



Happy Christmas from CNHC

CNHC's Board and staff team wish you a happy and restful Christmas break and all the best for 2026.

The CNHC office will be closed from 5pm on Tuesday 23 December 2025 and will reopen on Monday 5 January 2026.



Renewing your CNHC registration

Renewing your CNHC registration is a quick and easy online process. Once you have received your renewal reminder email, you just need to follow these simple steps:

1. Login to [MyCNHC](#) using the email address you registered with and your password. If you have forgotten your password, contact us at info@cnhc.org.uk
2. Select the 'Renew' option
3. Confirm the details requested
4. Pay the renewal fee of £75 online by debit/credit card.

[Find out more](#)



Save the date: IPM26

The 5th annual Integrative and Personalised Medicine Congress (IPM26) will take place on **18 - 20 June 2026** at the QEII Centre in London. The Congress incorporates five conferences over three days: Whole-person Health, Integrative Mental Health, Integrative Oncology, Food on Prescription and Advanced Practitioner.

We'll be sending CNHC registrants a discount code for booking a place and announcing details of our workshop early next year.

[Follow IPM on Instagram](#)



The fascia secret

Thanks to the [Craniosacral Therapy Association](#) (who act as one of CNHC's [Verifying Organisations](#)) for bringing this article about the fascia that appeared in *The Guardian* to our attention. The fascia is a connective tissue network that surrounds and supports muscles, organs, and other structures in the body and plays a significant role in many complementary therapies.

[Read the article](#)



Volunteering opportunities for CNHC registrants

Crisis are seeking Wellbeing Volunteers to deliver complementary therapies such as Aromatherapy, Craniosacral Therapy, Massage (including Indian Head Massage), Reflexology, Reiki, Shiatsu and Yoga Therapy to people experiencing homelessness over the Christmas period. Find out more [here](#).

Contact CNHC

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