



# DEVELOPMENT NEWSLETTER

## UK REIKI FEDERATION OCTOBER 2004 - Issue 21

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### ANNUAL REVIEW & FESTIVAL 2005 IMPORTANT DATE FOR YOUR DIARY!!

This will be held **15-17 April 2005** at **Leicester University**. Make a note in your diary NOW! Full details and booking form enclosed with this mailing.

### REIKI AWARENESS WEEK 2005

**14 to 22 May**

*Let's start planning now!*

As soon as you have details of events please let the PR team know, so that they can help you promote your event in national and local press, radio and other media. Last year was a tremendous success, let's make this coming year even better. [christine@reikifed.co.uk](mailto:christine@reikifed.co.uk) or [mari@reikifed.co.uk](mailto:mari@reikifed.co.uk)

### THANK YOU TO . . .

We are sorry to announce the resignations of Kay Zega (Chair of UKRF) and Sylvia Clegg (Area Representative for Wiltshire).

We would like to acknowledge the work they have done during their time with the Federation and wish them well for the future.

### Vice Chair's Report.

Following the resignation of the Chair, Kay Zega, the Management Committee would like to thank Kay for the time she spent as Chair and for her contribution to the UK Reiki Federation.

This is an important time for both the UKRF and the UK Reiki community. As the various Reiki organisations, who make up the Reiki Regulatory Working Group (RRWG) share the common aim and purpose of working towards Voluntary Self-Regulation, the UKRF has played an important part in this process.

Involvement in the Education Sub Group, actively helping to develop a draft document for Reiki National Occupational Standards (NOS), have helped to reinforce the perception held in many quarters that we are leading the way forward with our high standards and quality of service. Feedback from fellow UKRF members, fellow professionals and members of the public indicate the high regard they have for the UKRF.

It is really encouraging to see how well the Management Committee have resolved to work in equal partnership for the common good of both Reiki and the UKRF, openness and sharing of both information and experience keeps us all actively linked.

It is useful and mindful of us all to remember for whom we are representatives. The members are the heart of the UK Reiki Federation and we are its custodians, with a remit to both inform and act in the most professional way.

All organisations work best if a responsible individual holds the finances. Henry is that indeed, but is also the guardian, who guides us in how to use the funds in the best possible way for the greater good of Reiki.

Doreen and Mike have worked extremely hard at establishing the National Co-ordination Network (NCN). These representatives are a key part in maintaining a connection to the membership.

Caroline and Robert are actively exploring the possibilities of Reiki research, an important part in the pursuit of the professional recognition Reiki deserves.

The PR team - Christine, Carole and Mari - seek to forge links with the media, professional organisations and to promote the value of Reiki to the general public.

In the light of being seen to be inclusive, we would like to ask if any of you would wish to be more involved in your Federation. As we grow both in numbers and reputation it is even more important that the Management Committee should be more inclusive of the diversity which makes the UKRF a unique democratic organisation.

So if you feel you have something to offer as a possible nominee to the MC at the next AGM please feel free to either contact me, or Doreen in the office.

Reiki has come a long way from its simple beginnings, accepted now in areas we could once only dream about. Mari Stevenson, Vice Chair [mari@reikifed.co.uk](mailto:mari@reikifed.co.uk)

### PR AND MEDIA

**We are taking a stand on behalf of the UKRF at the Complementary and Natural Healthcare exhibition at Excel in London on October 24 and 25<sup>th</sup>. We will be promoting the UKRF and Reiki, so please come and visit us on Stand 106.**

## CERTIFICATES - V - CARDS

Following on from consultation with the membership, there has been an overwhelming (85%) vote in favour of certificates. With immediate effect membership certificates will be issued instead of cards

### FEDERATION MERCHANDISE

We have a number of "small" items available for purchase by members. ie: two different "fun" badges, one gives the Federation name and logo, the other says "I love Reiki". Please specify clearly whether you want the "UKRF badge" or the "I love Reiki" badge. Also available are pale lilac coloured Car Stickers with the word "Reiki", the Federation's logo and contact details printed in white. Cost is £1.50 per item, including postage & packing. Please send cheques made payable to the UK Reiki Federation, clearly stating item required, your name, full address and membership number. Enquiries to [sales2@reikifed.co.uk](mailto:sales2@reikifed.co.uk)

We are pleased to advise that we have now arranged the supply of a range of clothing items which are available with the Federation logo displayed on the front. Items include polo shirts, sweatshirts, T-shirts, tabards, caps and fleeces. Information sheet can be downloaded from the website or obtained from the office. Further details available from Mike Randell: 0121 684 6103 or [sales@reikifed.co.uk](mailto:sales@reikifed.co.uk).

