

## **Bowen Association UK – Minutes of Committee Meeting**

**Held: 22nd January 2025 at 19.30 -21.00 hours (Zoom meeting)**

**Attendees:** Fiona Webb (FW), Paul Dunn (PD), Veena Lidbetter (VL), Steve Ludbrook (SL), Veronica Horgan (VH), Anna Hitherley (AH), Penny Rowe (PR), Christine Richardson (CR)

**Apologies:** Raluca Lupu (RL)

### **Agenda:**

Prime focus – to update Committee on CNCH QA Review and work requirements over next few months. If time, Regional Groups and AGM.

### **Matters arising:**

None.

### **Item 1 – CNHC Quality Assurance Review**

FW outlined the requirement of the review and the subsequent requests for information we (mainly PD) provided. There were some areas we covered off easily and other areas we scabbled around for information, appropriate level of presentation. We need to review the questions and work through them to ensure we can answer more professionally and fully next time. Main focus areas included those we planned to review this year anyway, to facilitate management and succession planning. Comparison made to the review and documentation of processes businesses underwent as part of ISO 9000 (et al) in the 1990s to demonstrate professionalism, with demonstrable standards of operation and training.

The CNHC Core Curriculum is up for its 5 year review in April. CNHC will require Paul and the BTPA representative to work upon this, which will be time consuming. The Core Curriculum is a UK standard that explains how Bowen is taught the levels of expertise achieved, the qualifications of the teachers and how Bowen achieves national occupational standards (NOS).

PR queried the reason to be with the CNHC. PD advised that in the current political environment it is better to be inside than outside and gave a background to its history: from 2006 the Government wanted all therapists to come under one umbrella to regulate them; unable to do it under the General Medical Council as not deemed 'medical'. CNHC developed to be the register for all Complementary Therapy (CT) practitioners. The aim is for us therapy disciplines have a common underlying standard of performance and teaching that ensures a therapist is a safe professional; to do this it is important that the techniques of a discipline are taught to a standard approach and that other modules of professional knowledge and skills are taught.

A major element of this is that Anatomy, Physiology and Pathology knowledge which either has to be taught relevant to the discipline or taught to a level prior to the training. The current curriculum requires that a 'certificate' level online training is completed prior, but we anticipate that this may need changing going forward and a greater level of AP&P be included in the Bowen teaching syllabus. This follows the common approach across disciplines and other areas are also now to be included which all other disciplines are required if not already; these areas include: business

principles, marketing and advertising standards, legislative awareness etc, Bowen will want to have these areas covered also.

There remains also a requirement for better evidence from all of the disciplines that their approach works and is safe; this satisfies the primary objective of the 'regulator' that is, to protect the public. The scientific approach is not an easy fit for Complementary Therapies, as it is difficult to monitor all of the variables that react in a treatment. However, it is important to try and find evidence and to relate our therapy actions to independent scientific research when trying to explain (e.g. stretch mechanisms. Dr Helene Langevine).

CNHC is funded by its membership, income approx. £225,000pa. Currently around 6,000 registrants, probably around 4-5,000 individuals as some will have multiple therapies. It is a small operation of around 4 members of staff. Every therapy has up to 4 Profession Standards Board (PSB) representatives acting as CNHC guides and advisors to the CNHC Board.

AH summarised why we will need to accept some imposition when being regulated. To be viewed as "Healthcare Professionals" is what we desire and this cannot happen if we don't accept the rules and regulations around this, as applied to other trained healthcare personnel (e.g. Physiotherapists).

PR provided an alternative view, that CTs are not the same as Healthcare Professionals and we should keep our freedom; homeopaths have fought for independence throughout its history and continues operating, clients will choose what feels right for them.

VH asked about Disclosure Barring Service (DBS) checks and if they are needed in certain circumstances and to what level. There have been changes made and these need reviewing but formerly, individual practitioners could not request their own DBS, it was the responsibility of an employer, voluntary/not-for-profit organisation; for this reason it was not a shared check and each organisation had to request a DBS for themselves and this proved evidence of safe-guarding activity by the organisation.

## **Item 2 – Focus Group areas of review**

FW outlined what some of these are e.g. Constitution, Management Procedures, Website review. The aim is to identify individual focus areas that need revision and update and to ask the activities for this to be led by a Committee member and assisted by volunteer members. A request will go out to the membership asking for assistance. The aim is to match skillsets and interest to a relevant area. Timeframe will be Feb-Apr, with time to review in May, prior to presentation to members at the next AGM that is due to fall June/July.

VH notified the meeting she will be away on holiday early Feb to mid March.

## **Item 3 – Course Assessments**

Linked to the CNHC QA Review was the need to appraise our course assessment procedures. FW, PD, Sheila Whyles have researched and discussed the merit of external qualifications for course assessment, e.g. City & Guilds. Such a qualification might provide a useful form of CPD in itself and the attendance at a training event – as an assessor - would provide learning benefits in itself. This will continue to be investigated.

Meeting closed 9pm.

## ACTIONS

Date	Action	Activity	Outcome	Comment
22/01/2025	1	<b>Fiona to send highlighted Constitution to Committee</b>		
08/10/2024	1	<b>RL: Send Covid, memory articles to Committee and Sheila.</b>	Completed	
	2	<b>SL: Send link to John Garfield's Bowen Worldwide Group</b>	Completed	
	3	<b>FW/PD progress Ambassador role with HP</b>	Work in Progress	
	4	<b>Propose amendments of Constitution before AGM</b>	On hold	CNHC QA request, decided to hold amendments exercise to capture any CNHC implications.
10/04/2024	1	<b>FW. Facebook closure</b>	TBActioned	Do members still want it/a discussion group? Ask at AGM.
	2	<b>FW. Discussion group to be established on BAUK website</b>	Work in Progress	Assessing demand and technicalities, assuming 1 above is Yes from members.
	3	<b>FW. Zoom upgrade</b>	Completed	Business Pack for 100 attendees purchased.
	4	<b>Regional meeting to be finalised</b>	Completed	Held in Peterborough 15 <sup>th</sup> June
	5	<b>PD. Prepare future 2<sup>nd</sup> Magazine</b>		
	6	<b>PD. Write a committee (short) article on areas covered in last quarter.</b>		
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.		FW to pass details to BTUK

	5	FW/PD to look at Zoom upgrade or alternative NB needs to be platform independent		Ongoing
8/1/2024	1	AH to share with PD and FW recent examples of such modules for information purposes.	Discussed at 28 <sup>th</sup> 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