

Shiatsu Society (UK)

Reports of the
Directors & Agenda
for the

Annual General Meeting



2010



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DIRECTORS and OFFICERS

Directors

Tamsin Grainger
Catherine Scanlon
Philip Brown
David Home
Elizabeth Davies
Rochelle Wilson

Chair
Vice Chair
Treasurer
David became Treasurer from 1st February.

Resignations during the year:

Philip Brown (31st January 2009)
Rochelle Wilson (resigning at this AGM)

SUB-COMMITTEE MEMBERS

The Directors of the Society would like to thank the following members for committing considerable amounts of time to working on Sub-committees. The Society could not function without them.

Jean Robertson-Molloy	Jane Groombridge	Francesca Jaggs	Jocelyn Wellburn
Elaine Seery	Jane Houston	Mick Duncan	Carol Dean
Katharine Hall	Marilyn Collins	Cliff Andrews	Cynthia Shuken
Laura Davison	Chris Harris	Cheryl Jenkins	Sara Hooley
Annie Cryar	Teresa Hadland	Dinah John	Kate Burford
Anne Palmer	Mark Norris	Jon Smith	Joanna Durden
Lucy Trend	Lorna Osborne	Tim Mason	Beverley Cattermole
Hannah Mackay	Michael Boyd	Swithin Fry	Lois Hague
Helder Machado	Linda Skelton	Nicola Abell-Francis	Ian Ayre
Ruth Gutteridge	Alexandra Gallagher	Tom Griffin	Pat Bryan
Yukio Kurano	Francisco Sa	Jamie Hamilton	Dianna Cheong

We would also like to express our gratitude to the many members who have given their time and experience for the benefit of us all in a less formal way.

THANK YOU ALL

CHAIR'S REPORT

This report is in 3 parts: a review of the past year; our current situation; and our plans for the future.

Review of the Year

The highlights of this year, in line with last year's Statement of Intent, has been the dissemination of the ESF Research Project findings via a comprehensive pack which went to all members in the early part of the year, and the launch of this research in London at the University of Westminster in September in front of a wide ranging audience that included members, academics and members of the press. We also scheduled Keynote Presentations at our Green and Away Congress in July based on research carried out by the Zoe Pirie in 1999 and opened up broad discussions on the future of Shiatsu with regard to research, and the needs and interests of the membership in this area. None of this would have been possible without the direction of Elizabeth Davies and the sterling work of the Research Sub-committee comprising Jamie Hamilton, Bev Cattermole, Hannah Mackay, Michael Boyd with input from Seamus Connolly of the European Shiatsu Federation.

The focus on Interactivity as a way of being inclusive and transparent resulted in the AGM in April attracting 53 members in Bristol. The Meeting of Friends was really well attended and allowed for much debate of various issues including the 4 year rule, 2 levels of Shiatsu training, and the opening up of our Register to those professionals from Europe who may want to work in Britain. We are a democratic organisation, and although that AGM voted narrowly against change, a subsequent EGM in London saw that same 4-year rule deleted from the Rules and Regulations, and new rules added to allow greater openness. We made 9 visits all over Britain to answer questions on the work of the office and Board, and to help connect up and offer support to students, graduates, practitioners and teachers. The tented Congress was arranged as a direct result of members' requests for a more down to earth setting.

Having a new treasurer in the form of Phil Brown has meant that we have been reassessing our financial situation and the manner in which we account for and spend the Society's income. Much of this is behind the scenes but has meant an increase in efficiency. It has, however, also raised some serious questions about our current situation (see below).

Due to a number of factors such as falling student numbers and some deaths, as well as a reduction in more experienced graduates due to the previously mentioned 4-year rule, plus the current financial climate, membership numbers have fallen and this is causing some considerable consternation. Our income has correspondingly dropped meaning that our Society cannot continue to provide the same amount of services and support, hence the decrease in size of The Shiatsu Society News, for example. It also implies that we are not always able to satisfy our members' needs and they are presumably either regrettably managing without the back-up of a national Society or have joined an alternative organisation.

Working behind the scenes there have been 3 Board meetings and 5 Board teleconferences; 26 Sub-committee meetings; and numerous other smaller gatherings for appraisal, Congress planning, mentoring, looking for a new central office, attendance at the European Shiatsu Federation, Complementary & Natural Health Council (CNHC) and SR-UK meetings. Much of this work has been carried out by the hard-working Dave Home.

We are continuing to spend a great deal of time with the on-going ethics case that was mentioned at some length at the 2009 AGM, and it is hoped that this will be concluded by the time you read this, upon which a report will be written for general consumption. Lessons have already been learned re. ways to protect the Society and its members, and the advent of the CNHC and its role in safeguarding the public will take some of this burden off our shoulders in the future.

Current Situation

Rochelle Wilson and the website Sub-committee are working on a new site for the Society and this will reflect the extremely wide range of activities that members are involved in, both looking inward (e.g. with discussion boards and easy-to-find helpful guides on marketing), and outward (e.g. an improved press section and informative sports injuries page to inform the public about our work in this area).

Catherine Scanlon and the education Sub-committees are presently concerned with an up-coming meeting between the Society and teachers / schools, and the agenda will inevitably include the maintenance of standards in the light of the CNHC National Occupation Standards, as well as looking at ways the Society and schools can work better together for mutual benefit.

The Future

Financially we are in a position where, despite cut-backs at the base administrative level, newsletter, and interactivity, our expenditure will exceed our income in 2010 by £33k. The bulk of this, as in 2009, is made up of the costs of lawyers regarding the aforementioned ethics case, ones that have not been covered by our insurance. As we are in the fortunate position of having considerable savings (in addition to the reserves that are always in the bank in case of severe emergency), we have taken the decision to spend some of them on core costs (32%) and new plans such as the website, teachers' meeting and further research-based activities. In the meantime, we are clear which are the main areas of expenditure and income, and have begun a process of identifying ways to maximise membership and raise further funds. Our aim is to live within our means and use our savings in the future for a major project, which has yet to be identified. We are particularly keen to appoint a new Board member to this role.

