

1 Introduction

Key events in July included meetings of the Board and the Finance Committee, as well as the first Joint Profession Specific Board (PSB) meeting, and the first meeting of the Yoga PSB. In addition, the Executive Chair and Chief Executive were involved in a variety of speaking engagements and meetings with other organisations.

2 Governance

2.1 Committee activity

The Finance Committee met on 7 July. The Finance Committee reviewed the management accounts to end May and agreed to spread its cash held on deposit across major 'high street' banking institutions or building societies to take advantage of the deposit guarantee scheme which covers savings and deposits of up to £50,000 if a bank fails. The Finance Committee also considered the revised financial standing orders and agreed a recommendation to the Board on the appointment of auditors.

The Board met on 23 July. In addition to a debate on the subject of openness and transparency (see 2.2 below), the Board agreed a new format for its risk register and a procedure for appointment of Board members, as well as approving the Finance Committee's recommendations for the appointment of auditors.

The Profession Specific Board (PSB) for Yoga met for the first time on 16 July to discuss the arrangements for opening up the register to yoga therapists. In addition the first Joint PSB meeting took place on 21 July. The meeting was attended by representatives from the Nutritional Therapy, Aromatherapy, Massage, Yoga and Shiatsu PSBs. The meeting mainly focused on an introduction to CNHC's conduct and competence procedures, although there was also some discussion about a consultation letter to be sent to PSB members about the work of the Professional Standards Committee.

2.2 Public accountability

The Board had a wide-ranging and positive debate on the subject of openness and transparency at its July meeting and agreed that there were a number of steps it would wish to take to increase positively its commitment to openness and transparency, even though we are not subject to the Freedom of Information legislation. These were as follows:

1. That Board meetings will be open to the public from the next meeting (details will be placed on the CNHC web site shortly). The Board agenda will be divided into an open and closed session. The norm will be for matters to be considered in the Open session but matters which are commercial in confidence; staffing and where individuals are named will be dealt with in Closed session.
2. That the Board's quarterly Open Session minutes will be placed on the web site, with regular reports on the achievement of the CNHC's Performance Indicators and quarterly Activities reports, which together give a substantial account of CNHC activity.

The Board also agreed to re-visit the issue of openness and transparency again in February 2010 to assess progress.

2.3 Professional accountability

- Meetings have been held with a wide range of professional groups and others, including the Australian Massage Association, Sports Therapy associations and WITNESS
- Presentations on the work of the CNHC were given at meetings of the National Association of Advanced Hypnotherapists and the Association of Reflexologists.
- The first of a set of meetings being scheduled with other regulatory bodies was held on 13 July with a meeting with the General Chiropractic Council.

3 Public relations

Mandate's report for June 2009 is attached at Annex 1 to this report.

4 CNHC's Register

As at end June 2009, the total number of registrants and those part of the way through the registration process was 932.

In July, CNHC commissioned some additional work on the register during August to improve its functionality and to meet changes in requirements. CNHC will also be reviewing the content and format of its website during August/September.

5 Staffing

The Board agreed at its July meeting to appoint an Administrative Assistant on a part-time basis (0.5 FTE) for a period of six months, at which time support requirements will be reviewed.

6 Financial position

The management accounts to end June 2009 are attached at Annex 2 to this report.

7 Conclusion

July saw the appointment of CNHC's auditors, and agreement was reached to increase the amount of information available on the work of the CNHC and its Board.


3 August 2009

PUBLIC RELATIONS REPORT

June 2009



Complementary & Natural
Healthcare Council

Prepared for:

Complementary & Natural Healthcare Council
83 Victoria Street
London
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By:

The logo for 'mandate', featuring the word in a bold, lowercase, sans-serif font. The letters are white and set against a dark, textured rectangular background.

June Activity

- Mandate drafted discipline background documents for Massage Therapy, Nutritional Therapy and Aromatherapy
- Opportunities for attending CAM Expo were explored
- Copies of the CNHC article in *Woman and Home* were sent over to CNHC
- Initial media tool kit was drafted
- It was also agreed that the CNHC board meeting would be hosted by Mandate on the 23rd July

Actions for July:

- Mandate to secure CAM Expo opportunities once CNHC has fed back
- Mandate to set up a briefing with a journalist regarding the visit from AAMT
- Changes to the media toolkit to be altered and sent to CNHC
- Reflexology press release to be drafted
- Mandate to draft milestone press release regarding 1,000 registrants

June 2009 Coverage

Woman and Home

May 2009

Consumer



YOUR HEALTH

Got a medical problem or need health advice?

Ask Dr Rosemary Leonard

Q I'm in my early forties and having trouble finding a contraceptive. I forget to take pills and I'm allergic to the patch. When I tried the coil I bled in-between periods and my partner hates using condoms. Help!