## NATIONAL CO-ORDINATION & NETWORKING

Area Representatives are supported by Regional Co-ordinators, who are also active in recruiting new representatives for areas not yet covered. If you are interested in volunteering as a representative for your area then email [ncn@reikifed.co.uk](mailto:ncn@reikifed.co.uk).

Please remember that Area Representatives and Regional Co-ordinators all volunteer their time freely to the Federation to help form a network throughout the UK. They communicate with members via email, and information is also made available on the website. If you wish to send communications by post please forward to the Admin office. Please keep in touch with them as they can only respond to you, and organise events which you feel appropriate, if you are also involved. We are pleased to include information from your Area Representatives:

### Berkshire

Jane Stableford, new Area Representative for Berkshire, extends a welcome to new and prospective members of the Federation to an Open Reiki Share on 14<sup>th</sup> November from 4.30 pm to 7.30 pm at The Therapy Centre, 6(b) Church Street, Reading RG1 2SB. Please arrive promptly so as not to disturb check-in and meditation. Any reiki level/style welcome. Donations towards room costs. Map and further details available at [www.transcend.me.uk](http://www.transcend.me.uk)

### Cambridgeshire

A 'Reiki Sharing' afternoon event has been arranged for Saturday 4th December from 12 noon to 4pm, to be held in the Memorial Hall in Swavesey. It will be open to all Reiki Federation members in the Cambridgeshire Area, students of the local representative (past and present), plus members of the public - curious or otherwise. The main function of this event will be for Janine Parkinson, Area Representative, to meet members in the Area, and to find out what their situation is regarding Reiki sharing opportunities.

Information on the Reiki Federation will be available for prospective members. There will be stalls, raffle, refreshments, Reiki shares, Tasters, etc. The £5 door charge and money from the raffle will be donated to the Beslan fund in Russia. Reiki taster donations and refreshment money will be donated to the UKRF. More info: Janine Parkinson Tel: 01954 202703 or email [j.parkinson@ntlworld.com](mailto:j.parkinson@ntlworld.com)

### Devon

There will be a new Reiki share group starting in October for anyone interested in coming along. It will be held in Challacombe, North Devon which is just on the edge of Exmoor. At the moment it is planned for the second Monday of each month and will be held from 12.00 - 2:00. We may introduce a second day and time if there is enough demand. Anyone interested in joining us should contact Laura: tel . 01598 763512 or [reikilaura16@hotmail.com](mailto:reikilaura16@hotmail.com). Laura will also be offering free Reiki treatments for a limited time to children with Autism or Cerebral Palsy in return for feedback which will be used as part of a research programme.

### Wiltshire

Anne Tottingham has taken over from Sylvia Clegg as Area Representative.

### New Contacts:

Area Representatives: Jane Stableford, covering Berkshire [j.stableford@ntlworld.com](mailto:j.stableford@ntlworld.com), Anne Tottingham now covering Wiltshire [TerryAnneTott@hotmail.com](mailto:TerryAnneTott@hotmail.com),  
Regional Co-ordinator: Amanda Laffoley covering the South East [dstress@btinternet.com](mailto:dstress@btinternet.com) .

*National Co-ordinator*

## POSITIVE HEALTH

Members attending the Complementary and Natural Healthcare exhibition at Excel in London can have a year's subscription to Positive Health magazine at a very reduced rate, as well as 6 months FREE advertising of their therapy. Just mention you are a member of the UKRF. October 24 and 25<sup>th</sup>.

Non-members – to receive a membership form please send a SAE to:

Membership Request Form, UK Reiki Federation, PO Box 1785, Andover, Hants SP11 0WB or [enquiry@reikifed.co.uk](mailto:enquiry@reikifed.co.uk)

## ON-LINE DISTANCE HEALING

We would remind members that the Federation has an on-line distant healing network for those who wish to have reiki sent to individuals. The requirement is that the request should be sent via email to [distance@reikifed.co.uk](mailto:distance@reikifed.co.uk). The sender should quote their Federation membership number, their name, the name of the recipient and town or county. No other or personal information should be sent. We would also appreciate feedback to the same address, or when the reiki is no longer required.

