

Bowen Association UK – Minutes of Committee Meeting

Held: 17th September 2025 at 19.30 -21.00 hours (Zoom meeting)

Attendees: Fiona Webb (FW), Paul Dunn (PD), Veena Lidbetter (VL), Steve Ludbrook (SL), Penny Rowe (PR), Christine Richardson (CR), Denise Roudette (DR).

Apologies: Raluca Lupu (RL), Veronica Horgan (VH), Anna Hitherley (AH).

Agenda:

1. AGM Minutes agreement
2. Review AGM question response
3. Review CPD design and application
4. General matters:
 - a. CNHC changes and actions
 - b. Core Curriculum – training periods
 - c. Netherlands Bowen link
 - d. Training Podcasts by Jacqui Hoitingh
 - e. Seeking ideas from Bonework team on Website forum space
 - f. Research approach and use of parallel professions

Matters arising:

None.

Item 1 – AGM Minutes

FW shared the draft minutes for review. People were in acceptance of the minutes as prepared. A few typos and the inclusion of PD in ‘apologies’ to be addressed.

The Minutes will be circulated to all members; to be included is a formal response to questions raised to the ‘committee’ prior to AGM and, during through discussion. Perhaps add the response as an Annexe. See Item 2.

Item 2 – AGM questions response

FW had prepared a draft response that covered all areas and provided a good base for further development. Some editing will be needed to make it ready and appropriate to all readers (members), plus it will be useful to complete the cost comparison exercise of web-hosting.

There were suggestions for the inclusion of useful examples to include in the response as there is continuous activity by the committee members. The committee is run by volunteers for a membership service, not specifically as a business. Governmental guidance, Regulators and general best practice can be onerous upon the volunteers and this can be a distraction from organisational activities. Requests for additional assistance is not always forthcoming and then activities need to be prioritised—Thoughts and comments on the BAUK Constitution amendments received a total 9 responses, including those from committee members, although many probably took advantage of the ‘agree unless actively disagree’ approval process.

Recognising how distractions can delay growth initiatives it was agreed that the 2019 strategy paper, annual plans and general information on financial management be updated and simplified; work will begin to address this.

There was discussion over what detail needs to be included in financial updates; it was thought that if the actual annual disposable funds were set out clearly, reporting would mainly be around this small pot. The strategy should include the 'reserves policy' and thereby show the need to give general and designated reserves status to around 2/3rds of the retained funds (this is government guidance and ensures that there are funds available for force majeure incidents, pandemics or managed closure).

Action1: SL to develop annual income/outcome profile.

Action2: PD to develop strategy summary and planning document

Action3: FW to complete the response referencing the above two actions.

The committee are obliged to meet at least twice a year. The last full committee meeting was reported in the January e-newsletter. We didn't report June as this was specifically focussed on the documents of Governance ahead of the AGM. We will continue to highlight the activities of the committee in the e-newsletters and upload copies of the minutes into the Members' Area of the website.

Action4: PD to prepare highlights of committee meeting proceedings for the appropriate e-newsletters.

Item 3 – CPD review

The topic arose as there has been some confusion in the membership over what 'Bowen' related training is required in post 4 year accreditation. In considering making an initial clarification it was decided that the whole area will need reviewing so that we can look at how all training is assessed and recognised as complementary to Bowen professionalism.

FW asked that the committee give consideration and in the absence of Sheila Whyles, the matter would be taken forward with a specific CPD meeting. Expected to take place within 6 weeks. We need also to consider sponsoring members to become formal course "reviewers"; there are specific training courses for this purpose and the role of BAUK within CNHC may require such personnel.

Action5: FW to call CPD and course reviewer-specific committee meeting.

Item 4 – General Matters

PD ran through a number of developments and actions which he considered relevant to future BAUK activities and decisions.

CNHC changes and actions: Some board members have left and the CEO will retire in 12/25. These changes may be coinciding with changes in the purpose and influence of CNHC. As a recognised verifying organisation we will need to remain vigilant of these changes.

Core Curriculum – training periods: It is important that we recognise for CNHC trainer approval purposes, that the CNHC Bowen Core Curriculum now states that training is a minimum of 9 months, however for the purposes of training professional healthcare students (e.g. doctors, osteopaths,

dentists) a shorter period would be and is accepted providing there is sufficient evidence of the student’s background. We have written to BTUK on this matter but will wish to meet further with them.

