



DEVELOPMENT NEWSLETTER

UK REIKI FEDERATION MAY 2005 - Issue 24

PO Box 1785, Andover, Hants. SP11 0WB Tel: 01264 773774 enquiry@reikifed.co.uk www.reikifed.co.uk

MESSAGE FROM THE CHAIR

I am delighted to be writing to you after a successful and very enjoyable UKRF Annual Review and Festival weekend at Leicester. I would like to start by thanking you for your vote of confidence in electing me to Chair of the Federation and I am very pleased to be able to take on this role and further the tremendous progress that the federation has made over the last few years. My first and foremost commitment is to the members and I intend to ensure that all members of the UK Reiki Federation feel that they matter and that their voices are heard and listened to.

I am also very pleased to be able to welcome the new Management Committee for the year 2005 to 2006. I am delighted that we have a committee made up of both existing members and new recruits and I would like to extend a warm welcome to them all. Our new committee for this year consists of myself, Doreen Sawyer, Christine Johnston, Mike Randell, and our new members Sally Edwards, Lynda Hunter, Amanda Laffoley, Christina Norwich and Penelope Quest.

This is a fresh, exciting and expanded committee with members from many different lineages and with a wealth of experience. Therefore I can say, with absolute certainty, that your Management Committee members are truly representative of the many and diverse styles of Reiki that we share amongst us and which the UK Reiki Federation represents. The aims and objectives of the federation remain unaltered in that first and foremost they still encompass all styles of Reiki and that we remain focussed on supporting our members.

We, as your Management Committee, pledge ourselves to working for the membership by listening to the membership, sharing with the membership and moving forward with the membership. Our members matter, it is as simple as that. One of our immediate aims is to meet with and listen to our members as soon as possible. At our next Management Committee meeting we will be talking about the best ways forward to accomplish this very important objective. We

intend to find ways in which we can provide representation for every different region and provide networking facilities for members of every region. These are issues which we will prioritise at the meetings of the new committee because this is the way we can ensure that all our members become actively involved, feel that their voices are heard and know, with certainty, that they matter.

In conclusion, may I once more extend my thanks to you, our membership, for your support and assure you that your Management Committee will work with commitment, enthusiasm and loyalty to the long-established aims of the UK Reiki Federation.

Dr Robert Jefford
Chair

ANNUAL FESTIVAL

The Annual Review has to be held once a year, and to date the festival has been organised alongside the review to reduce the additional cost of travelling to a separate venue. We are keen to hear the views of the membership regarding possible future format for the Festival. We have had both one day events, and weekend events, with and without overnight stops. We would be pleased to hear from the membership as to whether they would support one of these more than the other, or any other possible suggestions for consideration. Other possibilities are short Annual Review with no workshops included, one day event with review and festival, separate festivals around the UK etc. If anyone would like to provide information on other suitable venues then this would also be welcomed, as we are aware that our membership are throughout the country. Please send your comments to enquiry@reikifed.co.uk or through the Admin

WORKSHOPS AT THE UKRF FESTIVAL

There was a lovely variety of workshops, both serious and relaxed.

Leonie Clark gave two workshops, one on the Four Elements Egyptian style and the other on the Egyptian Goddess Sekhmet; both very powerful.

Musical workshops were wonderfully covered by Henry Burrell with Tibetan Bowls and Tania Turner's Healing with Tuning Forks.

Then we had Science and Healing with Joe Potter, which was very stimulating and very interesting for those Reiki teachers who have cynical students! Joe also gave a workshop called the Introduction to EFT.

Qi Gong was taken by Mark Brinsden and he had quite a few people attending his 7.30 sessions first thing in the morning.

Ann Tottingham had a very good workshop on Homeopathy for Family and Friends.

UKRF workshops included National Co-ordination and Networking with Mike Randell and Doreen Sawyer, Research, Development and Pioneers with Robert Jefford, Public Relations and Media with Mari Stevenson, Christine Johnston and Carole Block. and finally Voluntary Self Regulation and the RRWG with Mari Stevenson and Doreen Sawyer.

The weekend was brought to a close with a workshop given by our new chairman, Robert Jefford, which covered the Buddhist Origins of Reiki.

