



DEVELOPMENT NEWSLETTER

UK REIKI FEDERATION AUGUST 2005 - Issue 25

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FROM THE CHAIR

I am very happy to report that our new Management Committee is settling in and getting things done! Of course the committee isn't made up solely of new members – I've been on it for just over a year, and luckily we still have Doreen Sawyer, Mike Randell and Christine Johnston, who have all been working hard for us for quite some time, and I would like to thank them for continuing to do so. However, there is always a revitalising effect when new members join, so it is a real pleasure to welcome Sally Edwards, Lynda Hunter, Amanda Laffoley, Chrissie Norwich and Penny Quest. I feel sure that with all their combined talents, they have a lot to offer both the committee and the wider membership, and I look forward with excitement to working with them on future developments.

In terms of recent success, our Reiki Awareness Week is certainly worth a mention, as the feedback we have received has been very positive, and our membership has also increased since March of this year, which is tremendous news. I would like to thank all of you who have obviously been doing such a good job in promoting the UKRF – 'word of mouth' is such a powerful marketing tool, and hopefully it means that you are finding it worthwhile to be a member yourselves – so please keep on telling people about us!

As Chair, I have been to several meetings to represent the Federation and am pleased to report that we continue to meet with support and encouragement from colleagues in the fields of both complementary and orthodox medicine. In particular the Federation has met with great interest and a genuine desire to share views at a recent meeting at the House of Commons. This meeting was the GP's new Complementary Medicine Advisory Group, where useful discussions took place on the progress being made by the Reiki Regulatory Working Group.

Many new contacts made through the Research and Development Team clearly feed directly into work done as the Chair and it is very useful to bring these two strands so closely together when meeting other colleagues across the various fields of medical research and practice. I am very confident that much of the progress made recently is not only providing a wider understanding of our practice, but is also building a firm foundation for the future development of Reiki within both the orthodox and complementary fields.

You might also like to know that as part of our links with organisations which can help with ongoing efforts

to encourage Reiki research, we have made a donation to the Cancer Support Association in Western Australia, and we look forward to further connections with them in the future.

In conclusion, I would say that as a Federation we are moving forward continually and that the representation made by all of us, however small, is significant and valuable in spreading the work and the practice of Reiki.

Robert Jefford, Chair

FROM THE VICE CHAIR

At a recent meeting of the Management Committee Penelope Quest, who was elected to the Management Committee in April was co-opted to take on the role as Vice Chair of the UK Reiki Federation for the period up to the end of March 2006.

It was a surprise – but a great pleasure – at our recent Management Committee Meeting in June, to be voted in as Vice-Chair to act in that capacity until the next AGM. I had already been designated as the Education Co-ordinator, so as a brand new Committee member these two posts together do represent something of a challenge!, but I will do my best to carry them out efficiently and effectively.

I thought you might like to know about one of the ideas we are working on – to organise a number of workshops for members around the country. It would be useful if you could let us know the type of topics you would find particularly interesting, so please feedback your thoughts either to me, or to Doreen. There will be more information in future issues of the Development Newsletter.

However, perhaps the most exciting piece of news is about the newly updated database on the website, which offers FREE access for the public to lists of Reiki Practitioners and Teachers, for which some other organisations charge. This is in the final stages and potentially it offers you more exposure and should lead to more enquiries and you will see this for yourself if you try it out on the website.

Having Practitioners, Master Practitioners and Teachers all on the same list should make it easier for the general public to find exactly who they are looking for, and should encourage more business for those of you who are listed. Do let us know what you think, and if you experience more enquiries because of it.

Penny Quest, Vice Chair

DATES FOR YOUR DIARY

The **Annual Review and Festival 2006** has been arranged for the weekend of 21-23 April 2006 and will be held again at Leicester University.

Reiki Awareness Week 2006 will be held 10-17 June 2006

It has also been decided to hold a number of workshops around the UK in 2006, further details will be given in future newsletters and on the Federation Website.

FORTHCOMING EXHIBITIONS

On Sunday and Monday, **18/19 September 2005** the Federation will be attending the **Holistic Health Exhibition** at Donington Park, in the Midlands. Look out for us on Stand C31.

The following month, on **23/24 October 2005** we will be attending the **Complementary Healthcare Exhibition** at Excel in London. Come and visit us on Stand 2043.

