



Trustees ASK Newsletter May/June 2017



From all your Trustees: Alan, Elaine, Allison, Sally and Liz

Hi everyone!

Thank you to all of you who came to the June ASK weekend. We have received excellent feedback and will continue, with your input, putting together exciting programmes in the future.

We thought now was a good time to send a newsletter to give you the opportunity to read about many of the changes and ideas that are already happening with ASK and some future plans. This is an update of the newsletter we sent out last week, prior to the ASK day. We didn't want to detract from anyone enjoying the day, catching up with friends and listening to the speakers.

ASK weekend

The ASK weekend had an exciting programme with: Nikki Redmond (we have donated £300 to Nikki's charity 'Homeopaths Support Refugees' where 100% of funds go directly towards their food, heating, tents, clothing and medicine), Deborah Kerslake and Patrick Holford. Helena Arguelles was there with all her interesting items from her Kinesiology shop and on Sunday we had the wonderful Terry Larder presenting 'Really Cool Techniques for Kinesiologists'. Our AGM on Saturday was well attended and provided an opportunity to explain where we are and the background to some of the future proposals. It generated a really good discussion and all who attended were positive and enthusiastic about the future of ASK.

We thanked Marie and Viv on behalf of the Trustees and all the membership for all they did for ASK since Marie first took up the position of Administrator in 2002 and wished them love and happiness in their future ventures.

Everyone welcomed our new administrator Julie Bingham who started on the 2nd May and Clive Bingham, who was our MC for the day. We all worked amazingly together to get ready for ASK day as well as looking into the future and a 'New Era for ASK'.

ASK Website

If you are looking at this newsletter you will have received an email link, or seen a link via Facebook to the ASK website. We will put interesting articles and other information onto the ASK website and send a link to let you all know something new is there! Presentations and information from this year's ASK weekend can also be found here including the ppt from this year's AGM, as well as the Trustees' Report for this year ending 31st March

2017, the ASK's detailed response to the Charity Commission Consultation, some interesting papers including Anne Jensen's research paper and some from ICAK, upcoming course for CPD and other interesting information.

♥ Some sad news about one of our lovely kinesiologists, Eleanora Palmieri who passed away in May. Here are some words from her good friend Brian Miller:

“My personal tribute to a beautiful woman:

My good friend Eli's funeral was on Wednesday 17th May.

This was a very sad day for all that knew her and her caring loving energy will be missed by all who met her. Her enthusiasm for Systematic Kinesiology was constant over the twenty years since she first studied with me and she was a strong advocate for ASK and its values.

She went on to study many therapies yet always evaluating via Kinesiology and was proud to be able to. She was a special real human being: mother and caring friend and will be a terrible miss yet an inspiration.

Brian Miller

I hope all her friends can include her in their thoughts thank you.”

Although Eli stopped her membership to ASK due to moving to Italy all those years ago, she was planning to re-connect and attend the June weekend with her friend Dee Platt. Olivia Maxwell, who went to her funeral has told us that Eli supported the Charity Médecins Sans Frontières and ASK has made a donation in Eli's name. ♥



♥ We are also sad to let you know that Jane Cooper lost her husband of 34 years on 25th May. On behalf of ASK and all its members, we offer Jane and her family our condolences, love and support. For years John supported the charity for the homeless 'The Passage'. We will be sending a donation instead of flowers. ♥



Governance Strategy Review (GSR)

We are building such an amazing Kinesiology community and being part of Facebook has really highlighted what a great spirit there is amongst us all. We have begun integrating with so many Kinesiology groups and people in other healthcare areas and share all this excellent knowledge. We want us all to work together in all areas, bringing skills and energy into promoting ASK and Kinesiology.

Therefore, last October, the Trustees began a Governance Strategy Review. This was to reflect on where ASK was, how best to move forward, make sure the running of ASK was in line with current technologies, cost effective and see if there were ways to improve its efficiency. We wanted to make sure we were fulfilling our aims and purposes and looking at the changing needs of our membership and the public it works with, to create even better balance, wellness and harmony. It is important to do such a review including a review of the Governing Document at least every 5 years and our last review was in 2011.

