



Annual Conference and Awards Ceremony

21st March 2026

As part of the celebrations for

Complementary Therapy Week



We are delighted to be able to invite you to our 2026 Annual Conference worth 6 CPD hours/points. 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 full members. Everyone needs to book a ticket so we can cater for the right number of people and have the correct number of resources. Please do let us know after booking if you have any dietary requirements as this event is fully catered. The tickets are £85 to anyone else who would like to attend and free to our Full Members. There will also be some stands for you to pick up information and buy some products at discounted prices. This will include Oshadi essential Oils, the CNHC, Coastal Crystals, Natural Therapeutics, Khi Tam Therapy, Massage World Magazine and the Mulberry Centre.

We also have some amazing prizes to give away at the conference from our sponsors. Physique is giving away a massage bundle with massage oils and a massage holster. Affinity Couches is giving away a massage to go pack for on-site massage AND a therapy saddle stool. We also have a bundle of products from Songbird Massage Waxes. Each delegate who agrees will be entered into the raffle on the day to win one of these prizes. How exciting!

AGENDA

9.30 Registration - Hot beverages will be available

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

10.15 Howard Evans MCHP

Craniosacral Biodynamics – Finding the Health

Craniosacral biodynamics is a term that refers to a specific, more holistic branch of craniosacral therapy that focuses on the body's energetic system and life force, in addition to its physical structures. It uses a gentle, light-touch approach to help the body's systems self-correct and promote healing by working with the physical craniosacral rhythm and the underlying energetic field. Freed from the need to diagnose and treat, focusing instead on the inherent health of the patient, craniosacral biodynamics integrates well with allopathic medicine. In this talk Howard will illustrate this integration with his experience of working with patients in hospital and hospice care. He will also discuss the integration of craniosacral techniques into other modalities of complementary therapy, a process he has been active in during the last twenty years of teaching. For more information visit: <https://www.howardevans.co.uk/biography/>

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

11.30 Sarah Matheson OT

From Wellness to Rehabilitation: Positioning Complementary Therapy in Complex Injury Care.

Complementary therapies are often seen as wellness tools, but within complex injury rehabilitation, they can be much more. In this session, Sarah Matheson, Occupational Therapist and Case Manager, explores how complementary therapy can bridge the gap between medical treatment and meaningful recovery for individuals following brain injury, spinal cord injury, and stroke. Delegates will learn how to align their interventions with functional rehabilitation goals, document measurable outcomes, and communicate their impact in a way that resonates with funders, solicitors, and insurers. Sarah will share insight into what case managers look for when commissioning services, how to evidence effectiveness, and how to present therapy as part of a structured, goal-focused rehabilitation plan rather than a standalone wellbeing service.

Sarah can be contacted via www.otscotland.co.uk

12.30pm Lunch Break - this event is fully catered with a buffet and hot drinks (and water)

1.45pm CHP Annual Awards Ceremony

Awards will be given for the two categories: Student Practitioner of the Year, Practitioner of the Year. This year we are also presenting a Fellowship Award to one of our members.

14.00 – Meghan Mari from Jing Advanced Massage Training

Bridging the Gap: The Power of Massage in Multidisciplinary Care

In this insightful talk, Meghan Mari, Director of the Jing Institute of Advanced Massage Training, explores how advanced clinical and relaxation massage therapists can work alongside physiotherapists, chiropractors, and osteopaths to create a more integrated approach to client care. Meghan will discuss how massage can both complement and enhance clinical interventions—supporting recovery in conditions such as sciatica, Patellofemoral Pain Syndrome (Runner's Knee), and shoulder pathologies like rotator cuff injury, impingement, and bursitis. She will also highlight the often-overlooked therapeutic value of relaxation massage in reducing pain, improving function, and supporting emotional wellbeing. With examples ranging from common musculoskeletal issues to specialist areas such as pregnancy care, this talk celebrates the vital role massage therapists play within a truly holistic healthcare model. For more information on courses available at the Jing Institute of Advanced Massage, visit www.jingmassage.com

15.00 - Afternoon comfort break

15.25 Julie Quinn FCHP

Complementary Therapies in Cancer and Palliative Care

CHP Director Julie Quinn is the Head of Client Services at the Mulberry Centre, which is an information and support service for anyone affected by cancer and is situated in the grounds of West Middlesex Hospital in Hounslow, London. At the Centre, they offer CPD postgraduate training in complementary healthcare; specifically for massage therapists, aromatherapists and reflexologists. These courses enable a sharing of a wealth of experience on how complementary therapies can best support cancer patients by giving therapists the knowledge to increase their skill set and confidence when treating anyone with a cancer diagnosis. In this talk, Julie will be sharing the journey it took to secure recognition for complementary therapies and have them integrated into a hospital and hospice environment. For more information on their CPD courses visit: <https://themulberrycentre.co.uk/education/>

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 Carole Preen

16.45 End of conference

Venue Details:

**TBXH
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

We look forward to welcoming you!