to the challenge of rapidly adapting to new ways of working with your clients. We would value hearing from you about your experiences of doing this – more details of how you can share this with us can be found below.

The assurance that you are able to give to the public by being included on an Accredited Register is now more vital than ever before, and we will be working hard to get this message across. In this newsletter we have also included our Advice for Registrants on working remotely and further guidance on complying with advertising codes which I hope you will find helpful.

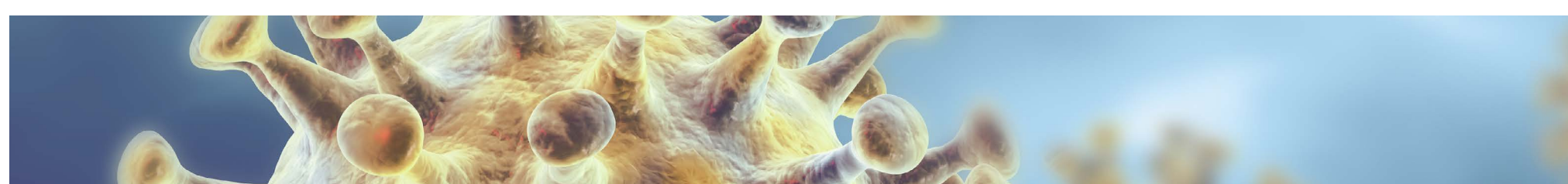
For those of you who have been unable to continue practising, we would urge you to check information we have put together to support you during this time, if you haven't already done so. It can all be found [here](#).

UK and devolved governments' strategies to ease restrictions in a staged way have now been published (more information can be found below). I appreciate how frustrating the uncertainty must be for you and how keen you are to go back to making such an important contribution to supporting the public's health and wellbeing. CNHC exists to protect the public and we can only advise a return to practising face to face in accordance with the requirements of governments across the UK and public health guidance on when and how it is safe to do so. At present there is no definite date for this. However, we are working on guidance for a safe return to practice that we will share with our Registrants shortly – so you can at least start to plan for this.

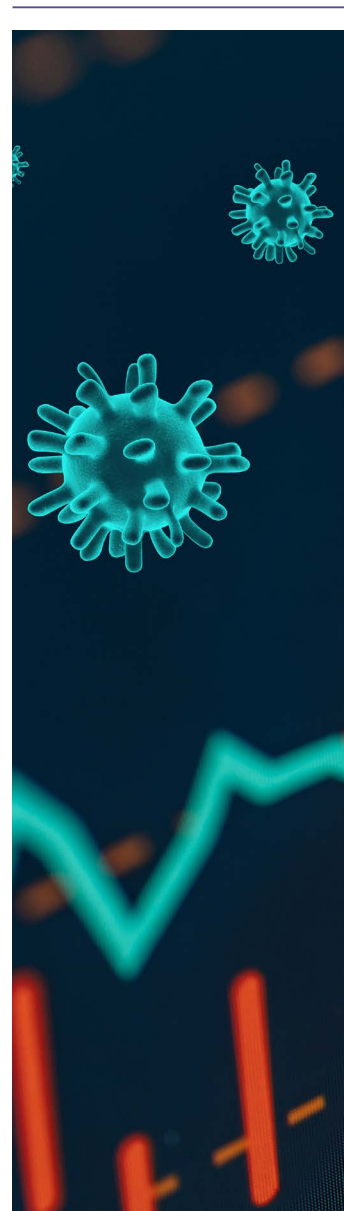
In the meantime, please don't hesitate to contact us with your questions and concerns by emailing info@cnhc.org.uk

Best wishes,

Michael Watson
CNHC Chair



Coronavirus (COVID-19) update



Covid-19: UK and devolved governments' strategies published

- On 11 May the UK Government published its COVID-19 recovery strategy for England, called [Our plan to rebuild](#).
- STOP PRESS:** In today's (21 May) press briefing The Rt Hon Matt Hancock, Secretary of State for Health and Social Care, stated the COVID Alert Level is still at Level 4, but the country is in a position to start moving to Level 3 – which is less dangerous.
- On 12 May, the Northern Ireland Executive published a five-step roadmap to end restrictions. The steps are not time bound to allow for flexibility. Their decision-making approach can be found [here](#).
- On 15 May the Welsh Government published its roadmap called [Unlocking our society and economy: continuing the conversation](#)
- The Scottish Government published its [Framework](#) today (21 May) for decision-making on changes to the coronavirus lockdown arrangements.

A key message in the UK and devolved government plans is that there can be no relaxing of all social distancing measures right now. CNHC's current guidance therefore remains in place – face to face consultations and 'hands-on' therapies for the disciplines we register cannot take place until further notice. Those of our Registrants who are able to, should continue to work remotely.

We will be monitoring further government announcements across the UK closely and will keep you informed. In the meantime, we are working on return to practice guidance for our Registrants to allow for preparations for practising face to face when this can finally go ahead.



Checking eligibility and making a claim on the Self-Employment Income Support Scheme

If you are self-employed or a member of a partnership and have been adversely affected by coronavirus you can now check if you can claim a grant through the Government's Self-Employment Income Support Scheme (SEISS) by using the [online eligibility checker](#). All you need is your Self-Assessment Unique Taxpayer Reference (UTR) number and your National Insurance number. If you are eligible, you will be told the date you can make a claim from. You can then go ahead and [make your claim for support online](#) from the date given. This helpful [video](#) explains the process of making a claim.



