

Forum for Counsellors & Psychotherapists Secretary's Report, AGM 2026

Thank you to my fellow events team members for your support and collaboration throughout my first year as your secretary. Particular thanks to Linda, who is stepping down from the team after years of commitment and dedicated service to Forum.

This year since the last AGM has felt like a time of growth and innovation. We have seen the expansion not only of our events team but of overall membership, with a notable increase in the number of student members after a collaborative event at Shrewsbury College in June. The quarterly newsletter was introduced in June, the WhatsApp community in October, and the formation of a peer group for couples therapists is imminent. These resources provide additional opportunities for learning, exchange, networking and connection - we welcome your feedback on how they and our established events are working for you as we strive to meet the needs of a widening membership.

Besides Forum's all-day workshops with guest facilitators, our regular Kitchen Table events continue to thrive, and in an effort to accommodate the varying availability of our members we have begun supplementing our existing Wednesday evening online and Friday afternoon Palmers Café gatherings with Saturday lunchtime meetings at the Flaxmill Maltings in Shrewsbury. These free informal get-togethers offer a friendly, supportive space to connect, join in group discussion and supervision, demonstrate a skill, practise a technique, talk about a book or share a particular experience - and they are all the richer for your generous participation and involvement.

I'd like to thank those who have given their time and shared their skills this year and to encourage more of you to come forward, both for Kitchen Table and for the newsletter - it is the contributions from you our members that will enable Forum to continue as a valued resource for us all.

Nowhere was this more amply demonstrated than at our first ever ForumFest, an all-day Kitchen Table-style event held in October with a range of activities, workshops and discussions led and facilitated by our members, for our members - a true celebration of 31 years of Forum. Here's to the next 31 years - and beyond!

Hilary Stock

April 2026