Several years ago we published the beginnings of a 5-year plan (2008-13) on the website and I am pleased to say that many of those goals have been achieved:

- We aimed for “scientific research results will be available for use in marketing and advertising campaigns” and they are;
- For Shiatsu to be available for those with private insurance schemes and several companies now allow this as long as the Shiatsu practitioner is on the MRSS register;
- The new CPD framework has been implemented with a reporting system and members support, and advice has been provided on how to ensure that CPD targets are achievable and easy to maintain;
- A new website is being planned and the research results are available on the current one which is updated weekly with interesting, useful and relevant information;
- On-line discussion forums have been launched and have resulted in fascinating exchanges such as working with clients who have had a stroke, or whether Shiatsu can be defined as always being done through clothing;
- The research Sub-committee have recently met to discuss members' reporting and collating of research data
- There is a greater exchange between members and the office staff and the Board via regional visits and so on.

Last year we published a Statement of Intent and this was meant as a precursor to a full 5-year plan, however this has not been achieved. A 5-year plan has to include a mission statement, aims and objectives for the future 5 years, and these must be demonstrably achievable and affordable so it must contain budgets and forecasts.

I think it is fair to say, that despite tackling the beginnings of this process: SWOT analyses looking at the strengths, weaknesses, opportunities and threats of and to our Society were carried out by many members, and draft plans were written and worked on); and in fact despite acknowledgement of the fact that we are not managing to currently do everything we want to within our income, there has not been agreement on how to change our Society. We want to continue to develop our work and add on new and creative ideas, we do not want to let go of areas that have been there successfully from the beginning (e.g. the professional register) or stand still, stopping ourselves from starting something new (a marketing plan that is better designed to attract clients and broadcast this special therapy that we practice for example). The actual truth is that we have not been forced to change because we do have money in the bank to continue to work in this way (although as stated above, we have agreed that this cannot continue indefinitely).

Further, despite requests from members, quite rightly, for leadership from the Board on the way ahead, our Board is representative of the many sub-groups within the greater membership, and those sub-groups support varied approaches. Some are keen on a more hard-headed business approach designed to thrust our Shiatsu name in front of the collective public's noses; others are keen to stay true to our more spiritual roots and focus on activities that reflect this, perhaps to scale right down and cease the busyness and unaffordable expense;

others again are looking to new scientific findings, or working closely with the NHS. There is not agreement within the membership as to a clear way forward, and this is true also around the Board table. We seek to work by consensus which is good practice.

As I often write, the way I like to think / work reflects what I have learned from being a Shiatsu practitioner. When I feel that I and my client are stuck, one method I use to move us forward is to state where we are, to try to encapsulate the state of the Ki as it is now, in the hope that we can both appreciate what has already taken place and between us find the right next step. This is what I have done in this report and I trust that the next step in the future of this impressive Society will unfold as a result.

Interactivity

As a theme and underlying aim of our work, Interactivity has provided a reminder of the need to network and share with each other. These meetings have continued to bring members together in 8 different areas of Great Britain, with the chance to question the Board, participating in discussions about the newsletter and website, CPD and mentoring, education, finance and marketing. It is an invaluable way for exchange to take place in order to ensure the Board are carrying out and furthering the business of the Shiatsu Society in line with the needs and interests of the full membership.

Mentoring

There are currently 43 mentors and 77 mentees on the Shiatsu Society list; and during the past year there has been a mentoring presence at all the major calendar events: Congress (Green and Away) and the AGM/EGMs. Other than that the process of listening and supporting goes on gently, mostly behind the scenes. It is always mentioned at Interactivity forums, and very often in the newsletter and e-news to ensure all members know of the scheme. Many thanks go to Francesca Jaggs and Jocelyn Wellburn for their attendance at meetings and involvement in planning the weekend at Lower Shaw Farm in July 2010.

External Communications

The small but useful programme of external marketing that has happened in recent years has been repeated in 2009-10. The exhibition packs are couriered around the country for free use at health fairs etc; the advert in Holland and Barrett's Healthy Magazine has continued to attract calls from the public looking for practitioners and schools; the research launch was an excellent way to tell a different group of people (press and academics) about Shiatsu, as was the press release that was sent out with the research pack, and the letter written by Cheryl Jenkins for the Sports Injuries Sub-committee for coaches and athletes. Many thanks go to those who have supported this area.

Olympics / Shiatsu and Sports Injuries

There have been a number of Olympics Sub-committee meetings that has latterly become the Sports Injuries group. The aim was to become involved with the Olympics 2012, but that has proved most tricky, and in trying for this we have identified that there was work that needed to be done before we got to this stage, so a web page has been produced (with valuable clients endorsements and links to practitioners who specialise in this area), a letter has been written that can be used to send to coaches and sports people to tell them about Shiatsu, local contacts have been made, and the mention of sports injuries in the research findings has helped focus this process. It appears that success in this field depends on personal contacts, and the careful and slow feeding of information on Shiatsu in order to build up trust. It is vital that all members who treat sports people offer their ideas and support to continue to draw up a useful list of contacts.

Tamsin Grainger, MRSS(T)

TREASURER'S REPORT

This is the section that says how healthy the society is in financial terms. Many people think accounts are complicated, yet they are as simple as your own bank account. As your Treasurer for the second half of the year, let me take you in a three minute trip of how it all works. If you'd rather skip that, then the summary of how we are doing is at the bottom!

1. Income

(On the page "Trading and Profit and Loss Account")

Our income from subscriptions reduced from £179,000 to £175,000 during the year. Our overall income (at the bottom of the column of numbers) fell to £207,000.

The Board hadn't set targets at the beginning of the year, so there isn't a way to judge whether that is to plan or not. However, in a recession the Society is keeping strong.

