



WINTER 2021 NEWSLETTER



THANK YOU TO ALL OUR MEMBERS

The NARCH Committee wanted to start this newsletter by saying a massive thank you to all our wonderful members for supporting NARCH during this very difficult year. Lots of things have had to be cancelled or postponed this year but not the NARCH Christmas Newsletter!

It has been another difficult year for all our members. Whether you manage centres or work in hydrotherapy settings, we know you've all faced challenges in delivering the best care to patients, while also looking after yourselves and your colleagues.

As the challenges you face stay with us, please know that the NARCH Committee is here to support you. As well as the day-to-day assistance we give to members facing individual challenges in the workplace, we are continuing to campaign on the issues that matter to you. These include introducing self-auditing which recognises your skills and responsibilities and helping you to ensure that your hydrotherapy settings are equipped to provide safe and effective care, as well as campaigning on achieving discounted equipment and services.

We are looking forward to working with you in 2022 and hope you'll be able to join us at our annual education seminar in October 2022.

Thank you for all that you do and please look after yourselves.

Merry Christmas and a Happy New Year to one and all!

AGM 2022 – DATE FOR YOUR DIARY

We held another successful AGM using the ZOOM platform on 21st November 2021 and the NARCH Committee have decided to continue using this delivery format for 2022. We propose to hold our 2022 AGM on Sunday 20th November 2022 at 11 am, so please save the date. It has been agreed that the 2022 AGM will provide all attendees with 1 hours CPD.



NARCH EDUCATION SEMINAR 2022 – DATE FOR YOUR DIARY



It is our intention to hold our Education Seminar once again in 2022 so please save the date – Sunday October 9th 2022 – for a full day of lectures giving delegates 7 hours CPD. We hope to be using the Holiday Inn, Guildford once again as the venue, but we will confirm this next year. There will be an opportunity to purchase discounted Earlybird places which will go on sale via the NARCH website, sometime in late July/August

2022. More details to follow next year.

CPD RULES NOW AMENDED



The NARCH Committee recently amended the NARCH CPD rules. It is now possible to include up to 10 hours uncertificated CPD, to include reading, Facebook lives and podcasts. Reading can include books, articles or research papers. For virtual events you may now use a screen shot as evidence, providing it shows the date, time and the subject. Any questions, in the first instance please view the **Guidance Note** on CPD in the Resource Library on the NARCH website, for further questions please contact enquiries@narch.org.uk

Only a very short length of time remains for RCHs to upload 20 hours CPD for 2021, this must be done by the deadline of 31st December 2021. If you became registered mid-way through the year, you will be required to do a pro rata number of hours, dependent upon which month in the year you were first registered. As you all know, failure to have the correct number of hours CPD uploaded and validated to your NARCH record by 31st December will result in temporary suspension from the NARCH Register on 1st January 2022, until the matter has been resolved.

FIRST AID REFRESHER COURSES – ONLINE OPTION EXTENDED TO 1st APRIL 2022

We have continued to monitor the availability of attendance based courses in recent months, due to all the difficulties associated with running attendance based courses during the Covid -19 pandemic.

The Committee have agreed that up to 1st April 2022, if NARCH members are unable to attend a first aid refresher course that meets NARCH requirements, they will be able to do an online first aid refresher course meeting NARCH requirements,

irrespective of whether their previous refresher had been an attendance based course or an online course.

Please do visit the **first aid guidance document** held in the Resource Library of the NARCH website, which provides a list of online first aid refresher course providers meeting NARCH requirements.



RUFFWEAR PRODUCTS NOW AVAILABLE TO NARCH MEMBERS AT WHOLESALE PRICES



We are delighted to advise all active RCHs that you can now purchase Ruffwear products at wholesale prices. We will be sending out a special email before Christmas providing a product brochure and wholesale pricelist and advising you how to place your orders direct with Ruffwear. The only

requirement being that you are an active RCH on the NARCH register.

There will also be the opportunity for any interested centres to act as sales outlets for Ruffwear products. **More to follow shortly on this new membership benefit.**

SOCIAL MEDIA AND WEBSITES – A CAUTIONARY MESSAGE

We have all read the warnings about how to conduct ourselves when using social media platforms, not only from the perspective of security and hacking, but also about what we say, how we say it and how we use photographs to illustrate our work.

Social media is a quick and easy way to communicate with people and the written word is a powerful tool. But whenever we write anything we need to exercise caution that we are not writing anything that could be misconstrued by another person. Please therefore always think very carefully about what you write – how

you see a situation may not be construed in the same light by another person.

The same applies when you upload photographs or film footage to your websites or social media platforms. Before uploading any film footage or photos, always ask yourself if they demonstrate accurate examples of professional and safe hydrotherapy techniques.



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