We are very grateful to Fay Bailey and her team who have now taken over this role. Anyone interested in joining the team of those who send reiki should email Fay at the above address. For anyone who is not a member, a request can still be made, but a small donation sent to the Federation office (cheques made payable to the "UK Reiki Federation") would be appreciated

## REIKI REGULATORY WORKING GROUP

The Reiki Regulatory Working Group (RRWG) continues to meet approximately every three months, and more recently has welcomed two new organisations (FHT and the Tera Mai Reiki & Seichem Association), bringing the total number of organisations represented to 10. Mari Stevenson has been elected by the members of the RRWG as Chair .

A website has now been set up for the RRWG which contains details of the aims of the group, copies of its minutes etc. This can be found at [reikiregulation.org.uk](http://reikiregulation.org.uk). Minutes of all meetings, once agreed, are also available on the UKRF website.

As part of the RRWG remit, and in consultation with Skills for Health, members of the RRWG nominated individuals with appropriate breadth of experience in the various styles of reiki to work on National Occupational Standards, and that group has been meeting regularly over the past few months. Members of the Federation who have made a contribution to this group include Leonie Clark, Robert Jefford, Doreen Sawyer and Mari Stevenson, all of whom have been representing their particular style of reiki, and/or with their educational experience, rather than the Federation's perspective. The requirement was for nominees to have diverse styles and backgrounds.

This process has now resulted in a draft consultation document which will be available for viewing in November. Any reiki practitioner will be able to access the document through Skills for Health, and to comment and offer feedback. Further information will also be made available via the UKRF website when details have been received. This will include a series of consultation

workshops throughout the UK organised by, and booked through, Skills for Health. These will be half day sessions and numbers will be limited. Details, when available, will be given on the Skills for Health and the UKRF websites. Provisional dates in November, and general locations, are:

London	9 <sup>th</sup>	Glasgow	10 <sup>th</sup>
Belfast	11 <sup>th</sup>	Cardiff	16 <sup>th</sup>
Birmingham	17 <sup>th</sup>	York	18 <sup>th</sup>

An Education Sub Group was set up and some work has been done on approaches to teaching, but in view of the work being done on NOS this has been temporarily postponed. Once the NOS work has been completed the group will be reformed.

One of the representatives on the RRWG has been looking at Research and is in contact with the Research & Development group of the UKRF. The RRWG is discussing the production of a leaflet to provide information about the RRWG, regulation, reiki and professional practice. Copies will be circulated on completion.

*Doreen Sawyer*  
*RRWG Representative*

## LEAFLETS

UK Reiki Federation Information leaflet (cream colour) and the Patient/Client leaflet (blue) are available to members. Prices, which include postage and packing, are as follows:

25 leaflets	£3.50	50 leaflets	£6.50
100 leaflets	£12.00	200 leaflets	£23.00

To order leaflets please send your cheque (made payable to the "UK Reiki Federation" with your membership number on the back), to "Leaflets, UK Reiki Federation, PO Box 1785, Andover, SP11 0WB". Please include full details of your requirements, ie number of leaflets, title of leaflet, together with your membership number, full name and address, all clearly printed.

## RESEARCH, DEVELOPMENT & PIONEERS

We would like to thank all of you who have already sent contributions relating to NHS clinical governance. Anyone who has not yet done so, please do so now.

We would also like people to put forward their best reiki research sites as we are building up a links page.

Please read the enclosed report on Research, Development and Pioneers and send us as much information as possible. Reply via the UKRF office email site ie [rdp@reikifed.co.uk](mailto:rdp@reikifed.co.uk)

*Caroline Anson and Robert Jefford*

**PLEASE PHOTOCOPY AND DISTRIBUTE FREELY**

## VOLUNTEERING?

The UKRF is keen to expand the range of people involved in its various activities (via working groups, committees, representatives in various roles, administration support etc) and welcomes contact from those members with relevant time, experience and expertise who wish to offer their services.