2. Expenditure (what we've spent it on)

(On the page "Trading and Profit and Loss Account")

We've spent things in two ways. Cost of Sales relates to the services we provide, and the notable saving is in newsletter production down from £20,000 last year to £14,000 this year.

Lower down the page is expenditure on all the office work and committees to run the Society. This has increased to £145,000 this year. The two items of note are a larger spend on the ESF and the money that had to spent on the ethics case, £19,000 this year. Research also overran its £3,000 budget.

Our expenditure is up 23% in the year. The danger is the ethics case taking more resources this coming year.

3. Net Profit

(On the page "Trading and Profit and Loss Account")

This is how much more has come into the society than been paid out. For this year it is £28,000. That gets held forward to next year for running costs or projects. This is down from the previous year of £55,000.

4. Balance Sheet

(On the page "Balance Sheet")

This shows what assets the organisation owns. Assets are good things, either things we own to run the business (when you've made toast you still have the toaster), money owed to us (debtors) or cash at the bank. The key part is the Reserves, which should meet all the liabilities of the Society for three months if we were to cease trading. Your Board has increased these to £36,000, and they will need to be £30,000 higher still if we have taken the new offices by the time you read this.

Our 'cash to spend' if you like is £103,000, although the ethics case has a claim to some of this.

Summary

As I step down from the post of Treasurer, the Society is in a strong position with cash in the bank and all accounts prepared ahead of deadlines. The trend of reducing membership numbers is one that needs attention as, if that continues, it will limit the strength of the Society in future.

This year we introduced a spreadsheet called BESSIE (Budget Expenditure for the Shiatsu Society and Income Estimates). As the name suggests we are now looking to specifically manage the income to the Society. That planning aspect will allow us to undertake larger projects, such as initiatives with the Department of Health or Shiatsu coverage in mainstream newspapers.

Full accounts are available on our website, and I will be pleased to answer any of your questions at the AGM.

Thank you.

Philip Brown

(Phil left the Board on 31/01/10 but has written this report as he was Treasurer for the year 2008/9. David Home has taken on the role of Treasurer until the AGM).

THE SHIATSU SOCIETY (UK)**(LIMITED BY GUARANTEE)****BALANCE SHEET
AS AT 30TH NOVEMBER 2009**

	Notes	2009	2008
		£	£
<u>Fixed Assets</u>			
Tangible assets	4	827	246
<u>Current Assets</u>			
Stocks		2,247	2,100
Debtors	5	1,37	1,679
Cash at bank		<u>150,310</u>	<u>118,883</u>
		153,927	122,662
Creditors Amounts falling due within one year	6	<u>(15,170)</u>	<u>(11,736)</u>
Net current assets		<u>138,757</u>	<u>110,926</u>
Total Assets less current liabilities		£ <u>139,584</u>	£ <u>111,172</u>
<u>Reserves</u>			
Reserves		36,000	25,000
Profit and loss account		<u>103,584</u>	<u>86,172</u>
		£ <u>139,584</u>	£ <u>111,172</u>

The company is entitled to exemption from audit under Section 249A(1) of the Companies Act 1985 for the year ended 30th November 2009.

The members have not required the company to obtain an audit of its financial statements for the year ended 30th November 2009 in accordance with Section 249B(2) of the Companies Act 1985.

The directors acknowledge their responsibilities for:

- (a) ensuring that the company keeps accounting records which comply with Section 221 of the Companies Act 1985; and
- (b) preparing financial statements which give a true and fair view of the state of affairs of the company as at the end of each financial year and of its profit or loss of each financial year in accordance with the requirements of Section 226 and which otherwise comply with the requirements of the Companies Act 1985 relating to financial statements, so far as applicable to the company.

These accounts have been prepared in accordance with the provisions applicable to companies subject to the small companies' regime of the Companies Act 2006 in accordance with the Financial Reporting Standard for Smaller Entities (effective April 2008).

On behalf of the Board

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T. Grainger
Chair

**THE SHIATSU SOCIETY (UK)
(LIMITED BY GUARANTEE)**

**TRADING AND PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 30TH NOVEMBER 2009**

	2009		2008	
	£	£	£	£
<u>Income</u>				
Subscription income	175,091		179,791	
Donations received	-		211	
Newsletter advertising revenue	7,951		7,570	
Assessment/verification/ratification	4,047		4,386	
Website	2,630		2,742	
Congress	7,091		14,012	
Internal marketing	1,548		1,164	
Merchandising (including leaflets)	3,733		5,735	
Other income	5,208		6,112	
On line incentive	<u>75</u>		<u>250</u>	
		207,374		221,973
<u>Cost of sales</u>				
Assessment/verification/ratification	2,517		4,627	
Newsletter production	14,917		20,100	
Merchandising	5,688		7,333	
Congress	9,703		16,277	
Opening stock	<u>2,100</u>		<u>3,650</u>	
	34,925		51,987	
Closing stock	<u>(2,247)</u>		<u>(2,100)</u>	
		<u>(32,678)</u>		<u>(49,887)</u>
Gross Profit		174,696		172,086
<u>Other income</u>				
Interest received		<u>1,037</u>		<u>3,469</u>
		175,733		175,555
<u>Expenditure</u>				
Directors' remuneration	16,840		17,478	
Administration	47,227		48,502	
Telephone	777		868	
Printing, postage and stationery	6,332		6,467	
Office rental	8,112		8,060	
Internal marketing	1,224		3,503	
External marketing	5,814		5,083	
AGM/EGM/meeting of friends	5,587		2,573	
Board of directors expenses	3,575		2,522	
Accountancy	1,439		1,600	
Website/internet costs	2,206		1,892	
Insurance	1,263		1,144	