Altogether a really good selection and very much appreciated by the members attending.

Christine Johnston

NATIONAL CO-ORDINATION AND NETWORKING

We are pleased to advise that Amanda Laffoley will be taking over as National Co-ordinator for the NCN team. Details of area representatives have been given in recent newsletters but we would welcome enquiries from members who would like to take on this role in other areas. Contact can be made through ncn@reikifed.co.uk

ADMIN OFFICE HOURS

At a Management Committee meeting in March it was decided to reduce the amount of Admin Hours in the office. Telephone calls are now only dealt with between 10.00 am and 1.00 pm Monday to Thursday, and members are asked to call between these times where possible. The answering service is available continuously. This situation may be reviewed in the future.

COMPLEMENTARY HEALTHCARE: A GUIDE FOR PATIENTS

The Prince of Wales's Foundation for Integrated Health has published a guide to complementary healthcare for patients. The guide is available to download free of charge from their website at www.fihealth.org.uk and printed copies may be purchased from their distributors: Education Distribution Services Tel 01795 427614, or ordered through bookshops.

ADVERTISE YOUR COURSES IN RESONANCE

Send us brief details of your courses to be included in the special section in Resonance magazine – three lines cost £15.
resonance@reikifed.co.uk

For articles and letters to be included in the next Resonance the deadline is the end of next week, May 7th. Send no more than 1,000 words in Word to resonance@reikifed.co.uk

REIKI AWARENESS WEEK 2005

Reiki Awareness week is just a couple of weeks away.

I hope that all of you planning events have contacted the admin office, so that you can be listed on the website.. A final listing will be put on the Federation's website during week commencing 9 May 2005.

We still have a few CD's available which can be sent out to your local newspaper or radio station. So contact Carole on 07778841010 or email her on: thehealthpractice@yahoo.co.uk

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

UKRF EXHIBITION NEWS

As mentioned in the last Newsletter we intend taking part in this year's Complementary and Natural Healthcare Expo in the Docklands on October 23 and 24, as well as the . Mind Body Soul Exhibition at Olympia, London on 12th and 13th November, both held in London.

In the past we have found exhibitions are an excellent way of promoting the UKRF and Reiki to the general public and are fairly cost effective.

Our stand at the Mind Body Soul exhibition is located in a good central position and the organisers tell us that there are over 40,000 people on their database and they email to a further 12,000 addresses. The exhibition will also be featured on Healthy Pages, their sister company, which attracts over 500,000 visits per year. And the UKRF's details will be included.

As we were kept very busy all the time at the Excel exhibition, we would like to offer members the opportunity of joining us at these events and sharing the cost of the stand. You will be able to promote yourself/your company on the UKRF stand. The actual costs will depend on the number of people participating, Therefore we need to know who is interested in taking part as soon as possible, so. please contact the admin office .

ANNUAL REVIEW 2005

Following on from the Annual Review & Festival 2005, the following have been confirmed as members of the Management Committee with effect from 1 April 2005:

Robert Jefford (Chair), Sally Edwards (Treasurer), Doreen Sawyer (Secretary).

Committee Members: Lynda Hunter, Christine Johnston, Amanda Laffoley, Christina Norwich, Penelope Quest, Michael Randell,

We acknowledge the contribution to the Federation of Mari Stevenson, who has stepped down as Vice Chair, and of Henry Burrell who did not seek re-election as Treasurer.

RESEARCH, DEVELOPMENT AND PIONEERS TEAM

Since the last meeting of the Management Committee Dr Caroline Anson has had to step down from the RDP team. We were very sorry to lose Caroline but would like to acknowledge and thank her for the tremendous amount of work which she has done for the team up to this time.

Dr Robert Jefford has now taken over as sole co-ordinator of RDP and has been working extremely hard to build up a new team. We must also extend our thanks to Doreen for keeping together the requests for information on the pioneers as they have come into the office. A great deal of work has been done to clear the backlog of queries and requests for support which had arisen over the past few months. This has now all been dealt with.

We have been looking at a number of positive ways forward for RDP and are delighted to be able to report that we have had an enthusiastic response from a number of members in helping us move forward. Many of these contacts include members with professional qualifications in various fields.