REIKI REGULATORY WORKING GROUP

A meeting of the RRWG was held in Birmingham on 11 July, two representatives from the Federation attended. In addition, UKRF member Christianne Wyke attended as Chair of the Codes & Disciplinary Group. Two new organisations joined the group, bringing the total now to 11. Each member organisation pays £10 per meeting, plus currently the sum of £300 per annum towards running costs. The meeting was given an update by the various working groups; the Federation has representation on most of these. If anyone has legal experience and would be interested in having their name put forward for the Codes & Disciplinary Group then please contact the admin office.

The National Occupational Standards are still under review by QCA, but hopefully should be confirmed by mid August; they would then be made available for download from the Skills for Health or QCA website. The Education sub group will now be working on the Core Curriculum, with Dr Caroline Anson as our representative. Anyone wishing to comment on educational issues should forward their comments to education@reikifed.co.uk

The RRWG is hoping to have road shows going round the country early next year as a form of consultation, to provide people with the opportunity to find out about the regulation process. We would like feedback from

yourselves on what you would like to see on those road shows. Email your comments, which will be taken forward to the RRWG, to vrs@reikifed.co.uk.

Remember that we can only take your views forward if they are sent to us in the first place. Any queries, concerns, suggestions etc can be sent through to us at vrs@reikifed.co.uk

The proposed target date for completion of the regulatory process is mid 2007.

The next RRWG meeting is scheduled for Monday 17 October 2005 in London.

Copies of all minutes of the Reiki Regulatory Working Group meetings are available on the RRWG website at www.reikiregulation.org.uk but if you have any problems please contact vrs@reikifed.co.uk

July 2005

COMPLEMENTARY HEALTHCARE IN MENTAL HEALTH

New national *Guidelines* for the use of complementary healthcare in mental health services are being developed by **The Prince of Wales's Foundation for Integrated Health**, in collaboration with **Mind**, the **Mental Health Foundation** and the **Royal College of Psychiatrists**.

The Guidelines, funded by the Department of Health and Lloyds TSB Foundation for England and Wales, will target managers of mental health services across the country, and will provide:

- ❖ Information on best practice
- ❖ Information on the recruitment of safe and competent practitioners
- ❖ A review of training and qualifications, service and practice development
- ❖ An overview of research evidence.

The Guidelines will be published in September 2007.

For further information and interviews, please contact:

Joanna Eede, Press and PR Manager
020 7619 6149, mobile 07721 093067
jo@fihealth.org.uk

MERCHANDISE

All orders received by Mike Randell for clothing will be forwarded to the embroiderers for processing on the first Monday of each month

IMPORTANT NOTE FOR PRACTITIONER MEMBERS - WEBSITE

There has been a recent restructure of the website, and in particular the website practitioner listings. Of immediate note is the fact that the level of membership is now included on the list, so that enquirers are able to identify the names of teachers and/or practitioners immediately. Due to the high amount of spam being received by individuals, the format of the list has been amended to include a simple security feature, which will somewhat reduce the 'harvesting' of email addresses; a more effective method is in the pipeline.

During the restructuring, it has become apparent that some of the information we have on file may not be totally correct, mainly in relation to practice locations. Problems have occurred where practitioners have not been specific about the practice location or contact details, or they have moved house but they have not advised of a move of practice location.

We would, therefore, request all practitioner members to check their listings very carefully. You can do this by going to the Practitioner and Teacher Listing, entering your last name in the appropriate box, clicking [submit], then clicking on your name to view your full entry. Please check that the County, Postal area, and Local Area entries are correct and refer to where you practise! If there are any discrepancies/changes in these or other details, please forward details, in writing to the admin office, using the following format:

Member No
Member Name
Location of practice (city/town/village)
County of practice
First half of the postcode for the practice area

For those based in London, please quote the area in which you practise.

It is important, when advising of any change in contact details, that the above information is also included if you are a practitioner member or teacher.

To clarify, the geographic area in which you are listed on our database is based on the main area in which you tell us you *practise*, which may be different from your correspondence address.

If you have any queries please contact the office in writing.

DISTANCE REIKI NETWORK

Its hard to believe it folks, the new distance healing network is one year old.

Since this beginning the network has gone from strength to strength with 12 volunteers who give up their time each week to send distance Reiki, responding to requests from members and non-members alike. During the year we have sent Reiki to over 60 people and although we are not ego based or on a need to know results, some results have been staggering.

We now have less than fifty healees on our healing list as people come and go, as they get better, some in miraculous ways, or reach their enlightenment, reportedly in a peaceful way.