Sundry expenses	924		558
Contribution to ESF	<u>16,507</u>		<u>8,450</u>
Sub-committees:			
Education	288		19
ESF	1,003		1,141
Mentoring	-		486
Shiatsu Regulatory Forum	2,834		4,959
Ethics Cases	19,079		2,854
Research	<u>4,780</u>		<u>-</u>
		<u>145,811</u>	<u>118,159</u>
		29,922	57,396
<u>Finance costs</u>			
Bank charges		<u>1,188</u>	<u>1,360</u>
		28,734	56,036
<u>Depreciation</u>			
Computer equipment		<u>322</u>	<u>449</u>
Net profit		£ <u>28,412</u>	£ <u>55,587</u>

**THE SHIATSU SOCIETY (UK)
(LIMITED BY GUARANTEE)**

**PROFIT AND LOSS ACCOUNT
FOR THE YEAR ENDED 30TH NOVEMBER 2009**

	Notes	2009 £	2008 £
Turnover	1	207,374	221,973
Cost of sales		<u>(32,678)</u>	<u>(49,887)</u>
Gross Profit		174,696	172,086
Administrative expenses		<u>(147,321)</u>	<u>(119,968)</u>
Operating profit	2	27,375	52,118
Interest receivable and similar income		<u>1,037</u>	<u>3,469</u>
Profit on ordinary activities before taxation		28,412	55,587
Tax on profit on ordinary activities	3	<u>-</u>	<u>-</u>
Profit for the financial year after taxation		£ <u>28,412</u>	£ <u>55,587</u>
<u>Statement of retained profit</u>			
Retained profit brought forward		111,172	55,585
Profit for the financial year		<u>28,412</u>	<u>55,587</u>
Retained profit carried forward		£ <u>139,584</u>	£ <u>111,172</u>
Allocated as:			
Reserves		36,000	25,000
Profit and loss account		<u>103,584</u>	<u>86,172</u>
		£ <u>139,584</u>	£ <u>111,172</u>

Membership Numbers

- Student
- Teacher
- MRSS Practitioner
- Readerships
- Graduate
- Associate
- Trainee Teacher

Income by Membership Category

- Student
- Teacher
- MRSS Practitioner
- Readerships
- Graduate
- Associate
- Trainee Teacher

Income by Category

- Newsletter
- Marketing
- Insurance
- Website
- Congress
- Interset
- Merchandising
- Education

Expenditure by Category

- Newsletter
- Marketing
- Directors
- Insurance
- Website
- AGM/EGM
- Congress
- Political
- Miscellaneous
- Merchandising
- Ethics
- Research
- Education
- Admin
- ESF

DIRECTOR'S REPORT – DAVID HOME

European Shiatsu Federation (ESF)

At the very recent AGM there was a change of personnel, as I had to step down as president and this is now Frans Copers (Belgium) with Eugenio Airaghi (Italy) taking over as secretary and Eva Krejkova (Czech Republic) becoming treasurer while Ane Grimseth (Greece) is staying on as vice-president. This change will give the ESF a fresh dynamic as it enters a new decade, although it has not changed its commitment to its mission statement of gaining legal recognition of Shiatsu through its political work. This commitment has to be long term as the EU frequently sets its framework plans in units of 5 years and you have to gear up 2 or 3 years in advance.

Over the last year the ESF has been focusing on its presence in Brussels and has worked hard through its links with the European Federation for Complementary and Alternative Medicine (EFCAM) to meet with members of the health directorate (DGSANCO) in order to get CAM mentioned in various documents and web pages. We have to bear in mind that no single therapeutic approach on its own can possibly have representation. Therefore all practitioners of CAM need to work together through one point of contact in order to create influence at such a level and it is necessary to work from within the established order for that influence to be successful.

A joint statement which will be acceptable to both doctors practising CAM and non-medical CAM practitioners is being prepared for use on an EU portal (health based webpage for public information). It is hoped this will shortly be available to the public on the EU parliament website. This will mean that CAM will be a mentioned treatment practice as part of healthcare. This is well-short of full recognition but even this level of acknowledgement is a positive step in the right direction. It is also very good to note that Mr Madelin from DGSANCO has been a helpful guide on how best to approach and present CAM to the directorate and therefore a considerable amount of progress at the political level as been made. Unfortunately due to the nature of the EU structure he will be moving on in the near future and we shall have to construct links with somebody new to the post. However, what is important is that EFCAM and therefore indirectly ESF is now regularly invited to many policy decision making meetings and is one of the very few CAM organisations with representatives to be offered such an opportunity. As a founding EFCAM member this is not just a moral boost for the ESF but a very useful route to having a voice at such meetings as, for example, even the inclusion of a sentence or two can make a big difference to how CAM is seen and its future thus a greater acceptance of Shiatsu.

Further positive communication with the International Shiatsu Network (ISN) has occurred and a mutually acceptable definition of Shiatsu has been established. The ISN is also looking at creating their own curriculum and at the same time considering aspects of that created by the ESF, which is in the process of being updated. It is hoped that one of their representatives might be present at part of the October ESF meeting if timing and agendas permit. However there are still some points of difference and some of the wording of articles written by members of the ISN have been less than complementary and somewhat unhelpful with regards to the negotiations that have been under way for the last year or so. However it is hoped that all parties can move on from a past that was not always smooth and harmonious. Bridges are slowly being built and this is easier in some areas than in others and naturally this is where the connections are being made first and we have to remember Rome wasn't built in a day.

In addition to the political focus, or perhaps because of it, the ESF have been approached by groups from Norway, Denmark, Israel and Slovenia for more information on how they can participate in the ESF and support its aims. The ESF is now looking at how best to help such groups expand and have set up a working group for this purpose. Although these are fledgling organisations another part of the ESF commitment is the support of the spread of quality Shiatsu throughout Europe and the more countries that link and work together the stronger the Shiatsu movement becomes.

Congress

Unfortunately I was unable to attend last year's Congress but I heard some great reports on it and people enjoyed themselves in spite of the English summer rain which didn't seem to dampen the occasion and may have lead to the invention of Mudsu. There must be a marketing opportunity for somebody there!