A If your family is complete, then one answer would be for you or your partner to be sterilised, but this can be too drastic for many couples. Another alternative is the new NuvaRing, which contains oestrogen and progestogen, the same hormones found in the standard combined pill. It's placed in the vagina for three weeks at a time, then removed for one week, when a withdrawal bleed occurs. The

exact position within the vagina is not critical so it's easy to use, and it's equally effective as the pill. It's suitable for all ages of women, right up to the menopause, who could otherwise take the pill. This means that as long as you don't smoke, don't have high blood pressure and are not very overweight, it's probably okay for you. It's available on prescription from GPs and from family planning clinics.



Seeking a complementary practitioner?

The new Complementary And Natural Healthcare Council has set up a register of practitioners who meet the standards of proficiency for their field. They must also hold professional indemnity insurance, have no criminal record and agree to abide by a code of conduct. Therapies include yoga, Alexander technique, reflexology, nutritional consultations, aromatherapy and more. (020) 3178 2195; cnhc.org.uk

WHAT'S THE ALTERNATIVE FOR... sore gums?

Propolis is a resin collected by bees from trees and plants. They then combine it with their own salivary secretions to seal up and coat the inside of their hive, to protect it from the outside environment. It has anti-bacterial, anti-inflammatory and anti-fungal properties, and research by the

University Of Strathclyde has shown that it can help to heal mouth ulcers and inflamed gums, and reduce sensitivity of the teeth. It can also be used to heal cold sores and aid wound healing, even for people infected with MRSA. *BeeVital Propolis Tooth And Gum Liquid*, £5.25 for 30ml, beevitalpropolis.com

NEW IN YOUR CHEMIST a cost-effective slimming pill

Alli tablets contain the active ingredient Orlistat, which can help weight loss when combined with a low-fat diet. Orlistat has been available on prescription under the name Xenical, but now a lower-dose formulation is available to buy directly from pharmacists. The capsules prevent fat absorption from food, but a very low-fat diet is essential. £32.95 for 42 capsules. Visit alli.co.uk for more information.

FROM YOUR DOCTOR Relief for hay fever sufferers

Avamys is a new combined treatment for both eye and nose symptoms of hay fever, which contains Fluticasone in a nasal spray. Unlike other eye treatments for hay fever, Avamys only needs to be used once a day and adverse side effects are unlikely.



Painkillers may not be the best solution to a headache

Q I was involved in a car crash a month ago and suffered concussion. An X-ray was clear, but I've been having awful headaches. Can concussion cause lasting harm?

A Concussion occurs when someone has a head injury that makes them lose consciousness. The brain moves inside the skull, but there are no signs of nerve damage afterwards. However, some areas of the brain may be bruised and this can lead to headaches. Some people also find it affects their concentration and may suffer from memory problems or mood swings. Most symptoms do disappear, but this can take up to six months. Your headaches may be due to tension in the neck and scalp muscles, so see your doctor and ask if a course of physiotherapy might help. **w&h**

woman&home A BRAND NEW ATTITUDE 121

Two nurses are heading a new regulatory body for complementary therapists
Lucy Gooding talks to them about their careers and responsibilities

Complementary care in check

When the heads of the new Complementary and Natural Healthcare Council (CNHC) were revealed to be nurses, some people might have thought they were making an unusual career move.

But Maggie Dunn and Maggy Wallace see their new roles as a natural progression in two diverse and extraordinary careers.

As chair of the CNHC, Ms Wallace brings vast experience in regulation, including many director roles. For example, she was director of education and registration, and then standards promotion at the UK Central Council for Nursing, Midwifery and Health Visiting (UKCC) – precursor of the Nursing and Midwifery Council – before chairing the Council of Organisations Registering Homeopaths.

Visible standards

Ms Wallace says her new role is mainly in strategy and policy development, as well as having contact with individual practitioners and influencing regulatory activity. 'The CNHC job is not a big departure from the work I did with the nursing and midwifery regulator because I am putting visible standards in place. The difference is that, for nurses and midwives, regulatory processes are long-standing while in the

complementary health sector they are in the early stages.'

She thinks nurses will not be surprised that nurses are leading such an organisation. 'Nurse education prepares you for anything,' she says. 'Nurses work in varied and interesting places. Nursing gives you the knowledge and skills to work in other areas to great effect.'

Ms Dunn, who is chief executive of the new regulator, agrees. 'A nurse's place is everywhere. Nursing prepares you to look at society and humanity in a holistic way.'