I am gratefully thankful to members of the team, they are a great bunch of people who take the time to do this. If you would like to join our distance healing network get in touch with me through the Reiki Federation or at distance@reikifed.co.uk. It would be good to have you on board with us.

If you would like us to send distance Reiki for yourself or others then please contact me at the same email address, if you are a member please send me your membership number with your request, if you are a non-member then a small donation to the Federation would be appreciated.

In Light and Reiki and Love always,

Fay Bailey.

AUDIT OF ACCOUNTS

Following a review of the Federation's accounts by the new Treasurer, it has been noted that there has been no Audit of accounts carried out over the last 3 years. Therefore the Management Committee has, in accordance with the requirements of the Constitution, called for a full audit of the accounts for this period.

PUBLICATIONS

If you wish to order leaflets, or back copies of the Resonance Magazine, please either email or send a sae to the Admin office to request a Back Order Form.

Badges and car stickers are also still available @ £1.50 including p&p. Cheques payable to the "UK Reiki Federation" should be sent to the Admin office.

RESEARCH, DEVELOPMENT & PIONEERS

This group is co-ordinated by our new chairman, Robert Jefford, and he has been joined by Lynda Hunter, who has been newly elected to the Management Committee. Lynda has taken over as Pioneers' Co-ordinator.

The team has drawn up an outline plan to hold meetings at different venues in the UK later this year in order to bring Pioneers together. Approaches have been made to some Pioneers who might be keen to contribute more to the RDP team. At the moment we would be pleased to hear from anyone who feels they might be able to support the planning of meetings and co-ordination of future events. If you are able to offer help, no matter if only a few hours here and there, please contact Lynda through the RDP link.

Robert has attended several meetings and has made valuable contacts within the Department of Health and the Royal College of Nursing. Other links are also being set up with colleagues overseas.

Many enquiries pertaining to research and the practice of Reiki have been dealt with by both members of the team. All available information is given to our members and correspondence is exchanged with non-members encouraging them to join the Federation and so be able to contribute to, and share in, our exchanges of knowledge and experiences.

The RDP working group is due to meet shortly to draw together recent developments and move forward with shared information, which has been forthcoming from various surprising and interesting sources.

Robert Jefford
RDP Co-ordinator rdp@reikifed.co.uk

PIONEERS UPDATE

We have had eight new pioneers join us since the AGM in April and there are others who have expressed interest in this group, but need to join the Federation or train to Practitioner Level first. A considerable amount of correspondence has been dealt with, answering queries about providing Reiki in varying circumstances, and also about how to approach establishments such as hospitals, hospices, GPs, etc. in order to offer Reiki services or to set up links between interested parties.

Pioneers have also been put in touch with each other where they are working in similar circumstances and we would like to take this opportunity to thank all those Pioneers who have so willingly shared a wealth of their own experiences to other colleagues.

Correspondence and advice has also been given to Reiki colleagues abroad and once again, queries from non-members are also answered with encouragement to join us and benefit from the advantages of the shared and collective wisdom and experience within the Federation.

One member, Alison Wainwright B.Sc (hons) MIGHT, has very generously shared with us the results of her long and detailed study of "Reiki and Stress in the Workplace". We are most grateful to Alison for this. At this time we are very keen to start building up an 'Evidence Base' of case studies from Pioneers working in different environments. If you can help in this way, however small your case study might be, PLEASE get in touch with Lynda through the RDP link. As mentioned in the RDP report, we will shortly be fixing dates for meetings for Pioneers. We hope to hold several over the coming year.

May we also appeal at this time to any Pioneers who might be willing to offer a little support to the team by acting as a co-ordinator for other Pioneers working in the same field, e.g. hospices/palliative care, etc. We do not envisage this as being a great commitment, merely a central figure in each area, who could offer 'hands-on' advice to newcomers in their particular field of experience. Contact Lynda through the RDP link.

Lynda Hunter
Pioneers Co-ordinator/RDP team rdp@reikifed.co.uk

RESONANCE

The last Resonance was very well received and we would like now to feature different artists' work on future covers. If you have created images that would be suitable for a Resonance cover, please email info to resonance@reikifed.co.uk. Deadline for copy is end September for the November issue.

Also please send us articles or letters telling us what you are doing. There are members achieving wonderful results with Reiki and also working in interesting places, all our members would like to know about this.

ADVERTISE YOUR COURSES IN RESONANCE

Don't forget that we now have a section in Resonance to advertise your courses. It only costs £15.00 for a couple of lines.

Editor Christine Johnston