This year I am very happy to report that as I write this in February people have already started to book for Congress in October. I am also pleased to announce that Bill Palmer will be leading the final close down workshop on the Sunday in addition to the Saturday afternoon workshop and it promises to be a very full and rewarding weekend of sharing Shiatsu. I recommend that individuals become organised and grab the opportunity of getting a school group together to gain a significant reduction. I suggest this is done in good time, as the facilities cannot take enormous groups and numbers may have to be limited, if there is a large demand, as there are some of the top UK teachers offering taster workshops.

In addition, the opportunity to work with other like-minded souls and meet old friends is always a strong drawing power, as well as the attractions of Gaunts House itself which has proved to be a very popular venue in the past with its acres of beautiful grounds and reputation as one of the original venues used by many complementary therapy groups. It is well used to catering for alternative tastes and I hope you will take up this chance to both support your Society and have a whale of a time and this time I really hope to join in the festivities.

Continuing Professional Development (CPD)

Even though some members have voluntarily sent in CPD forms we are running a randomised check on the CPD done by members and at the same time looking into the process itself, as it is new as a compulsory requirement for both our register and that of the regulatory body CNHC.

We expect to identify one or two hiccups with the current form as it stands and will be looking to improve it for next year, as we gain more insight into what is needed and involved. If anybody, when sending in the form would like to give their view of the process from the general members' perspective and add some constructive criticism it could perhaps add to the development and future smoothness of the collation and confirmation of CPD data. The aim of the procedure is to be able to offer help and support where it is needed while at the same time improve the already high standards of those on the register and also keep it in line with regulation process. The information might also give a stronger direction to forums run by the Society and the supportive workshops that accompany them.

DIRECTOR'S REPORT – ELIZABETH DAVIES

Political

Shiatsu Society members are now able to register with the new CAM regulator, the CNHC. The CNHC register for Shiatsu was officially opened in November last year. Marilyn Collins, our representative on the SR-UK, (Shiatsu Representatives – UK) has been attending the SR-UK meetings, and reporting to the Board. SR-UK is the body that evolved out of the Shiatsu Regulatory Group, last summer. The work of SR-UK will be focussed on education and training standards throughout the professional associations. It will be important to ensure that the Schools Forum Group, which is part of the SR-UK, is properly constituted and represented, on behalf of all schools and teachers, as this will be a key opportunity for Schools to consult about training and standards, and to be involved with developments. Any schools wishing to learn more about this, and to be involved will have an opportunity to find out more, and develop this group at the Teachers meeting being held this summer. **Teachers, this will be your opportunity to find out about the Schools Forum and to voice your educational ideas and concerns!**

Maggie Dunn, Chair of the CNHC, attended our January Shiatsu Society Board Meeting, and explained the work of the CNHC, and the register as it relates to Shiatsu. She confirmed that the SR-UK, as a professional forum, was now considered to be an essential part of the CNHC validation process. Therefore the Shiatsu Society would need to maintain membership of SR-UK in order to act as a verifier for its members, and keep their benefit of reduced subscription. She agreed that this was a departure from the original proposed structure of the CNHC. The Shiatsu Profession Specific Board, which is an appointed part of the CNHC, has a different function, and is being trained by the CNHC. She affirmed that the CNHC has had to make changes to its structure in order to be more functional. She also confirmed that the registration uptake is much lower than anticipated. If the CNHC does not become fully viable in the next 18 months, and collapses, the opportunity for

government recognised Voluntary Self Regulation for CAM may be lost. The CNHC is calling on the goodwill of the professional associations to encourage their members to register.

I would like to thank Marilyn Collins for her valuable work in representing the Shiatsu Society members on the SR-UK, and for her creative input and ideas. I would also like to thank our members, Carol Dean and Adam Hellinger and Fiona Hurlock for taking on the professional roles as Board members of the Shiatsu Profession Specific Board (PSB) of the CNHC

Ethics

An Adjudication Panel is still convened in a current complaint brought by a member of the public against a practitioner. This case has cost the society a considerable sum of money, as the society has had to employ a solicitor. Until the case has been completed, the Shiatsu Society is not able to give out any further details.

The Board is currently considering an increase in daily rate for Lay Chairs on Ethics panels, as the work and responsibility can be considerable. The Society is indebted to all the members of the panels as well as the two lay Chairs, who have given such thoughtful and careful consideration, and given so much of their own free time to this work.

Following much groundwork and preparation, Paul McNicholls and Heidi Armstrong are now ready to start a regular Support Group for Shiatsu practitioners and students who are survivors of sexual abuse. The aims of the Group will be to create a safe and holding space in which students and practitioners can begin to explore their issues around boundaries and any underlying causal themes from their history.

Paul and Heidi are both experienced Shiatsu teachers and practitioners, and have training and experience in working with clients who have experienced sexual abuse. Both Paul and Heidi receive regular counselling supervision for this work. Members who are interested in participating have been advised to contact Paul directly, and will have full confidentiality maintained.

The initial group will run as a trial for 6 months, with one group per month. The Shiatsu Society will be offering some financial support towards the running costs of this group.

Thank you to everyone involved in the Ethics subcommittee and panels. And thank you to Paul and Heidi for setting up this support group.