Ms Dunn's career has been in trade unions. She was head of fitness to practise at Unison, where she had responsibility for complementary healthcare. She also chaired the staff side of the then Nursing and Midwifery Staffs Negotiating Council, where she made the case for higher nurse pay. Her post as chief executive at CHNC is concerned with procedures to ensure only appropriate people can join the new register of complementary therapy practitioners.

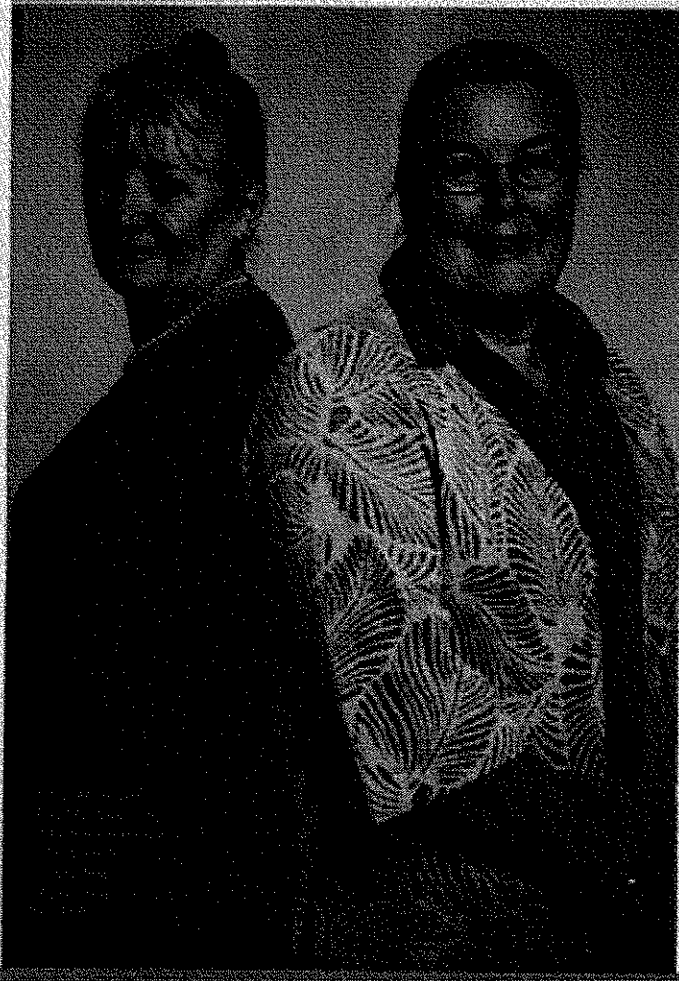
'We work closely with the professional therapy associations. If someone wants to join our register, they must demonstrate they meet national standards in their field, are of good character and have liability insurance.'

Legitimacy

Ms Dunn does not believe her nursing background adds credence to complementary therapies. 'Just because I am a nurse does not mean that people can take my word that these therapies work.'

'My role is to show that people delivering these therapies are safe to practise. My nursing background helps me to question if practitioners are fit to do that. The end result is that the patient should feel happier. It is not my job to say whether therapies work but to say that the people who deliver them are safe and competent' NS

Lucy Gooding is a freelance journalist





Management Accounts to end June 2009

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CNHC Summary
Income
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Balance sheet

Notes

Income - lower than Plan	-12,596	Application fees now being paid direct to PAs for verification.
Expenditure - Total under spend in the month	21,984	No costs for assessors since PAs are verifying applications. No costs for freelance support. Reduced costs for website/register and committee costs.
Net income/expenditure	9,388	Note: Quarterly budget review due in July which will aim to minimise above variances

Committees held during month:

PSC 2.6.09
CCC 23.6.09

Balance Sheet

Cash

6 month deposit matures 28.10.09	100,000
Current Account Balance	54,302

Accruals

Balance carried forward 1.1.09	3,621
Committee members unclaimed Fees and Travel	9,400

CNHC
Financial results
to end June 2009

	Current Month			Year to date		
	Plan	Results	Variance	Plan	Results	Variance
Income						
Application Fees	14596	1365	-13231	49448	11810	-37638
Registration Fees	0	605	605	1840	3705	1865
Renewal Fees	0	0	0	0		0
DOH	0	0	0	502796	502796	0
Interest	0	30	30	302	332	30
Subtotal	14596	2000	-12596	554386	518643	-35743
Expenditure						
Professional support / Activities	18583	8884	9699	148464	121828	26636
Office costs	20555	18066	2489	184667	179274	5393
Governance costs						
Board	5867	0	5867	87243	73236	14007
Functional committees	6359	2430	3929	11101	7298	3803
PSBs	0	0	0	2259	2259	0
Professional advisory panels						
Sub total	51364	29380	21984	433734	383895	49839
Net Income/ (expenditure)	36768	-27380	9388	120652	134748	14096