



Coronavirus update: Working safely in Scotland and Wales

Since the last update in our [July newsletter](#), the alert levels for Scotland and Wales have changed:

Scotland moved out of the levels system on 9 August 2021. You can read the First Minister's statement made on 3 August [here](#).

Some protective measures have stayed in place from 9 August such as the use of face coverings indoors and the collection of contact details as part of Test and Protect.

The Scottish Government have updated their Guidance for Close Contact services which can be found [here](#).

Wales moved to [Level 0](#) on 7 August. Face coverings remain a legal requirement indoors, with the exception of hospitality premises. The Welsh Government's guidance for working safely can be found [here](#).

Advice on measures that are likely to be reasonable to take to minimise the risk of coronavirus at close contact services premises can be found [here](#).

[Read our COVID-19 advice](#)

National Massage Day and Pro-Touch Awareness Month – become a Pro-Touch Ambassador

Now in its fourth year – and with last years' activities taken fully online – there are plans for a bigger and better (COVID-safe) campaign. National Massage Day and Pro-Touch Awareness Month still fall on the 1 October and throughout October respectively, but are part of a bigger, year-round Pro-Touch Movement.

Lizzie Badger, the campaign's founder, says:

"Our touch-starved world so needs it! With a new website launching this Summer, the movement is calling out for Pro-Touch Ambassadors who are passionate about touch therapy and the benefits of human connection. Whether you are an individual therapist, teacher, carer, a centre, charity or national organisation, you can get involved in a variety of ways. Help champion our wonderful wellbeing sector... and be a force for good at the same time. #businesskindness is the hashtag theme behind the whole campaign."

You can register your interest on the [Pro-Touch Movement](#) website and join the conversation on [Facebook](#).

[Find out more](#)



PRO-TOUCH
movement



The CNHC Quality Mark

Did you know that only CNHC Registrants can use our quality mark? It incorporates the Professional Standards Authority (PSA) accreditation mark to show that they conform to national standards of practice in their work. This in turn enables members of the public, and those who commission the services of complementary healthcare practitioners, to choose with confidence well qualified practitioners in their field.

If you are a Registrant it is important that you comply with the terms of use of the CNHC Quality Mark.

[Read the terms of use here](#)



Broadening diversity and inclusion in Personalised Nutrition and Lifestyle Medicine

CNHC Registrant and member of the British Association for Nutrition and Lifestyle Medicine (BANT) Julie Scott, together with Benjamin Richardson, BANT Volunteer & Networks Manager, look at how BANT are identifying and pursuing opportunities to help make their members' services available to an increasingly diverse client base.

[Read the article](#)



H.O.P.S.
Healing Opportunities
Provision Scheme

HOPS is a charity based in Sunderland which offers a wide range of healing opportunities, including holistic healthcare, information and support and self-care classes, both online and in person. Their aim is to help people to feel better and stay well, especially unpaid carers, older people, non-employed and socially isolated individuals.

They are looking to fill two posts, both of which require knowledge / expertise in complementary healthcare as well as experience in management / project management.

[Find out more](#)



Volunteering opportunities for CNHC Registrants at The Disability Foundation

The Disability Foundation (TDF) is a registered charity based in the grounds of the Royal National Orthopaedic Hospital (RNOH) in Stanmore.

TDF is seeking complementary therapists to provide appointments on-line or in person. This is an excellent opportunity to work with people with a wide range of health conditions and to be supported by a professional and supportive team.

[Find out more](#)

Contact CNHC

Email: info@cnhc.org.uk | Phone: 020 3327 2720 | Website: www.cnhc.org.uk

Address: CNHC, PO Box 428, Bristol, BS9 0FB