Research

In September, the Research sub-committee organised and hosted a Research Launch, at Westminster University in London, to bring the ESF Cross European study on the Effects of Shiatsu to the attention of health providers and the Press. Many members also attended. The launch has led to some good articles in health publications, and a renewal of interest in Shiatsu research. A recent article based on the Shiatsu Research Launch appeared in The International Therapist in January, covering a full page, giving references to the publications and to the Shiatsu Society website, and outlining all the key findings of the research. This was very good PR. Articles have also been published in local health journals and newsletters, written by our members. The research sub-committee continues to have regular teleconference meetings via SKYPE, which is free, and has recently had a one day meeting in Reading. The committee is in the process of formulating a long-term research development plan. It considers that this will need to take into account the full political scene for CAM. The group has decided to go ahead with updating and publishing the Systematic Review, and to prepare a Research Governance framework. Its next task will be to do a critical appraisal of research and audit tools, in order to select tools that that practitioner members can use in order to participate in a large scale research and audit project. The members of the subcommittee are Jamie Hamilton, Bev Cattermole, Seamus Connolly, Michael Boyd and Catherine Scanlon, and myself as Research Director, Elizabeth Davies. We have received information from several members who are involved in NHS work, integrating Shiatsu into specific projects, one with mental health patients in the community, another with patients in a GP practice. We have discussed development of a useful portfolio of such projects, and possibly a short documentary video of these projects, that we can use to help promote Shiatsu within the NHS and within community health. If you have any information, ideas or skills you would like to offer towards development of Shiatsu research, please get in touch with me: elizabeth@shiatusociety.org

Thank you to all the members of our excellent sub-committee for your dedicated and creative work. And thank you to all the members of the Shiatsu Society who have written in with such useful and inspirational ideas and information.

DIRECTOR'S REPORT – CATHERINE SCANLON

Education

The year 2009 has included the usual mix of applications to join the Society at a Graduate level from international practitioners, and from UK based practitioners wishing, for example, to move back from Associate to Graduate or MRSS registration.

60 Graduates have joined the Post Graduate Year (PGY) during 2009. (Note: since the beginning of the PGY, a total of 217 have applied, of whom 102 so far have joined the professional register, MRSS, 41 of whom joined in 2009). There were two Assessment Days – one in Spring 2009, and the other Autumn 2009, - with 4 applicants, all of whom passed. This represents a continuing tendency for Graduates to join the Professional Register by the PGY as opposed to Assessment route. Five people have joined the register of Shiatsu Society Teachers in 2009. Names are listed over of those joining the Professional (MRSS) and Teacher (T) registers.

Ratification of Shiatsu Schools is ongoing. January 2009 saw the re-ratification of Theory for many Schools. The first three-year practical re-ratifications began in June 2009. We are planning to integrate the theory and practical ratifications for September 2012.

Many thanks to the members of the Education SubCommittee (General) – Laura Davison, Carol Dean, Chris Harris and Sara Hooley – for their work on the committee, and for joining our bimonthly teleconferences which provide a forum for discussion and development of policy. A warm welcome to Sara Hooley who joined this SubCommittee in November 2009.

The Teacher Training Group (Cliff Andrews, Kate Burford, Annie Cryar, Laura Davison, and Carol Dean) has not met this year. This is because there have been no applications to join the TT register by means of portfolio yet, which may generate some questions when it happens. Teresa Hadland has held focus for the 't' and 'T' applications for which many thanks.

Additional thanks to all mentioned above, and to the many others who have also worked for the Education Area this year.

Rules and Regulations

Mick Duncan, having resigned as Director responsible for Rules and Regulations, has kindly agreed to continue with a place on a Rules and Regulations SubCommittee. This SubCommittee has been asked to explore present feasibility of postal voting for the AGM along with two members who have expressed interest in this. In the past, this has been explored but it was concluded that under the Companies House rules we were not eligible. Additionally, there was a consideration of what would happen if we wished to make amendments to a proposal at the AGM (as we quite often do). Companies House have now changed their rules so we are looking into it again. Samantha Haywood is presently gathering more information for us to consider, including for example what other Societies, such as the British Acupuncture Council (BACc) do, to help us make a good suggestion on this matter.

Since the last AGM, there has been a change in the rules for businesses, which means we no longer have to have a company secretary. Much appreciation to Mick Duncan for fulfilling this role of company secretary latterly. It is often hard to fill this role within the Society, and the Directors agreed therefore that we would only fill it if we needed to, or if there is a suitable candidate. We have made suggestions for how the Rules and Regulations can be changed to take account of this in the proposal within this AGM.

All changes the Board have made to the Rules in the last year can be viewed on the proposal pages of this booklet. Members will need to vote at the AGM to agree these changes.

CONGRATULATIONS

Congratulations to the following members who have been accepted onto
The Register of Professional Practitioners of the Shiatsu Society (MRSS)

Nick Neter	Claire Best	Amanda La Rosa	Clare Dobbs
Margaret Fraser	Lyn Bradshaw	Caroline Betts	Cathryn Whittow-Williams
Sebastian Deans	Claire Gilliver	Tracy Krikler	Melanie Ward-Ablitt
Jane Higginson	John Brodie	Diane Rees	Katie German
Charlotte Smith	Lynne Kenderdine	Patricia Teahan	Juliet Longmore-Reid
Karen Desoysa	Emma Fenwick	Ivo Svoboda	Vicky Raymond-Pritchard
Richard Ash	Kate Allardyce	Sue Spurr	Maggie Bavington
Marie Scott	Robert Peirce	Kay Marino	Daniella Lawniczak
Ruth Lander	Nicola Gunning	Andrew Goodwin	Kathryn John
Anthony Smith	Patricia Lunn	Paula Rothwell	Gary Moore
Gillean Carroll	Marianne Hill	Sally Blackman	Helen Kermode
Martin Collins	Gillian Nicholson	Sacha Roberts	Nigel Newell
Dawn Daly	Jacqueline Mangold	Jennifer Hannibal	Jean-Francois Jodouin
Becky Seale	Krassmir Kirtchev	Jill Fraser	Mick Duncan
Karen Livesey	Rakesh Verma	Hans-Joerg Sommer	Janet Nolan
Lisa Esmonde	Catherine Burnett	Wendy Francis	Mark Young
Elizabeth Selby	Helen Boyd		

Congratulations also go to the following Practitioners on becoming
Registered Shiatsu Society Teachers (MRSS(T))

Julie Decarroux	Jamie Hamilton	Ulrike Packer	Susan Williams
Nicola Endicott	Nik Kryiacou	Lucy Trend	

DIRECTOR'S REPORT – ROCHELLE WILSON

Newsletter

We have now had a whole year with the new, smaller Journal which has provoked some strong views but only among a minority of our membership. We courted opinions via the magazine itself and through e-news. At the time of writing we had 70 responses: 40 in favour of the new size, 23 against and 12 who did not mind either way. As my predecessor, Mick Duncan, reported last year, the savings are £6,260 per annum on the A4 size. Cost is a big consideration, but by no means the only one. The Board is still open minded and will keep the magazine under review.

