



ASSOCIATION OF
COMMUNITY AND MULTIBED
ACUPUNCTURE CLINICS

ACMAC SUMMER NEWSLETTER 2020



Summer Greetings

Dear Friends,

So 2020 has taken a very unexpected turn since our last winter newsletter!

We have been in regular contact with our members during these past months, and wanted to extend our thoughts and solidarity to everyone in our wider community. During these times of isolation, now more than ever we're understanding the importance of community and human contact to our health and wellbeing. We hope, however this situation is impacting you, that you are navigating your way through with support, connection and hopefully more than a few moments of peace and summer joy.

We truly believe community clinics can play a BIG part as we rebuild after lockdown and beyond, offering an affordable option for people to address new and neglected health issues including chronic pain, post-viral recovery and stress related conditions such as insomnia, PTS and anxiety.

As practitioners we just need to take the time and care to ensure we do it in as safe, effective and reassuring a way as possible; for patients, our communities and ourselves.

We are fortunate to have Paul Blacker on our board who has co-written the BAcC return to practice guidelines and so are keeping up to date with the ever-changing Government guidelines. We hope to be able to offer our own recommendations related to multibed practice in the coming weeks as wider guidance becomes clearer.

We're here to help you, please do keep in touch.



Getting Back to Multibed Practice Zoom Meeting

3pm, Tuesday 16th June 2020

We are hosting a zoom get together for ACMAC members led by Paul Blacker, and Charlie Whitehouse (founder of ACMAC)

We hope to provide a space for members to come together to discuss the challenges multibeds face with re-opening, and collectively come up with safe options and processes. We plan to cover big picture issues such as when to re-open and who to treat; down to the minutiae including documentation, PPE, room set up; communication with patients and practitioner wellbeing.

All current ACMAC members are invited to join us and there will be plenty of opportunities for Q&A and interaction throughout the meeting.

Please email info@acmac.net if you would like to attend and I'll send you meeting details next week. If you have any specific concerns or questions that you would like covered feel free to let me know in advance and I can create a list.

The session will be recorded and shared on the members section of the ACMAC website.

AFTER THE SESSION

Following this session, we plan to collate queries and clarifications, liaise with the BAAC and produce simple multibed recommendations to supplement the BAAC guidance in the coming weeks.

NB: Please note, ACMAC are not a governing body, you must always follow the guidelines from the Government, your regulating body and your local authority first and foremost.

ONGOING

Now we have our very own zoom account (so on trend). we plan to hold monthly get-togethers for members over the coming months as we gradually return to practice. These can serve as spaces for us to connect and support each other and share what's working and what's not.



Thinking of setting up a community clinic?

It might feel a strange time to set up, but run safely, multibeds can offer an extremely effective and

affordable model of healthcare for people as we come out of lock down.

This (zoom) workshop with Charlie will give you the basic tools and information you need to start up your own multibed clinic. We will cover issues such as: what's best - working in a team or working alone, finding a good venue, marketing your clinic, how to structure your clinic sessions, ethics of multibed practice and the importance of informed consent, and much more.

The group will be kept small (max 5 attendees) and Charlie will tailor the session to the needs of each attendee.

The cost is £25 for members and £35 for non-members. Email info@acmac.net if you're interested and we'll set a date if there is interest.

***** CONFERENCE POSTPONED *****

ACMAC Annual Conference 2020

Northern College of Acupuncture, York



The ACMAC 2020 annual conference was due to be held on 17 & 18 October 2020.

We have decided to postpone and hopefully hold it in spring 2021 when we might be a bit more settled. We will keep you updated with new dates and details.



#BLACKLIVESMATTER

These past weeks have been a whirlwind of terrifying realities, injustice, helplessness, information sharing, cognitive processing, emotional discomfort and anguish, inspiration, admiration, hope, collective action and community support.

Inclusivity, accessibility and addressing inequality are at the heart of ACMAC but it's crystal clear we all need to examine ourselves and our organisations with the utmost honesty and consideration in order to create spaces that are truly inclusive and anti-racist.

We would love to hear from acupuncturists from ethnic minority groups willing and able to lead us towards helping our profession become more diverse for both practitioners and patients.

Please email us - info@acmac.net with any thoughts and suggestions :-)

VOLUNTEERS WELCOME!!

If you have an hour or so spare a week or month, and would like to get involved with ACMAC, we would love to hear from you!

We are a very small organisation and would welcome any support and skills you might be able to offer e.g. social media, fundraising, communications.

Get in touch for a chat!

In the meantime, enjoy the sunshine and remember to take it easy and refuel, it's ok to take time to process, learn and prepare.

Sending strength, solidarity and summer joy,
ACMAC

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