



Annual Conference and Awards Ceremony

22nd March 2025

As part of the celebrations for

Complementary Therapy Week



We are delighted to be able to invite you to our 2025 Annual Conference. As in previous years it is fully catered with a lovely buffet. This year's speakers will once again be covering a range of therapies 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. Everyone needs to book a ticket so we can cater for the right number of people and have the correct number of resources for the workshops. Please do let us know after booking if you have any dietary requirements as this event is fully catered. The tickets are £80 to anyone else who would like to attend and free to our Premier Members.

There will also be some stands for you to pick up information and buy some products at discounted prices. This will include essential oils, crystals, massage waxes and more.

AGENDA

9.30 Registration - Hot beverages will be available

10.00 CHP Welcome, News and General Update and introduction to this year's "theme".

10.10 Do-in Group Exercise with Carole Preen FCHP.

**10.25 Candice & Richard MCHP from Lincoln University College - "Seizing the Moment"
The Future of Holistic Health**

With more and more people accessing private healthcare approaches, to include the patient-centred approach which is employed within holistic health therapies, along with the need for preventative and sustainable healthcare. It is now time to reflect upon what we as therapists offer, and how we can truly ensure we reach as many of our customers' needs through the true meaning of Holism.

Functional medicine, Lifestyle Medicine and Health empowerment are just some of the key words that are coming to the forefront of the public's attention. In this workshop we will reflect upon the developments and changes already witnessed, along with areas of potential growth to meet the demands of the healthcare sector and the needs of our clients. Candice is the Program Lead DipHE Level 5 Complementary Healthcare and Wellbeing, Lincoln College. <https://www.lincolncollege.ac.uk/courses/diphe-complementary-healthcare-and-wellbeing-full-time>

11.15 Coffee Break (hot tea and coffee with biscuits available all day)

11.30 Annabelle Apsion MCHP and colleagues on the Rosen Bodywork Method.

Its unique form of sensitive touch and verbal communication helps people to become aware of what they are holding – physically and emotionally – in their body. When the body is allowed to reveal its truth in a space of non-judgement, it can relax and let go of stress and pain. This is truly a holistic therapy that permeates through every part of the client's life, initiating self-life changes. For more information visit www.rosenmethod.co.uk

12.20 A CNHC presentation on the benefits of Registration

Presented by Margaret Coats, Chief Executive and Registrar. The Complementary and Natural Healthcare Council (CNHC) is the UK independent regulator of complementary healthcare practitioners. They register 18 disciplines including Aromatherapy, Massage Therapy, Reflexology, Reiki and Sports Massage. In this session you will learn more about the CNHC and the benefits of being on their accredited register.

12.45 Lunch Break - this event is fully catered with a buffet and hot drinks (and water)

14.00 CHP Annual Awards Ceremony

Awards will be given for the two categories: Student Practitioner of the Year, Practitioner of the Year

14.10 – Nishani Kampfner MCHP and Dr Shishana Ramphul – The importance of therapist self-care

Nishani Kampfner is an experienced integrative health practitioner who is passionate about enabling individuals to live life through wider perception and perspective. She works with both the dense and subtle strands that make up an individual, their consciousness and potential cause(s) of their suffering. A firm believer in the transformative power of self-care and an experienced professional trainer. Nishani founded MYBODO, a conscious movement method combining physical and energy practices to help maintain stability and healing presence. Ideal for therapists and suitable for anyone with reduced mobility following chronic pain and illness. Nishani offers group workshops and individual sessions, is an International Member of CHP based in Normandy, France and bilingual in English and French. She worked closely with Renato Pappalardo for over a decade - a pioneer in energy balancing massage therapies in France and author of *La Voie du Toucher*. www.mybodo.com

Dr Shishana Ramphul is an experienced and compassionate GP, qualified at the Royal Free Hospital School of Medicine, London 1993. She brings her wealth of medical expertise having worked in the NHS as a Partner in a West London practice for over 15 years. Throughout her work both as a GP and appraiser, Shishana became increasingly aware of the lack of good self-care strategies contributing to fatigue and/or burnout resulting, perhaps, in some not fulfilling their full potential within their chosen careers. She is passionate about supporting primary care workers, complementary therapists and individuals to enjoy long-term, rewarding and fulfilling careers safely.

15.00 - Afternoon comfort break

15.40 Master Sridevi To Hai (MCHP) from Khi Tam International demonstrating specific techniques on massage from Vietnam. Now available as a CHP accredited school in London.

To Hai will share her 15-year journey of researching and developing a holistic approach that connects energy, posture, and the interplay between the five essential dimensions of 1-physical, 2-energetic, 3-mental, 4-emotional, 5-spiritual, and how they directly influence human health. She will present real-life case studies, including examples of healing and recovery in cancer, mobility rehabilitation, and mental and energy restoration. www.khitamtherapyuk.com

16.25 – Panel Q&A

By popular request, all the speakers will be available on a panel at the end of the day to answer your questions and for you to voice your ideas. We are open to having progressive discussions that can be taken forward as part of the work CHP does for its members on the various Councils it sits on.

We will end the day with a nice grounding meditation facilitated by Nishani Kampfner

16.45 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.

Please complete your feedback form before leaving - thank you!

Venue Details:

**The Business Xchange Hub
Sunley House,
4 Bedford Park,
Croydon,
CR0 2AP**



VENUE DIRECTION

Short 7-minute walk from East Croydon Station (served by National Rail (Thameslink -St Pancras Int., London Bridge on the Brighton to Bedford line and London Victoria and Southeastern via Charing Cross), Tramlink and London Buses (Travelcard Zone 5)).

Short 5-minute walk from West Croydon Station (It is served by National Rail (London Victoria and London Bridge), London Overground, Tramlink and London Buses services and is in Travelcard Zone 5).

Parking – secure parking is available nearby at Ruskin Square Car Park, Dingwall Rd, East, Croydon CR0 2NB and has good reviews. It costs £12 for 10 hours and £16 for 24 hours if you are staying overnight.

If you are looking for street parking, you do need to be careful as most of the streets around Croydon centre are either double red lines or resident permit parking.

Accommodation – Premier Inn, Phillips House, 6 Lansdowne Rd, Croydon CR0 2BX.

Travelodge Croydon Central Norfolk House, Wellesley Road Croydon CR0 1LH

Hampton by Hilton London Croydon, Groupama House CR0 2NB