Several contacts have also been made to start putting into place programmes of research which will help build and extend our resource base for members. These include contacts with the Department of Health and several major universities where links have been set up with professors and deans of medicine. A senior official from the department of health has been researching into the best ways forward for us to approach, and get into, hospitals. When completed, this information will be made available to assist our members.

We have also established a very valuable contact with a member who was at one time head of midwifery and was responsible for the implementation of a number of projects within major NHS trusts. This lady is also very keen to work with our pioneers with a view to heading up the nursing and midwifery group. Her advice is going to be invaluable in leading us forward in this field.

We are also in the process of co-opting a fundraiser for RDP which will also open up an association with a major cancer care trust in Australia. This is being pursued with a view to sharing and cooperating on research materials and resources.

PLEASE PHOTOCOPY AND DISTRIBUTE FREELY

We have a comprehensive list of active pioneers and have new members applying to join us all the time. The pioneers cover many different fields of practice and approaches are now being made to those interested to head up smaller teams within the overall framework of RDP. We intend to develop a supportive network of practitioners working within the different sectors, with each smaller team feeding back to the RDP. In this way RDP will then be able to report back to the Management Committee on developments being made at grass roots level within the pioneers' team as a whole. We hope that much enlightening information will emerge in this way which will be collated for the future use of all our members.

The team would like to offer three useful websites for colleagues wishing to follow up avenues of research. These are:

www.reikimedresearch.com

www.healedyou.com/reiki2/reikiresearch

www.chiinstitute.com or contact by e-mail on info1@chi.us

In conclusion the RDP team looks forward to an exciting and fulfilling year, with new and valuable contacts being made and a team of pioneers keen to contribute to the development of our work and the creation of a valuable bank of resources for members.

MIDWIVES CONFERENCE, BIRMINGHAM

I enjoyed attending the MIDIRS conference for midwives in Birmingham's conference centre on Tuesday April 19th. There was a healthy interest shown by many of the delegates in the UK Reiki Federation and Reiki itself.. I was delighted to be able to be a stand in for Mari Stevenson and Christine Johnston and, although not being steeped in the workings of the UKRF I gave it my all!

Those who showed an interest had heard of Reiki, but were not too sure of the treatment and its benefits. This created a good discussion albeit due to the time available. The role of the Federation was explained and the work it is doing towards self regulation and the RRWG. Over fifty leaflets were given out on the Federation and Reiki for practitioners and clients. There was a captive

audience at lunch time as the lunch queue went past our stall. As the service was a little slow, I made the most of the moving audience!

I did recommend people to contact the Federation for more information and/or to find their local teacher/practitioner. It was a positive exercise as it has raised greater awareness in people who could benefit from having this 'tool' in their personal and professional lives. For future events I would recommend where possible, to have available testimonials and research information sheets on the delegates particular field, as this was requested.

An interesting comment was also made by a number of midwives in that a midwife could only play one role, that it, being the midwife in the delivery room or a Reiki practitioner. The reason being that there could be a conflict of interests.?

From the day's interaction with the delegates, it did confirm that greater knowledge of Reiki would enable more to take the decision in taking steps to consider learning Reiki and incorporating this complementary therapy into their profession where possible, and reap the benefits of it in their personal lives too.

Jude Ashworth.

The PR team would like to thank Jude for her work in covering for us at very short notice She did a great job, especially without the usual tools, e.g. leaflets, display board, etc.

LEAFLETS

Copies of both UK Reiki Federation Information leaflet (cream colour) and the Patient/Client leaflet (blue) are available for purchase by members.

To order please send your cheque, (made out to the UKRF) with your membership number on the back to "Leaflets", UK Reiki Federation, P.O.Box 1785, Andover, SP11 OWB.

Please include full details of your requirements, title and number of leaflets with your name and address printed clearly.

Prices include postage and packing:

25 leaflets £3.50. 100 leaflets £12.00

50 leaflets £6.50 200 leaflets £23.00

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

Membership Request Form, UK Reiki Federation, PO Box 1785, Andover, Hants SP11 OWB or enquiry@reikifed.co.uk