

Minutes of Bowen Association AGM 5th July 2025

Present:

Fiona Webb, Angela Cannon, Sue Wright, Diana Menzies-Smith, Liz Jones, Marco Ferro, Lorraine Wood, Denise Roudette, Paul Dunn, Patricia Hughes, Mary Butler ,Tracy Anderson, Ruth Lomax, Anita Nayar, Caroline Hamilton, Penny Rowe, Sam Norton, Allan Brindley, Pam Atkinson, Judith Collins, Mariana Caitaz, Steve Ludbrook, Veena Lidbetter, Veronica Horgan, Sheila Whyles, Sharon Hammar, Sarah Baglin, Hilary Herd, Anna Hitherley, Michelle Shipley, Sian Montgomery.

Apologies:

Jules Wilson, Helen Perkins, Nickatie Morgan, Paul Dunn, Asif Amann.

The Chair welcomed everyone to the meeting.

Minutes of the meeting of the AGM dated 12th November 2023

The Minutes had been circulated to all members prior to the meeting.

Anna proposed and Denise seconded that they be accepted as a true and accurate record.

No matters arising from the minutes.

Chair Report

FIONA WEBB, CHAIR, presented her Chair Report. Copy in the Minute Book.

As it has not been long since the last AGM in Nov 2024, this is a short report.

Our main focus since the last AGM has been on administrative matters:

Finalising the quality assurance input with the CNHC.

The five -yearly review of the core curriculum with the Professional Standards Board.

The revision of the Association's documents of governance, namely the Constitution and the Code of Conduct.

We look forward to turning our focus onto other things after this AGM.

Membership has increased by nearly 15% to around 250 with Student Members in addition to this holding steady at around 80.

We had planned a regional get together in the Taunton area, for those in the South-West, earlier this year. But unfortunately we couldn't get sufficient numbers to make it viable. We are having another go, this time in Sidbury near Exeter. Thanks to Hilary Herd for offering to organise this one. These get togethers are social gatherings for discussions, questions for Trainers, if they are attending, and the chance to have a Bowen session from a colleague, should you wish. We hope to arrange these around the country, so please let us know if you would like one in your area.

It can be difficult to know what the members want from the Association and their committee when there is little input or contribution coming from them, so I hope that we can take the opportunity in the Forum to discuss this and identify priorities.

This ends the Chair Report for 2025, Fiona invited its adoption by the membership through a proposer and a seconder.

Proposed: Allan, Seconded: Diana

Treasurer's Report

The Chair handed over to Steve Ludbrook, BAUK Treasurer, for the Treasurer's report.

Steve has been the treasurer for about 15 months. Steve wanted to point out that although he is the Treasurer he does not produce the accounts. We employ an accountancy firm to do this and Steve then verifies the accounts.

The accounts are for the year of January to December 2024; Steve informed the meeting that the Association is solvent and made a small profit last year of £3,852 up from the previous year of £2,825, mainly due to website depreciation costs finishing in 2023. We pay Corporation Tax on our profits. Total reserves are £32,000 as of 31st Dec 2024. The Treasurer does not think the membership fee needs to be increased at this time.

Questions from Sian (on behalf of Sam Norton who joined late) who asked about costs of the website, financial reserve and about our Administrator, Sheila.

Steve pointed out that we do need to keep a reserve, in case the Association was 'wound up'. Fiona reiterated that any organisation is advised to have 12-18 months of finances in reserve, and that is what we have at the moment. Fiona said we could utilise some of our other funds, this will be discussed in the Forum once the AGM itself is finished.

With regard to the website we have hosting costs. The Association website is not like an individual practitioner's website, there is a massive Database holding the practitioners'

information, the supplier does regular updates, unseen maintenance and ongoing management of IT. We will look and see if the website is still good value for money.

Sheila replied about her role and work. Her hours of work vary, depending on the time of year. She is very busy at membership renewal times, when she is busy chasing members about their renewal, supporting members with CPD management. She helps members who are ill and often gives counselling support when needed. She also answers queries from the public. Sheila interacts with the Committee, Chair and Vice Chair. She also liaises with Bowen Training with regards to students who have free membership of BAUK while training. Sheila maintains the membership database and checks the listings on the website, and she monitors CPD. Sheila also writes Press releases for members on request, helps members with their publicity, checks members' websites before they go public - checking they are within the rules of the ASA. She also does random checks on members' websites. Sheila also gives office space, phone, lighting and heating free of charge to the BAUK.

Members thanked Sheila for all she does; Michelle said she will be contacting Sheila for help with her website and its content.

Fiona said the Association would not survive without Sheila and she works many more hours than she is paid for.

Copies of the Treasurer's report in the Minutes Book.

The Chair proposed that the Treasurer's report be accepted.