You may have noticed that we are now calling the Newsletter a Journal. That's because we feel it better reflects the professional nature and quality of what we produce. We hope you agree.

The editorial sub-committee, consisting of all four editors and the director, has met twice during the course of the year and discussed the design, graphics and editorial content, always looking for ways of improving the product. We have a system to ensure that articles not used in one issue are put forward for the next, and a style guide to keep the format consistent from edition to edition.

During the past year our Journal has included some inspiring features, ranging from the latest research findings, up-to-the-minute scientific evidence of bio magnetic fields, Shiatsu and pregnancy, treatment of trauma, how to look after ourselves while giving Shiatsu, and much else. Our letters page was an important

part of the grass roots movement to change the 'four year rule' so that members can now choose when to move from graduate to MRSS status.

We hope you will continue to enjoy reading the Journal and be inspired to send in your photographs, letters and articles.

Website

It has been an exciting year on the website sub-committee though you won't see any evidence of that just yet. But, much has happened that will soon be very visible.

The Board agreed to give the development of a new website a high priority and allocated £6000 for the project. The Sub-committee has developed a specification (many thanks to Elaine Seery for writing and leading on this) which has gone out to tender, and by the time of the AGM we should have selected the company to do the job. We are aiming to have the work completed before the end of 2010.

The plan is to make the website more attractive, simpler to look at and easier to use. We'll still have the same areas but you will find them more accessible. We have been fortunate to have some very skilled members of the Sub-committee who have all been generous with their time. Thanks are due to all of them; Elaine Seery, Jane Houston and Bill Palmer. Additional thanks to Carola Beresford-Cooke who, with Bill, is writing the text for our public pages. And to Cliff Jenkinson who hosts the website and has been able to help us with continuity.

Please note that Director's reports are written mid February.

NOTICE OF MEETINGS

Notice is hereby given that the 2010

Informal Meeting of Friends,
Annual General Meeting (AGM)
and an Extra-ordinary Meeting (EGM)
of the
Shiatsu Society (UK)
will be held at

The Voice Box
Kensington Mews
Foreman Street
Derby DE1 1JQ

On
Saturday 17th April 2010

TIMINGS

Informal Meeting of Friends – 11 am to 1.30 pm

Lunch – 1.30 pm to 2.30 pm

Annual General Meeting (AGM) – 2.30 pm to 3.30 pm

Tea Break – 3.30 pm to 4.00 pm

Extra-Ordinary Meeting (EGM) – 4.00 pm to 5.00 pm

Every paid up member of the Society is entitled to attend and vote at these meetings.

You are invited to submit amendments to the proposals on the Agenda of the A.G.M. or E.G.M. The Rules and Regulations of the Society state:

7)e) Amendments to motions on the agenda of the A.G.M. or an E.G.M. must be sent to the registered offices of the Society, to arrive at least 3 working days before the appointed date of the meeting. Proof of posting to, cannot be assumed to be proof of receipt by, the office.

If you cannot attend the A.G.M. you may put written questions to any of the Directors which will be answered at the meeting and the answer published in the next general mailing to members or the next available issue of the Newsletter. Please send any written questions to arrive at the registered offices of the Society at least 3 working days before the appointed date of the meeting.

ANNUAL GENERAL MEETING

The Voice Box, Kensington Mews, Derby DE1 1JQ. 2.30 – 3.30 pm

Agenda

- 1) Apologies
- 2) Minutes of the Annual General Meeting of 2009 (page 20)
- 3) Matters Arising from the Minutes
- 4) The Annual Report of the Directors (page 20)
 - (i) written questions to the reports (available at the meeting)
 - (ii) verbal questions to the reports
 - (iii) acceptance of Directors Reports
- 5) The Board of Directors proposal to increase the membership fees (page 20)
- 6) Audit Sub-committee proposals (page 21)
- 7) Changes to the Rules & Regulations made by The Board during the year (page 21)
 - (i) Rules and Regulations Section 5)e)iii)Section 3) - Ethics (page 21)
- 8) Election of Directors (page 22)
- 9) Changes to the Rules and Regulations (page 22)
 - (i) Rule 13)b)
- 10) Any Other Business (page 23)

Agenda Item 2: Minutes of the Annual General Meetings 2009

For a copy of the minutes please visit the members' area of the website (downloads page) or you can request a copy from the Office by email or post.

The minutes have not been printed in this booklet due to their size and to save the world's resources.

Agenda Item 3: Matters Arising from the Minutes

Matters arising from the 2009 AGM minutes:

1) Thea Bailey MRSS(T) stated that the Society had spent the last 10 years maintaining the Rules with regards to ethics and felt that many of the membership did not know this. Tamsin Grainger replied she would look into this and make a statement for the newsletter.

Agenda Item 4: Annual Report of the Directors

Please see pages 4-18 of this booklet.

Agenda Item 5: The Board of Directors proposal to increase the membership fees

Proposed: Elizabeth Davies
Seconded: Tamsin Grainger, MRSS(T)

"The Board of Directors propose that there be inflationary increase in membership fees of 3% for 2010/11. "

Membership fees have not been increased for several years. The last increase for graduates and MRSS was 6.75% in 2007. Students, associates etc have not changed since 2006. Last year the Board agreed that there would be no increase in fees due to the introduction of the regulator's register. It is felt that membership fees need to rise to match the inflationary costs the Society is seeing and also to move projects forward in line with the Statement of Intent.