Re election of Trustees and recruitment of New Trustees

ASK is a Charitable Company limited by guarantee. This means the Trustees of the charity are also the directors of the company. All limited companies must have Articles of Association and these form the Governing Document. These set the rules the directors (of the company) and Trustees (of the charity) must follow. As far as the re-election of Trustees goes, from our Governing Document, if at the AGM a Trustee retires and there is no one who is there to fill the vacancy, then the retiring trustee can, if willing to act, be deemed to have been reappointed. No person other than a trustee retiring by rotation can be appointed or reappointed a trustee at any general meeting unless the Trustees have recommended them. Therefore each year at the AGM the Trustees go through this process of resigning and being re-elected. We are looking into refining / changing and definitely clarifying this in the Governing Document and to our members. We want to change the length of time someone can be a Trustee, for example, and are currently working with the NCVO to review our Governing Document.

New Trustees

The Trustees would like to appoint 2 new Trustees within the next 6 months.

Each year in our information to the members we invite members to put themselves forward if they want to be considered as a Trustee. The Trustees may appoint a person who is willing to act to be a trustee either to fill a vacancy or as an additional trustee provided that the appointment does not cause the number of trustees to exceed any number fixed by or in accordance with the Articles as the maximum number of trustees. We have no maximum set in our Governing Document. Any member or other person who feel they would like to be considered can contact the Trustees for more information and to let them know they are interested. There is a process for doing this and we are putting together an information pack. Do contact us if you are interested.

How to best use our funds

Re-evaluating the administration to streamline this in view of modern day technologies was deemed important so that our costs remain reasonable compared to the income for a smaller charity. The Trustees also recognise ASK has built a healthy reserve over a period of years and with changing times, the Trustees recognise it is an important time to review the strategy for ASK to find ways to further our purpose and support its membership while it continues to grow. Thus, we want to advertise and promote Kinesiology much more effectively and to invest in ways to make areas such as the administration more cost effective.

Administration changes

Julie Bingham has taken over as our new administrator and the Trustees have asked her, as she approaches the job, to look at ways of introducing new systems which will streamline the office processes.

Please see below some immediate areas we are working on:

Our administrator services were 46% of our income last year. Through new systems and introducing new initiatives, we hope to reduce these costs considerably. We are looking at working 'SMARTer not Harder' and investigating ways to improve productivity and lower the administration costs.

The overall cost of running ASK is 87% of our income. If we are to avoid increasing membership fees we need to look at all ways of reducing our costs, yet continue to provide support to our members.

Telephone A further breakdown of the costs shows that the telephone / internet cost us 3% of the income. Effective from 1st June we will have a new telephone system. We are introducing a new local number 01980 881646 in addition to the 0845 020 0383 (which will be phased out) as some members do not like phoning an 0845 number. We are changing the telephone provider and the yearly line rental costs and phone calls will go down to less than £300 per year, a saving of 80%

New Address and Telephone number

Please make a note of ASK's new contact details and new registered address:

Mrs Julie Bingham. 15 Cygnet Drive, Durrington, Wiltshire, SP4 8LQ. Telephone: 01980 881646. The Email and website details remain the same.

Other changes in progress

Last year £1,682 was spent on postage; this is mainly the A4 and A5 certificates and redirection of mail to France (£626). In addition to postage costs is the time taken by the administrator to print, laminate where required, put

into envelopes, address and post out. Effective from 1st June we plan to send out certificates by email with the certificate as an attachment so members can print off their own certificates for display.

One new area Julie is investigating is the introduction of a Members Management System – which provides the facility for members to pay subscriptions on line, to download their certificates, maintain their own contact details, provide a new members' listing website, book and pay for seminars and upload CPD records.

The change in administration has given us the opportunity to ask some interesting questions as to what and why we do things and the answers will help us develop our Business Plan. The Trustees would love to get the thoughts of members as to what else we need to review, as this is the perfect time to make changes. We are very grateful to have Clive Bingham's business expertise while working through these changes.

Updates of other changes

Future ASK days and ASK weekend in June with a Sunday Training day for all.