Proposer: Penny Rowe, Seconded: Tracy Anderson

Tracy asked if there is a format and guidance for websites, as she needs to update hers.

Judy Collins asked if there is a link to the ASA website on the BAUK website - this will be checked. Also, could we access the film These Two Hands and watch them as part of the next AGM? The committee will look into this. ? Do Bowen Training UK have a copy they show students?

A comment was made that Bowen Association Australia have been showing these films as part of their CPD.

(Sam Norton joined the meeting)

Discussion on changes to the Constitution and the Code of Conduct

Following a discussion regarding the short timeframe between the documents for review of the changes to the Constitution and Code of Conduct were sent to the Members and the

AGM meeting, it was decided the members be given more time to review before voting at a later date.

Election of the Executive Committee

The current committee is happy to stand as there were no further nominations to the Executive Committee. Fiona Webb as Chair of the Committee, will be standing down at the 2026 AGM. If anyone would like to join the committee, please contact Fiona or any of the other committee members

Proposed Tracy Anderson, Seconded Lorraine Wood.

AOB

Tracy Anderson asked if the Bowen Association Leaflets are still valid with regard the ASA, Fiona confirmed they are.

OPEN FORUM DISCUSSION NOTES

Sam Norton had some questions, regarding the cost of the BAUK website, in comparison to her own which costs £295 for 3 years. Fiona replied one cannot compare the bespoke Association website, with an individual's personal website. The BAUK website holds the details of the 250 members, with a search function for the public to find Bowen Practitioners, which takes data storage space, plus requires regular checks whenever WordPress or the template designer makes changes.

Fiona also reminded members if they have 'tech' abilities to come forward with suggestions regarding the website.

Sam also asked what our membership fees pay for, what tangible benefits do the members receive, other than their name on the Website and the Bowen association and why we don't have a paper newsletter, do research projects and don't have projections for annual spending. Fiona repeated her explanation about 'Financial Reserves', which makes financial sense, in case of a down turn in our industry. Any projected spends would be as a result of actions discussed with the members arising from the AGM.

With regard to the Newsletter, Fiona replied that we cannot produce a newsletter unless we have articles to put in it and the membership has stopped contributing articles. We asked

for a volunteer to replace Dave Riches (the previous newsletter editor), but no one came forward. Until this happens, producing a newsletter is difficult.

Sam stated she feels there is 'radio silence' from the committee, minutes of meetings aren't being sent to members and she feels she has no incentive to provide information, with regard to newsletters or research. She said we hadn't posted about a committee member that does Media or for a new Editor for the newsletter.

Sarah Baglin made the point it is for ALL of us to make contributions to the BAUK and pointed out that Dave Riches, Angela Cannon, Sheila and Fiona, have made multiple requests to the membership to forward them articles, without these articles there is no newsletter. She asked those present if any of them had sent in ideas or articles. No one said they had.

Sian suggested the committee encourage members to do studies and share information.

Michelle asked about a group being set up, such as a Facebook group, to share ideas and she would love to be able tap into other people's knowledge.

A member replied Bowen Worldwide group has a group available and if you submit articles you achieve CPD points. Sam suggested the UK should also do this.

Fiona replied the UK already offer CPD points for submitted articles. She said what she is hearing is people want the committee to be more pro-active in leading what we want from the membership. We are looking at restructuring the committee so there are more short term sub-committees. These suggestions tie in quite well. We would be very happy with a social media group, but whatever the platform it will need an Administrator. Fiona asked for a volunteer to do this. In terms of communication and requests, we ask frequently in newsletters and e-mail for assistance with all the administration updates we do but no one has volunteered. Fiona pointed out the committee members are all volunteers.

Sam feels she and others are not being listened to and says all the questions and ideas she raised last year were not answered. She stated the Committee is not leading as it should, and that she is trying to assist the BAUK.

Tracy said as a former member of the Committee, the only paid person is Sheila and she's not paid enough for what she does. The other members are volunteers and being a committee member is a lot of work. It would be good to be more dynamic but you need people to do that.

Michelle feels there is a desire to move things forward and wonders if people would be willing to pay more in their membership fees for us to employ another member of staff? Tracy said it is a good idea but we would have to complete a cost/benefit assessment.

Judith Collins asked about employing someone as a social media administrator, as the committee don't have the expertise or the time to do this. Also that it is good to hear ideas being put forward in this forum.

Sam pointed out that being on social media can increase your business and that paying £2,000 a year it should be included in the cost of the website. The committee would need to approve social media content on the BAUK website. We could have a new (Advisory) member of the committee to do this.

Fiona replied having assistance with social media would be very helpful.