Netherlands Bowen link: We have been asked to advertise a Bowen retreat in our e-newsletter; following discussions with the host, Jacqui Hoitingh, we were made aware of other training platforms and that these could possibly be available through access to the Bowen organisation in the Netherlands. We have reached out to this organisation and they are interested in ‘twinning’ with us and developing shared research and resources.

Action6: PD to respond to the organisation and initiate the connection agreement

Training Podcasts by Jacqui Hoitingh: We are considering how to host the content by JH and whether this will be direct or through the Netherlands website. In addition SL has suggested that a weekly blog containing a specific interest (e.g. Bowen technique, nutrition, business ideas) would be possible. The committee agreed to SL developing the requirement.

Action7: SL to develop and share the blog capability for launch as soon as practicable.

Seeking ideas from a training group ‘Bonework’ team on Website forum space: To enable an all-inclusive forum platform PD is trying to find out what web component is being used by a training provider of BoneWorks (a development of ScarWork training). They could not settle on a general social media platform as not all members use the same platforms - and so they host a members’ forum within their website.

Action8: PD to find out the technology they are using.

Marketing and Research approach: There was discussion about supporting local initiatives and running awareness events. We would like to see these happening and have been working with BTUK to ensure we had the appropriate content for some initiatives. Our strategy is to get an appropriate balance between local and national events. In addition, there has been early work looking at sharing research and market access with other therapy modalities – this is to be explored further.

Action9: PD to pursue options that he has initiated and to report back to committee.

Meeting closed 9.05 pm.

ACTIONS

Date	Action	Activity	Outcome	Comment
17/09/25	1	SL to develop annual income/outcome profile.		First draft produced
	2	PD to develop strategy summary and planning document		
	3	FW to complete the response referencing the above two actions.		

	4	PD to prepare highlights of committee meeting proceedings for monthly e-newsletter	Completed	
	5	FW to call CPD and course reviewer exceptional committee meeting		
	6	PD to respond to the organisation and initiate the connection agreement		
	7	SL to develop and share the blog capability for launch as soon as practicable		
	8	PD to find out the technology Bonework Form are using		
	9	PD to pursue options that he has initiated for professional alignment and to report back to committee		
17/06/2025 18/06/2025	1	FW to send final draft Constitution to Committee	Completed	
22/01/2025	1	FW to send highlighted Constitution to Committee	Completed	
08/10/2024	1	RL: Send Covid, memory articles to Committee and Sheila.	Completed	
	2	SL: Send link to John Garfield's Bowen Worldwide Group	Completed	
	3	FW/PD progress Ambassador role with HP	Work in Progress	
	4	Propose amendments of Constitution before AGM	On hold	CNHC QA request, decided to hold amendments exercise to capture any CNHC implications.
10/04/2024	1	FW. Facebook closure	TBActioned	Do members still want it/a discussion group? Ask at AGM.
	2	FW. Discussion group to be established on BAUK website	Work in Progress	Assessing demand and technicalities, assuming 1 above is Yes from members.
	3	FW. Zoom upgrade	Completed	Business Pack for 100 attendees purchased.
	4	Regional meeting to be finalised	Completed	Held in Peterborough 15 th June
	5	PD. Prepare future 2 nd Magazine	Not pursued	Feedback was not strong and the cost prohibitive.

	6	PD. Write a committee (short) article on areas covered in last quarter.	Completed	
28/2/24	1	VH will liaise with Helen Perkins and organise the event with the intention of holding this prior to the Zoom AGM (likely in June 2024).		On going see A4 above
	2	FW to ask original managers of the existing Facebook accounts to close or set as dormant		FW is authority see A1 & 2 above
	3	AH has found a business module developed in Australia and will send info to FW/PD.	Completed	
	4	FW/PD to pass (A3) information to BTUK.	Completed	FW to pass details to BTUK
	5	FW/PD to look at Zoom upgrade or alternative NB needs to be platform independent	Completed	BAUK has bought a 100 user licence
8/1/2024	1	AH to share with PD and FW recent examples of such modules for information purposes.	Discussed at 28 th Feb meeting.	Sending ideas to BTUK
	2	FW to work with VL and SW to review the membership distribution in the UK, looking for regions with 90 min travel demands (50-60mile radius)	Concluded to start as Peterborough centric	Closed
	3	Committee members to produce articles or short questions on topical areas that can be shared in the e-Newsletter and/or Magazine	SL has produced one on nutrition.	Open invite
	4	FW to email all committee members to determine best day of the week and time of the day to hold a 1hr meeting	Completed: Wednesday after 7pm most suitable.	Closed