As you will have noticed – we have renamed our Sunday 'Professional Day' to ASK 'Training Day' and opened it up to associate members. We also feel it would be good to have a broader base for our ASK days and are interested in finding venues for 2019. Next year we are already booked at the Arora in Crawley. We have just moved the date of the June weekend for 2018 from the 9th /10th June to the 16th /17th June because we have heard from Tracy Gates that the International ICAK meeting is coming to the UK next year and will be in Edinburgh the weekend of 9th and 10th June. We realise this is a golden opportunity for any members if they wanted to attend. ICAK members have worked devotedly to produce research that keeps us updated, provides access to new techniques and information and of course gave us nearly all the wonderful Kinesiology techniques we have and use today.

Membership

We currently have 523 members: 155 Diploma, 71 Certificate and 275 associate. Nearly all our income comes from membership fees (82% and 10% Gift aid). The Trustees want to find more ways to support and benefit our members in the future and welcome your ideas. We also want to find ways to encourage Certificate members to upgrade and have some ideas about this.

Gift Aid

Last year we received £5899.23 in gift aid – thanks to our members signing a gift aid form. That is a fantastic boost to our funds. Have you signed a form? Yes, no, can't remember! There is a form on the Website to download.

Membership roles

Have you got a skill that you feel you would like to put to use to make ASK even better? Or do you know someone? – Please do contact Julie at the ASK office and Julie will pass your messages on.

We already do have a small group of members who work really hard to support ASK in various ways:

- Linda Belcher is our Facebook Coordinator, helped by Allison Prebble.
- Linda Belcher is also on the CNHC committee, who are working to develop a common goal for Kinesiology and looking to agree performance criteria to further those originally developed by KNOS.
- Paz Fairbrother is our ASK Show Representative and has worked tirelessly for many years to set up, work at and coordinate shows.
- Alan Lam is our IT Specialist.
- We are happy to announce some new membership roles, where members have offered their skills:
- Helen Astill has offered her services as a Supervisor / Mentor/ Advisor to Kinesiologists, whether at Foundation, Certificate or Diploma level. Please see her information on the ASK website and Facebook.
- Linda Storey will be our Design/Advertising/PR Representative and redesign our certificates and design some badges for us and has many more exciting ideas in moving ASK forward.

We also have other areas we would like to fill:

Newsletter: Would someone or a group like to put together the newsletter 3 to 4 times a year? This is an excellent way to share ideas, keep up to date with what is going on with ASK, Kinesiology and other therapies. It is also good for tips and revision techniques. In addition, Jason Holdway, the late Ann Holdway's son, has given us permission to use any of the items that appeared in the 'In Touch' magazine which Ann put together regularly for the whole of the Kinesiology community for so many years.

Education: Keeping up to date with any areas of interest that might be valuable for CPDs, identifying areas where revision is wanted, as well as looking at the various courses to work towards a common syllabus.

Research: Is someone interested in being the research coordinator? We all come across exciting articles and often share on Facebook. Not everyone is on Facebook though. An excellent way to keep up to date with recent relevant research is to share some links once a month via the Website. We can put a link from Facebook on there so you know when to look. Also to keep us up to date with the new Hawthorn Health Initiative (see below); discuss areas of Kinesiology research where we might contribute e.g. we recently donated £200 to Dr Anne Jensen's research study (one of our speakers for 2018!); and discuss the potential of collecting data ourselves e.g. case study and questionnaire / survey.

Events co-ordinator: This is a new role which we are developing. We are looking for a member who will proactively identify events, where ASK should be represented. The role will involve investigating events throughout the UK and to present costed proposals to the Trustees. As we increase the number of shows / events we get involved with then there could also be the need to for other members to support Paz so we have greater geographic coverage.

The Hawthorn Health Initiative: Lets do some research together and with others – yes!

