

## Forum for Counsellors and Psychotherapists

### CHAIR'S REPORT AGM 15 APRIL 2026

April 2025 to March 2026 seems to have gone by in a flash. Yet despite this, the Events Team managed to pack in a full year of interesting and exciting events for our members. The quarterly Kitchen Table (KT) at Palmer's Café has attracted more attendees and, as a one-time attendance for non-members, it gives a bite size example of what Forum has to offer, which has resulted in our membership growing. The introduction of a Saturday KT at Flaxmill Maltings in Shrewsbury, has also proved very popular, and our three times a year on-line KT has been well received.

It is a pleasure to see that more members are taking part in sharing their experiences, knowledge and skills at these events. Particularly as Forum is an organisation for members, and which actively invites contributions from its members. In this way we all enrich our private and professional lives.

Over the past year the Team has organised two full day workshops, Working Creatively with Neurodivergence, with Honorata Chorazy in March, Focussing with Peter Gill in June and, of course, ForumFest in October. This was something new, to celebrate 31 years of Forum, which, as well as providing lots of opportunities to learn new skills, practise looking after ourselves and share some lovely food, it also gave us lots of examples of the range of skills that members have, as it was run entirely by members of Forum. Not a single paid facilitator was present. The day was so well received that it has been agreed we shall try to make it a bi-annual event. So, please keep your ideas and suggestions pouring in, so that we can have an equally successful day in 2027.

The Team has arranged a full year of events for 2026 and hopes to have events planned for 2027 by the end of this year. Thereby giving plenty of notice to "Save the dates". Please read your emails and check out our website to keep updated.

I have enjoyed my year as Chair of Forum and the previous eight years as Secretary. However, it is now time to step back and to start enjoying my retirement. Though once a therapist, perhaps always a therapist? So, I shall remain a member of Forum and come to as many events as I can. After all, just because I am getting long in the tooth, it doesn't mean that I am not still interested in, if not fascinated by, all things mentally, physically and emotionally therapeutic.

Linda Widdows

April 2026