We would particularly like to hear from you if you have a working background and experience in any of the following: Desktop Publishing, Marketing, Advertising, Publishing (including journalistic experience), Disciplinary Procedures & Codes of Conduct, Law & Legislation, Education (occupational standards, accreditation/validation processes), Minute taking, Regulation, working within the NHS with Reiki, Research and Development, Fund raising. Preference is given to those with appropriate experience, who have been members for more than 6 months, and hold practitioner status. For informal discussion about any of these roles please call Doreen in the Admin Office or email [enquiry@reikifed.co.uk](mailto:enquiry@reikifed.co.uk)

## WORKING TEAMS

In 2002 working teams were set up to enhance the development of the Federation, and to help with the move towards regulation. Although initially set up for a period of approximately one year, many of them have, until recently, continued to function. The Management Committee would like to thank all those who contributed to those original teams. In accordance with the Federation's aim to continually monitor and evaluate its operation, a review of the Working Teams was carried out at a recent Management Committee Meeting. With immediate effect, the working teams have been revised as follows:

Distance Healing Co-ordinator Fay Bailey. Although with a slightly different remit, the members who send distance healing make a very valuable contribution to the Federation. There is no restriction or limit to the number of people who can be involved with this and anyone interested in joining the team should contact Fay at [distance@reikifed.co.uk](mailto:distance@reikifed.co.uk)

Education. Co-ordinator Doreen Sawyer. Although the NOS role has been absorbed into the RRWG NOS group, the Education team is still active. The remit will continue to include training, accreditation and any educational issues relating to regulation. The team hopes to expand, to include members who have relevant vocational educational experience, particularly with the accreditation process. Contact [education@reikifed.co.uk](mailto:education@reikifed.co.uk)

National Co-ordination & Networking (NCN) National Co-ordinator Doreen Sawyer, Support Mike Randell.

The expansion of the Area Networking team is a growing and exciting area within the Federation. Contact [ncn@reikifed.co.uk](mailto:ncn@reikifed.co.uk)

Publications Co-ordinator Christine Johnston. This includes all publications produced by the Federation, viz the Newsletter, Magazine, leaflets and future directories etc. Christine would welcome support from anyone with Desktop Publishing experience. Contact [publications@reikifed.co.uk](mailto:publications@reikifed.co.uk)

Marketing, Advertising & Media (MAM) Co-ordinator Mari Stevenson. This will also include promotional events. Mari is eager to hear from those with any relevant experience in these areas who would be able to offer some of their time and expertise in helping to promote the UKRF. Mari is especially keen to hear from anyone with journalist skills. Contact [media@reikifed.co.uk](mailto:media@reikifed.co.uk)

Research, Development & Pioneers (RDP) Co-ordinators Dr Caroline Anson & Dr Robert Jefford. With the tremendous amount of work currently being done on Research, and the pioneering work done by our members, it has been decided to merge these two working teams. This will be particularly important when looking at Clinical Governance. Caroline and Robert would be delighted to hear from members with relevant experience within the field of research and/or pioneering work within the NHS. [rdp@reikifed.co.uk](mailto:rdp@reikifed.co.uk)

Sales Co-ordinators Mike Randell & Doreen Sawyer. With the introduction of Federation merchandise there is now a need for a separate team to deal with enquiries. For clothing enquiries email [sales@reikifed.co.uk](mailto:sales@reikifed.co.uk), for smaller items [sales2@reikifed.co.uk](mailto:sales2@reikifed.co.uk)

Where email is not accessible enquiries can come in through the Admin Office by post or telephone.

### RESONANCE MAGAZINE

Thank you for all the interesting articles and letters received for Resonance magazine. Please keep them coming. It is fascinating to hear what wonderful experiences our members have. The next Resonance will probably be in January so send your articles of no more than 1,000 words to [resonance@reikifed.co.uk](mailto:resonance@reikifed.co.uk) by end November 04.

#### Advertising in Resonance

1/8 page costs £40.00    \_ page costs £80.00  
\_ page costs £120.00    Full page costs £200.00  
Black and white adverts only for now, preferably in Word.

Please note we reserve the right to refuse advertisements which do not meet our magazine policy and are not in line with the aims and objectives of the UKRF and our members.

*Christine Johnston*  
Editor

Non-members – to receive a membership form please send a SAE to:

Membership Request Form, UK Reiki Federation, PO Box 1785, Andover, Hants SP11 0WB or [enquiry@reikifed.co.uk](mailto:enquiry@reikifed.co.uk)