



Annual Conference and Awards Ceremony

15th October 2022

We are delighted to be able to invite you to our 2022 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 and current students. 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 and goody bags for you to take away. Please do let us know after booking if you have any dietary requirements. The tickets are £60 to anyone else who would like to attend and free to our Premier Members. Due to the continued positive feedback, from the last two conferences, we have a theme around a case study again that each speaker will address in their talk/workshop from their therapy perspective and this year the subject will focus on musculoskeletal conditions.

AGENDA

9.30 Registration - Hot beverages will be available

10.00 CHP Welcome, News and General Update

10.15 Discussion and read through of the case study the speakers will be focussing their talks and workshops on.

10.25 Spiral Stabilization – Jana Mitackova will discuss and demonstrate this amazing revolutionary exercise method that can be used by anyone who wishes to improve their posture, treat back pain, prevent injuries, maintain good health and well-being or to improve sports conditioning. This is an ideal adjunct to the practice of massage therapy and sports massage. For further information, please visit www.spiralstabilization.co.uk

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

11.30 Postural Analysis and Neuroskeletal Re-alignment Therapy

This workshop will explain and demonstrate the importance of postural assessments on your clients to help you both determine the best treatment type and plan for your client and to assess that treatment objectives have been met. You will also learn some neuroskeletal re-alignment points for knee, shoulder and elbow pain, which is a light touch technique to assist the body to achieve its correct position through the nervous and energy systems. You will be working on pairs to put the knowledge gained into practice! For further information on training, visit www.naturaltherapeutics.co.uk

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

13.45 CHP Annual Awards Ceremony

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

14.00 – The Jing Method: Advanced clinical and sports massage for neck and shoulder pain

Neck and shoulder pain, including chronic whiplash is one of the most common conditions in the UK. Come along and see for yourself how neck and shoulder pain can be treated with the Jing Method encompassing advanced massage techniques such as trigger point, myofascial release, stretching and soft tissue release. The Jing method is an effective fusion of advanced soft tissue techniques that aims to get results for clients in 1-6 weekly sessions. For details on training visit www.jingmassage.com

14.50 - Afternoon comfort break

15.15 – EMMETT Technique with Mark Beasley

This is an amazing light touch technique to trigger a relaxation response in the soft tissues of the body. The result is helping to relieve tension to improve feelings of comfort. There are receptor points all over the body that have been mapped out by Australian Ross Emmett and Mark will explain the technique in detail and demonstrate these in his talk. You will also have the opportunity try some points in pairs during the workshop to see and feel for yourself how immediate responses can be. For further information visit www.emmett-uk.co.uk

16.20 – 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.

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
Marco Polo House
3-5 Lansdowne Road,
Croydon, Surrey, CR0 2BX





VENUE DIRECTION

Short 5-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 10-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 – right opposite the venue is a Premier Inn (Phillips House, 6 Lansdowne Rd, Croydon CR0 2BX). The room price is around £42 for that date – book early!