The Bounce Back Loan Scheme

The Government has announced a new [Bounce Back Loan Scheme \(BBLS\)](#) for small businesses in addition to the [Coronavirus Business Interruption Loan scheme](#). The new loan is smaller and has been designed to support smaller businesses, after many found they were declined the larger loans.

The BBLS provides access to loans ranging from £2,000 to £50,000. The Government guarantees 100% of the loan and the first 12 months are interest free. Loan terms are up to six years and there will be no repayments for the first 12 months.

Find out more and apply [here](#)



Share your experiences of working remotely with us

Whether you have had to adapt to working remotely due to coronavirus or have always practised that way – we would love to hear from you with your experiences. What were the challenges and how did you overcome them? What have been the positives? What tips and good practice would you give to other complementary therapists practising in your discipline or more widely?

It would be fantastic if you were able to write a short blog post about this. If you are interested, please contact Sharon Robinson, Communications Manager, at sharon.robinson@cnhc.org.uk
[Read our advice for Registrants on working remotely](#)



Advice on advertising during the coronavirus pandemic

This is a good time to make sure any marketing material you produce sticks to the rules laid out in both CNHC's Code and that of the Committee of Advertising Practice (CAP).

[Read our advice for Registrants](#)



Complementary therapists supporting NHS workers after COVID-19

A campaign has been set up to allow complementary therapists to donate a treatment to NHS staff once therapists are back working again. It's a fantastic way to give something back to NHS frontline workers using your skills and to show them that the complementary therapy industry cares.

Find out more [here](#)



Contribute to the NHS Capturing Clinical Change Challenge: Trauma & Orthopaedic and Musculo-skeletal Care

COVID-19 has changed healthcare delivery in the UK. New and innovative ways of working have been rapidly developed across the NHS. As they move into their next phase of the COVID-19 response, the NHS want to ensure beneficial changes are captured and locked in. They want to hear from, and collaborate with, patients and healthcare professionals across trauma and orthopaedics, rheumatology and musculoskeletal (primary, secondary and community) care.

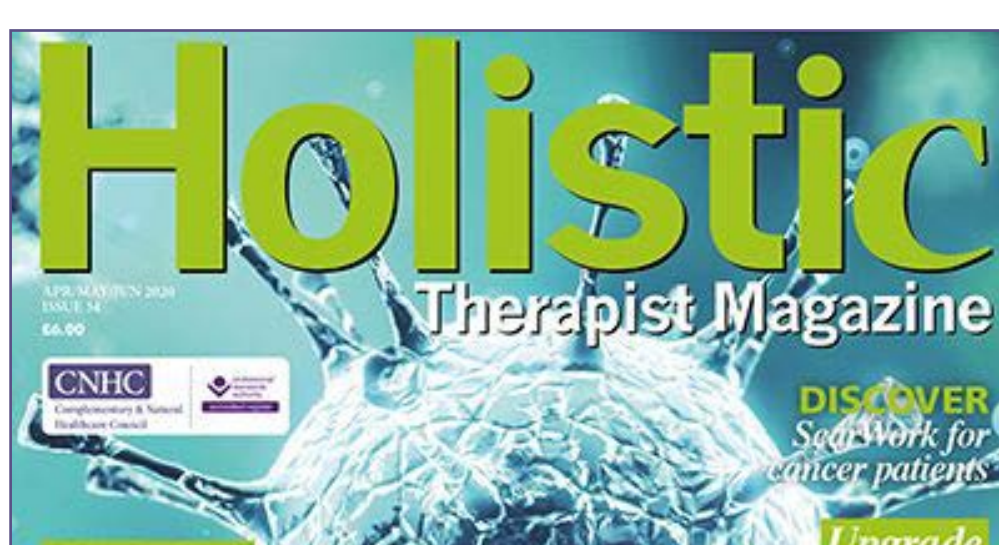
Find out more [here](#)



New dates for postponed events

- The 13th European Congress for Integrative Medicine: "Transforming Healthcare Together" will now take place on 26-28 February 2021. The deadline to submit abstracts has been extended to 28 August 2020. Successful submissions will be published in The European Journal of Integrative Medicine (EuJIM) online. [Visit the event website](#)
- The Integrative Health Convention 2020 was due to take place on 26-27 September 2020 at the Park Plaza Victoria in London. It has been postponed until October 2021. [Visit the event website](#)

Other News



Spring issue of Holistic Therapist Magazine

All CNHC registrants receive a free digital copy of Holistic Therapist Magazine.

Issue 34 for Apr/May/June 2020 is available to download from [MyCNHC](#). Simply login and click on 'CNHC Resources' and scroll down to 'Holistic Therapist Magazine' to download your free copy.

[Login to My CNHC](#)



National Walking Month

May is National Walking Month. Walking is good for the health at any time, and as we progress through lockdown, for many of us our daily walk is our main source of exercise. Even 20 minutes of walking can have positive health benefits.

During the pandemic it is still possible to walk and be safe by following the rules of social distancing. You can find out more and have access to a range of tips and activities [here](#) and specific guidance on walking during the coronavirus outbreak can be found [here](#).

Contact CNHC

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