

SECRETARY'S REPORT AGM 30th APRIL 2025

Linda Widdows

Another year of interesting and stimulating workshops and Kitchen Table dates for Forum members has passed. In June 2024, Caroline Rolling guided us through **How to prevent burnout and maintain a compassionate practice, using Emotional Freedom Techniques (EFT) or Tapping**. In October 2024, Anzella Gregg and Sue Smith gave us an **Introduction to Internal Family Systems and Self Led Magic**, and in March 2025 Honorata Chorazy led a very “hands on” day with a workshop on **Working Creatively with Neurodivergence**.

Over the past year, the Events Team has seen further changes to its composition.

As our new Treasurer, Emlyn has maintained a watchful eye on our finances and Nia has been doing a great job of keeping the website as up to date as possible. We welcomed Hilary as an observer, who then took on the job of taking minutes at the last two meetings, in preparation, and anticipation, of being voted in as Secretary this evening. Jasmine and Tracey-Anne have been recent observers and have volunteered to join the Events Team as general members, standing tonight for your approval.

Some new members of Forum have taken an active part in our Kitchen Table events, and even done some local research for the Team, in trying to locate other suitable venues. All these things help to keep Forum running and up to date, and in touch with our members. Our sole reason for existing is to provide CPD and networking opportunities for our members. Your input is vital to the continuing success of Forum.

I have enjoyed my time as Secretary but am now ready for a change and was thinking of stepping back completely. However, I have agreed to stand as Chair for one year only, as Alison has decided to step back to have more time for her continuing studies. This means that we will be looking for someone to take on this role at our next AGM. It gives plenty of time for someone to “shadow” the Chair in preparation for next year. So, don't all “rush at once” will you?

Our membership fee remains at £30 per year for working therapists and has not increased since 2015. This is really good value. With the introduction of Retired and Student membership in 2022, at £10 per year, we are hoping that retired members will continue to share their skills and experiences and that student members will gain additional knowledge and support from attending our events and will go on to qualify and become full working members of Forum, passing on their skills and knowledge in their turn.

The Team is trying to plan a varied and interesting programme of events in the coming year, 2025 to 2026. However, this can only be made possible by continued input from members. So please, communicate about the things you like, don't like or would like the Team to arrange, and we will do our best to meet your requests.