



Complementary Health Professionals Annual Conference and Awards Ceremony 20th October 2018

We are delighted to be able to invite you to our third annual conference, which as last year is fully catered with a hot buffet by Janet Lee. This year's speakers will once again be covering a wide range of subjects, supporting your professional development and giving you new ideas to pursue in the coming year. You will receive 6 CPD points for attendance and the event is free to our premier members and current students. Everyone needs to book a ticket so we can cater for the right number of people. The tickets are £55 to anyone else who would like to attend.

9.30 Registration and refreshments

10.00 CHP Welcome and Do-In exercise for energy and invigoration!



10.10 Katie Ruane MCHP - Naturopath, Massage Therapist and Reflexologist - "What does having a good diet really mean"?

Naturopathy uses natural means of healing which have been validated through scientific research and aims to bring the body back into balance treating the cause of illness, not the symptoms. This provides the body with an opportunity to begin healing. As a Naturopath, Katie works holistically, taking into consideration biochemical interactions influenced by diet and medications, and musculoskeletal aspects of posture and breathing tailoring treatments for individual needs.

We are bombarded with information all the time about how we should be eating, but so much of it is conflicted. Fat will kill you, natural sugar alternatives are better for you, 5 a day will make you healthy, but how much of this is true? And more importantly, what research has guided these decisions to be made?

In Katie's talk she will go through what a good plate of food actually is – rather than what diet to follow, and some meal suggestions. Each person is unique, so no one diet fits all. She will also cover things that feature heavily in the press and food marketing – organic vs non-organic food, saturated fat and why it's essential to health, why sugar isn't, and how much water we should be drinking. She will also mention ways to help stabilise blood sugar levels which is why so many get an afternoon crash, and healthy snack alternatives. This overview should help you question your clients about what and how they eat and enable you to make suggestions that will help boost their health. Katie's website is www.harleystreetnaturopath.co.uk and you can follow her on Instagram: Harley_Street_Naturopath and on Facebook.

10.55 Coffee Break



11.15 Lorraine Windsor - Managing Director of The Social Matrix - "The Importance of Social Media to grow your therapy business"

Lorraine is managing director of The Social Matrix who provide a variety of social media services, including full social media account management for other companies. They also deliver a range of social media courses as well as courses in related areas such as cybersecurity. Lorraine is currently working with South East Enterprise in Woolwich, helping to deliver the e-business programme funded by the Royal Borough of Greenwich.

Lorraine Windsor has over 20 years' experience of working in the UK academic sector and IT Management. She previously worked at the University of Greenwich and Imperial College London. She has an MSc in IT Training from the University of Surrey. You can contact Lorraine at: lorraine@socialmatrixhub.co.uk Connect on LinkedIn at: [linkedin.com/in/lorrainewindsor](https://www.linkedin.com/in/lorrainewindsor) Follow on Twitter: [@socialmatrixhub](https://twitter.com/socialmatrixhub).

Lorraine will talk about the importance of social media and its potential for business owners to increase their online presence. This can lead to long term advocates for their business as they establish themselves as industry experts. She will talk about the best social media applications for complementary health practitioners and outline some best practice tips for those who want to use these valuable tools to improve awareness of their services.



12.10 Zanna Parkinson MCHP - A demonstration of Lomilomi Massage

Originating from the beautiful Islands of Hawai'i, Lomilomi Massage is a deeply relaxing and healing art form. Practitioners use hands and forearms to deliver long flowing strokes that vary in depth and intensity, whilst continually moving round the body to nurture and restore harmony and balance to the mind, body and spirit.

Zanna has been practicing Lomilomi Massage for 14 years, having originally learnt from Aunty, a Hawaiian elder on The Big Island. Since her time there Zanna has continued to be fascinated by Hawaiian culture, and in 2014 fulfilled one of her dreams by returning to Hawai'i, this time Molokai where she stayed with an elder and ohana while attending his course on Ola (Hawaiian health and Spirituality).

As well as having several qualifications in Lomilomi, Zanna is also qualified in other forms of massage including Sports Massage and Pregnancy Massage. She has been a full time therapist since 2007, and since gaining her PTTLS teaching qualification also runs CHP accredited Lomilomi Massage courses in London. See Zanna's website at www.HunaQuest.com for more details and the CHP events pages.

12.50 CHP Annual Awards Ceremony

Awards will be given for the three categories: Student Practitioner of the Year, Practitioner of the Year and Complementary Therapy Business of the Year.

13.00 Lunch Break - this event is fully catered

14.00 - Susan Findlay - BSc RGN MCHP CNHC Registered - "The Benefits of Massage in Cancer Care"



Susan came to remedial massage by way of a journey, which began with classical dance and gymnastics back in her home country of Canada that led her to retrain as a nurse. In 1992, Susan came to the UK and after briefly working for the NHS, she made the choice to be her own boss. Still in the health and fitness field, she worked with GPs and health centres, setting up different schemes for a range of clientele. Holding 20+ classes a week and running multiple health programmes, she discovered a love of teaching and enjoyed the rewards of helping clients to reach a goal. Sports and remedial massage helps to bring all her skills together. She gained her certification in 1996 and began teaching in colleges and lecturing across the UK two years later.

Although the director (and senior lecturer) of NLSSM, she has never given up the practical side of the profession and still runs a clinic in North London in order to keep inspired and up-to-date with her clinical skills.

Join Susan in a lively 45 minute discussion about Oncology Massage and the role it plays in a client's journey with cancer. Being a 'no no' is a thing of the past and with the right knowledge you can make a difference that can decrease a patient's pain, their medications and length of stay in the hospital. The list of benefits is long but the most important part is manual work is no longer considered a contraindication. It is time that the myths are dispelled and the efficacy is the norm.

You can view Susan's website at www.susanfindlay.co.uk. Her course "Oncology Massage" is CHP accredited and course dates are also available on the CHP events page. Susan also runs the oncology massage Facebook group.

14.45 - afternoon break



15.00 Helen Meyrick MCHP and owner of Dreamstone Holistics - "The Chinese Five Element Theory for Reiki and Crystal Therapy"

Helen's original career path originated in the world of software programming and IT and in 1996 she began her journey of self-discovery. This was the beginning of her interest in crystals and holistic healing. Her very first introduction to energy healing was a Crystal Massage weekend with Denise Wichello Brown and that became the launch pad for her desire to become a complementary therapist. Helen began with a course in Anatomy & Physiology, followed by a number of different crystal therapy courses. Alongside this she began her Reiki path, initially for personal reasons and achieved Reiki Master Teacher in

2005. Part-time work as a qualified tutor in FE followed for nearly 9 years culminating in voluntary redundancy, during which time Helen continued to develop as a therapist and further her knowledge. Helen began teaching Reiki in 2011 and joined ACHO as a crystal therapy school in 2014, teaching accredited courses. In 2016, Dreamstone Holistics also became a CHP accredited school.

Helen's talk will cover her interest in the Chinese 5 Element Theory and how this can be integrated into Reiki and Crystal Therapy.

Helen can be contacted via her website www.dreamstoneholistics.co.uk and you can also see her courses and course dates on the CHP events page.

16.00 Plenary and Chakra Balance Meditation with Helen Meyrick

16.30 End of conference

Please note that CPD certificates will be emailed out in the weeks following the conference for those confirmed attendees. You achieve 6 CPD points for attendance.



Venue Details:

St Ethelburga's Centre for Reconciliation and Peace

78 Bishopsgate, London EC2N 4AG