Veena has been on the committee for nearly 20 years. Over that time she has seen emails about the Newsletters, requesting roles for web/social media administrators, with people doing it for 2-3 months but finding it difficult. She agrees we need to look at the cost of the website as requested last year. She explained as with any committee, unless we have volunteers who will take the lead? We can't rely on Sheila and Fiona to constantly be looking at every single issue that is brought up. We know there are issues with the website, the Newsletters and doing research. Paul has tried to do research for the BAUK but it is very costly, with £30,000 being quoted as the cost for setting up a project. Raluca has tried to do some research too. Veena said we never draw a line under anything and say this is what we've done, A B C or D, we can't take it any further or we can and it will cost. She said there have been very good issues raised and questions answered today but unless we get serious volunteers, things can't progress. We need to decide as a whole group as members of BAUK what we want to do over the next 4 or 5 years or even further and we will need volunteers going forward.

Sam replied, saying the members are not getting any information from the committee, such as meeting minutes. With minutes for example: saying this is what we are putting forward, this month we are asking for this or doing this, we'd like help with social media, this has been discussed at the committee meeting, this is how we want to shape the committee and the association going forward, we don't get that. So how can people volunteer if they're not given this information? Sam asked what incentive there is for people to volunteer, she has been on committees previously and had to send minutes of meetings to the membership. She said the members are not given projections of plans and of the finances and she feels the members get nothing back from the committee. What have we spent our money on? What are we funding other than a website? What do we put forward if we get nothing back? Sam said we need to have initiatives from the committee with ideas as to what the committee need and put that to the membership.

Veena agreed the committee can send out the committee meetings minutes, but to talk about what happens in the next few months would be very difficult without volunteers, or if

we can't get volunteers with regards the website and social media then perhaps employ somebody. Veena suggested we try to get volunteers over the next six months.

Raluca, a committee member, said she asked for BAUK members to come forward to take part in research on various issues - like post-Covid and memory issues in January 2023, but no one replied. Raluca works with other associations, in other countries, and had replies from them but not the UK and wonders why this is. She thought perhaps we don't communicate well? She would like to hear some, advice, thoughts and ideas on this. Fiona asked to clarify that Raluca received NO replies from UK members and Raluca confirmed this. Raluca also wonders if members read the Newsletters, she asks if people have ideas? Raluca did do some research herself, paid for this herself and has published these.

Diana asked what format the research took and how many case studies were needed, Raluca said that to be impartial you would need to take the latest 10 clients with the same issue, so not only the best results are seen.

Patricia, said with regard research, she uses other modalities that she is trained in, as well as Bowen and this would make it difficult to submit case studies.

Sam says she thinks there are members who originally trained in Bowtech but add other modalities in, once they have been trained in them, as she herself does, she thinks this is where science moves forward and indeed perhaps Bowen moves forward. She also says the Committee needs to 'lead the pack' as well as put forward ideas and request ideas. Sam stated if every member submitted one case study, in one subject, it gives the committee something to go on and perhaps a volunteer could collate the study. Sam thinks the membership don't hear from the committee and there is no communication between the committee and the membership. She also asked what the committee is spending money on and to provide a projected financial spending for the following year. Sam feels the membership is not given the incentives to come forward and felt frustrated.

An idea of employing a student to be a content creator was put forward along with other ideas from the 'chat' on Zoom.

The suggestion was made to have three or four Actions from the meeting, before we close the meeting.

Fiona thanked everyone for their input and summarised.

Actions:

1. There needs to be more proactive communication between the committee and the members, and that is two-way communication.
2. The committee will upload committee meeting minutes to the website.

3. The committee will put requests to the members for input and hopefully there will be a better response than in the past.
4. With regards to the use of some of the reserves, the committee will discuss what opportunities may be available to invest in.
5. The committee will dovetail all of the above together as we start building a plan, with more active communication between the committee and the members.

Sam asked if the committee meet quarterly or monthly. Fiona confirmed we aim for quarterly committee meetings. Sam says we need to get excited about what we do and re-ignite our passion. She is worried some people may 'walk away' from Bowen, but that we all love Bowen. She suggested we ask the membership what they would like their money spent on.

Fiona replied, once the minutes of the AGM are written up, they will be sent to the membership and use that communication to start requests for information and ideas.

Paul arrived late due to a family member's illness and sent his apologies to all. He wished to report that Asif Amann firstly sent his apologies and would like to update the BAUK, to say he is following up on his promise to make a contribution of funds to Bowen Research work, to support the Bowen Technique, which he hopes to be able to do in the near future. He would like the research to be justifiable and progressive work and has asked if Paul would lead the research programme and work alongside Asif. Paul pointed out we have been attempting to get funding for research for the last couple of years and we may have a way through to be able to do so soon.

Judith said that was lovely to hear that news, right at the end of the meeting!

Fiona closed the meeting saying some really good ideas have been put forward on how we move forward with better engagement all round, within the association, for which she thanked everyone.

Thank yous and goodbyes were said by all.

The meeting closed at 12pm.