Increases:

1st year student £23 to £24

2nd year student £46 to £47

3rd year student £69 to £71

Associate £74 to £76

Graduate / MRSS £175 to £180

Teacher £219 to £226

Agenda Item 6: Audit Sub Committee proposals

Proposed: Anne Palmer, MRSS(T)

Seconded: Carol Dean, MRSS(T)

"The Audit Sub-committee propose that the Directors fees and expenses budget remain the same as last year at £20,000. "

Agenda Item 7: Changes to the Rules & Regulations made by the Board during the year

(1) Rules and Regulations Section 5)e)iii)Section 3)

Proposed by: Rochelle Wilson

Seconded by: Tamsin Grainger, MRSS(T)

Current rule:

- iv) Any witness called to give oral evidence can be cross-examined and re-examined, and can be questioned by the Sub-committee.
- v) At the discretion of the Sub-committee the complainant can exercise the right not to give evidence in person and to refuse direct cross-examination by the member.

New rule:

iv) Any witness called to give oral evidence may be cross-examined and re-examined. A witness may not be compelled to attend to give evidence, nor compelled to be cross examined or re-examined. The Complaints Adjudication Sub-committee is entitled to accept documentary evidence, by way of statement, letter or other document, whether or not the maker of that letter, statement or other document is called to give evidence and whether or not the maker of that letter, statement or other document is cross-examined. The Adjudication Sub-committee may attach such weight to such documentary evidence as it sees fit.

iv) Stays the same.

The burden shall be on the Society to prove the case to the civil standard of proof, namely on the balance of probabilities.

These changes were made at the Board meeting on 5th May 2009.

Proposed by: Rochelle Wilson
Seconded by: Tamsin Grainger, MRSS(T)

Agenda Item 8: Election of Directors

The election of Directors will be overseen by Electoral Reform Services. There are three places available.

If you wish to stand for election as a Director of the Society please contact the office for a nomination form and Induction Pack so that you can assess what is required as a Director. Completed nomination forms must reach the Office of the Society with a minimum of 5 working days before the A.G.M. (by 5pm, 9th April 2010).

Agenda Item 9: Changes to the Rules & Regulations

(i) Proposal to Change Rule 13)b)

Proposed by: Caroline Salzedo, MRSS(T)
Seconded by: Char Scrivener, MRSS(t)

Proposal:

That

- 1a. Graduates of those Schools whose theory and practical assessments are ratified and verified by the Shiatsu Society, should be awarded MRSS on successful completion of all their 3-years training requirements at the point of receiving their practitioner diploma.
- 1b. A supported first year in professional practise should be introduced to enable the new practitioner to keep their MRSS status.

We suggest that the supported or PG year consist of the following:

Supervision sessions, a minimum of 4 sessions.

Tutorials, a minimum of 2 sessions on a specific subject with either a Big T or someone with a proven track record of expertise in the chosen subject.

Proof of professional practise in the form of ongoing coherent client records, minimum of 75 to be submitted.

Portfolio, as currently stands or Reflective report, 300 words report on the practitioner's experience of their PGY, to include SWOT.

2. That all fully ratified schools have an external assessor present at the final assessments. This assessor is to be a big T from another school with no teaching history at the school being assessed. This assessor does not take an active part in the assessment process, but observes to ensure standards are being properly maintained and moderation is fair and impartial. This role is to replace the current verification visit.
3. That the 'old route' to MRSS should be retained for graduates of those schools who do not have their practical assessments ratified by the Shiatsu Society, before going into their supported first year in practise

Discussion:

This proposal is being put forward as we feel that those schools who having opened their doors to be scrutinised and successfully gone through the process of ratifying their courses should be entrusted to uphold these standards.

We recognise that students on graduation need and benefit from further support; this has been proved true from the feedback we have received from graduates who have chosen to undergo the current PGY.

Students who have successfully completed their training in Shiatsu that is fully ratified by the Shiatsu Society should be encouraged to build on a solid framework and further develop as real professionals. We believe that this kind of supported PGY would create a natural progression from student-hood to fully fledged professional, in effect it would offer a carrot rather than more hoops to jump through.

Reducing the number of treatments from 100 to 75 is, we feel more realistic and in line with the progression students have gone through during their training. The Shiatsu Society stipulates 150 treatments over a three-year period and majority of schools keep to this requirement. A sudden jump from 50 per year to 100 seems a little onerous for a new practitioner.

The 'Old Route' required that applicants for the MRSS assessment should have been members of the Shiatsu Society for two years and have been awarded a Diploma from one of the ratified schools, or have proof of 500 hours study with registered teachers. There has never been a stipulation that graduates have clinical experience prior to taking the MRSS assessment.

Other reasons to have the MRSS awarded in school:

Level of supervision is consistent throughout. Schools know students well so can support any difficulties first hand.

School and the teachers are trusted to deliver the highest standard for the shiatsu community and the wider community.

Agenda Item 10: Any Other Business

EXTRAORDINARY GENERAL MEETING

The Voice Box, Kensington Mews, Foreman Street, Derby DE1 1JQ. 4.00 - 5.00 pm

Agenda

- 1) Apologies
- 2) Minutes of the Extraordinary General Meeting 2009 (page 24)
- 3) Matters arising from the Minutes (page 24)
- 4) Proposals:
There are no proposals.
- 5) Any Other Business

Agenda Item 2: Minutes of the Extraordinary Meeting 2009

For a copy of the minutes please visit our website to view / download them or you can request a copy from the Office by email or post.

The minutes have not been printed in this booklet due to their size and to save the world's resources.

Agenda Item 3: Matters Arising from the Minutes

Matters Arising from the minutes of the September 2009 EGM:

None.

Agenda Item 4: Proposals

No proposals have been received.

Agenda Item 5: Any Other Business



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