

## Moving ASK forward - member's update, July 17

Dear Member,

As previously mentioned I am regularly adding new relevant information to the ASK website and this email is intended as a reminder for those who are checking the website and as new information for those who are not accessing the site.

Two new sections have been added to the ASK website, the first is a section called "Members Information and can be found under **Members** on the top navigation bar - see below



Jenni Howland an ASK member has written a very interesting article on Essential Oils. We thank Jenni for this as she has written it especially for ASK members.

The second new section "CPD training courses" can be found under **Training** where we are adding details of **new approved CPD courses**.



**Watch this space** - we are currently looking at what is acceptable for ASK CPD, On-Line courses, reading relevant books, subscribing to and reading magazines are all going to be included. Details will be announced shortly.

The next seminar currently listed in this section is on **September 16th** - [Terry Larder - Really Cool Techniques for Kinesiologists](#)

Please let us know if there are any courses you would like adding to this section

Information will be regularly added into these 2 sections.

## Next ASK Training day - Saturday October 14th

**Inflammation** - the fire that burns within



Our next ASK organised Training Day is on **Saturday October 14th** which is a full day seminar run by the ever popular presenter Chris Astill-Smith. [- more information](#)

## Mind Body Spirit Show at NEC in Birmingham, 3-5 November 2017

ASK are taking space at this year's show at the **NEC** and we need ASK members to help on the stand. This is an ideal way to promote Kinesiology to other practitioners and to the general public.

For those new to working on the ASK stand and as a reminder to members who might have forgotten - Any member who works on the stand gets paid £50 for a half day or £100 for a full day **(the full day can also count as 1 day of your annual CPD requirement)**

Please let me know at the ASK office before 1st September if you can help out - thank you



We are introducing on the website another new section under Members Information which is a collection of 'Gems' which could be useful in your practice. We will include one or two in each email and you can find the full collection as it builds on the website under 'Member Information'.

'For right shoulder pain that is worse when lying down (especially if the person cannot sleep on that shoulder), test the client for vitamin D cream rubbed into the joint area'

'For eczema that is difficult to clear, it's worth testing whether Ornithine is a priority'

Let us have any Gems you find useful with your clients so we can build a comprehensive list on the website for our members - Sal Prestwich one of the Trustees has produced the following guidelines which we will put on the website.

**ASK Gems** - are defined as small bits of free standing, relevant information based on experience or observation and / or established fact. They are useful snippets to add to information we already have. They are more than just singular observations and summarise collective wisdom and expert opinion. They can be read in a minute!

A good Gem is factual, useful, can be put into context and where possible their source is acknowledged.

Gems are for linking to a bigger picture rather than just being learnt as fact.

Gems enable information learned to be passed on and encourage us to look into other areas. They stimulate discussion and sharing, critical thinking and learning. This helps with application of the Gem within the context of furthering the goal for balancing our clients and ourselves.

Incorporating them into our balancing enables us to confirm their relevance so they become a better established fact. Remember it is essential to test your client to see if these gems are relevant for them.

## **30th Anniversary of the foundation of ASK**

2018 is the **30th Anniversary of the foundation of ASK** so the Trustees are looking at the ways this can be celebrated - please let us have your thoughts as to how we may celebrate this milestone.

January 27th 2018 - ASK training day

June 16th and 17th 2018 - ASK training weekend

October 20th 2018 - ASK training day

## **New Trustees**

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

Any member who would like to be considered should contact the ASK office and you will be sent an information pack.

If you know of someone outside of our membership who you feel would make an excellent Trustee please encourage them to contact the office.

## **New Membership Management System**

We have just signed up with an experienced supplier who will be providing ASK with a new system which will allow much more functionality both in the ASK office and by providing us with a new website where members will be able to manage their own details which are shown on the website. The members section will give you the facility to upload your CPD, First Aid, Nutrition, and A&P certificates and to see which certificates might be missing or out of date.

As part of the new website members will also be able to book and pay for seminars on-line. It is also our plan to move away from the very dated standing order and Gift Aid forms and to move these functions on-line.

The plan is to have everything in place during the Autumn and I will keep you updated on our progress.

Kind regards

Julie

Julie Bingham - ASK Administrator

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