In May this year ASK was 1 of 40 complementary and integrative medicine (CIM) associations which came together to hear the latest about the Hawthorn Health Initiative. David Balens and the ANH-Intl started this and they have been part of a multi-institutional, international collaboration that aims to better understand the effects of CIM on people's health. Central to this work has been developing a forum in which leaders from different modalities can input their views and ideas on how their modality can be better validated, as well as work on an app that allows clients and patients to measure their own health status. They have been working to develop a 'Hawthorn Tracker', a health status tracking and research app and is the result of a collaboration between ANH-Intl, Balens (UK), TNO (the Netherlands), Kansas University Integrative Medicine and the UK Universities of Westminster, Warwick and Southampton. The Hawthorn Tracker will enable individuals (rather than their practitioners) to measure their own health status using a scientifically validated questionnaire. Data can also be captured about an individual's specific uses of, and attitudes to, different healthcare approaches. The app will be available later this year. The Hawthorn Health Initiative and GoHawthorn websites are expected to be launched within the next month. We are part of this and will keep you all posted.

Case studies: Please read our comments re case studies in the Charity Commission Consultation document. Case studies are interesting, informative, stimulate discussion and help with experiences, ideas and knowledge. Why not put a case study on the Website (worth a CPD too!) and we can discuss it on Facebook? Let's collect our data!

Future shows

Last year we only attended 1 main show, the MBS in Birmingham. Sadly, the Camexpo show London is no more – so it would be great to do more shows and do them around the country – do you know of any?

We have identified the MBS in London, (and possibly Cheshire, Yorkshire and Southport!) and are looking into the Allergy show. There is even a new one called the 'Balance' Festival! We don't always have to attend big shows – smaller ones and more local to you are good too. If you have ideas or want to organise one please contact Julie at the ASK office.

CPD update and reminder

As you know we require 21 hours or 3 days for CPDs. This can be achieved in different ways:

- 3 training days or:
- 2 days and a case study
- 2 days and a talk (10 or more attendees and a minimum of 45 minutes)
- 2 days and 1 day helping at a show. Normally we pay volunteers £100 a day. You can choose payment or CPD!
- First aid: You can choose a First Aid Course to be 1 of your CPDs
- On line Webinars – this is an area we really want to tap into and are looking at how best to manage this. Many webinars are free and have fantastic information that would definitely go towards CPD including all Chris Astill-Smith's free webinars on the Epigenetics website:
www.epigenetics-international.com/34/Video_Streaming/

AND

**** Newly qualified members need only do 1 CPD day in their 1st year: submit a case study, or do a talk or go to a seminar or watch webinars (check it is accepted). This hopefully helps when first setting up in business and after the costs of training, buying kits etc. ****

Information about up and coming courses suitable for CPD will now also be in a new section on the ASK website.

Grants

We offer grants for our membership and some, yet not that many, took them up last year. Help us to promote Kinesiology AND promote yourself AND get paid for it! It's a WIN WIN!

We offer a grant for working with people within the NHS, GP practice, hospices, nursing / care homes AND schools (new this year).

Also for giving talks / Taster evenings (groups of 10 or more attendees and a minimum of 45 minutes (£50) and 20 or more attendees (70).

As I am sure you will appreciate a talk can either be used either to obtain a grant or CPD. The same talk to the same audience cannot contribute towards both.

***** Are there areas you are interested in and we are missing them? Please let us know.*****

Bursary

Fancy becoming a tutor? There is still a bursary on offer. You can do an AET teaching course on line and ASK will pay up to £300 – which is all or most of the cost! In the last year 2 of our members have done this.

*** Of course, in addition to our income we have healthy funds to do these things AND we do have a need to CAP how many members we can offer each area to and how many shows we can budget for etc. We are currently re-evaluating all these areas and will give you regular updates ***

And finally, an exciting note to almost end our newsletter on:

♥ Next year is ASK's 30th Anniversary ♥

We will have a short video from our Founder Brian Butler in June and already have some amazing speakers lined up for January, June and October including Anne Jensen, Siobhan Guthrie, Chris Astill-Smith and possibly Diana Mossop. Maybe a neurology guy who does tapping! And we're waiting to hear back from some others.

Do you know someone? Please let us have your ideas.

We will leave you with some quotes from Dyer and Rumi:

'When you dance, your purpose is not to get to a certain place on the floor.

It's to enjoy each step along the way'

Wayne Dyer

'The garden of the world has no limits, except in your mind'

'Don't you know yet? It is your light that lights the world'

Rumi

♥ Namaste ♥