

**East Anglian EMDR Regional Network Committee Meeting  
Monday 16<sup>th</sup> April 2018**

**Present:**

Mark Brayne (Chair); James Thomas (Chair Elect); Joe Kearney (Treasurer); Shirley Young (Secretary); Morven Fyfe; Lauli Moschini; Richard Holborn

**Apologies:**

Sonya Farrell (Past Chair); Balbindar Mann; Michelle Griffiths-Reeve

1. **Steering Group Committee Meeting Minutes** for Monday February 19th 2017 - approved.

2. **Matters Arising from February Minutes**

**Shirley** contacted Centrum at Norwich Research Park but they are unavailable for conferences at the weekends. There is no indication of this on their website.

**Richard** invited Michelle Griffiths-Reeve to take his place on the committee and she has agreed to this. She is keen to be involved having just reduced her working days with IAPT to one day a week.

**Joe** still needs to take action on speaking to the Ceo-op bank to disentangle Richard as signatory and start the process of adding Lauli as Richard's replacement as signatory.

3. **Ely Networking Day April 28th 2018**

**Richard** has liaised with caterers giving them a rough running order and working on a provisional number of 75. They would like numbers by next week with finalisation on the Tuesday before.

Currently numbers are 62 but 4 committee members are still to sign up.

Richard will be at the venue from 8.30 to ensure signposting is managed and to start the setup, including creating stations (Suffolk, Norwich, Cambs, Essex & Peterborough) to enable networking and providing a place to leave contact information to facilitate this.

**Mark** has mailed Mel and is still waiting to hear back. **[Mel has now confirmed she's coming.]** ~~The plan is that Mel will arrive s~~ by train on the Saturday morning. Mark to collect. The contingency for her late arrival is that we might need to do network groups first. ~~Mel is still to let us know whether she has any requirements for her presentation.~~

Mark to bring banner, projector and name peckets badges and to email programme and other details to those who will be attending. Mark will also contact the Google group to remind them that it is still possible to sign up for the day.

After the event Mark is to trial an online feedback form and email CPD certificates (having found this to be successful elsewhere)

**Joe** will organise name badges and meet and greet on the day

**Lauli** will be meeting with Sonya to collect all things necessary to run the Trauma Aid Stall. She has to leave early on the Ely day so the team will need to be responsible for clearing up and, as Sonya is not there, support from the team during the day would also be appreciated.

**Shirley** will take minutes of the day

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**4. November Networking Day November 17th 2018 Chelmsford.**

Sonya had everything in hand at the last meeting concerning this day. However, a venue is needed urgently! **Sonya** will be liaising with Jamie once she is over flu and **Morven** will just check out the availability of the Cathedral Rooms we used previously as a backup.

**James** will try contacting Helen Raisbeck again.

**5. Spring Networking Day 2019**

Date agreed Saturday 27th April 2019 but now looking into Friday 26<sup>th</sup> April

Mark, given that Derek was not responding to ~~his~~ emails, thought it best to consider an alternative speaker for this day.

Shirley suggested we contact Pam Virdi as she had been unable to come to Ely.

Pam prefers to present for a full day and, given the complexity of the subject, it was thought this might be appropriate. Maintaining a Q&A section at the end of the day was considered to be important to include. Pam charges £800 for the day.

**Mark** will contact Pam to check whether she would be available.

It was discussed that we consider holding the day on a Friday as some feedback suggests this might be preferable for some.

**Shirley** will explore Norwich Research Park for Friday 26<sup>th</sup> April.

**Joe** has already explored using the Anglican Cathedral for the 27<sup>th</sup> and has been given a favourable rate of £22 per head. This includes room hire with all facilities and food and drinks for the day. Joe will visit and check out the capacity of the Western Room and check on availability for the Friday. Joe also checked car parking. It would seem that The Adam and Eve car park, close by, has capacity for delegates.

**6. Peer Group Supervision**

Balbinder reported that after an initial overwhelming response the active involvement of responders has been ~~was~~ disappointing. 16 people in Cambridge wanted to meet during the week but no one has yet come forward to liaise or organise. 10 responders in Peterborough wanted to meet at the weekend. A date was arranged to meet for Supervision and Sunday lunch. Of the 5 who agreed to meet only 3 were able to meet on the day. However, this was enjoyed by participants and the next group is being planned. **Balbinder** will let Mark know of the date and venue once arranged so **Mark** can publicise wider.

Balbinder also contacted the Bedfordshire Group with a suggestion of a potential meeting in Huntingdon (merging groups). This was explored but not pursued. Everyone encouraged Balbinder to continue with the expectation that it takes time for projects to gain momentum.

**7. Feedback from London EMDR UK National Conference in March.**

Mark told us the conference was sold out and the venue near Regents Park was great with a healthy atmosphere. Mark is to write up his presentation, which went well.

The Regional Reps Meeting did not have representatives from SW and Kent and there appears to be no group in Scotland. Mark discussed the idea of co-ordinating websites linked with the main EMDR UK & Ireland Website.

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**8. Finances - "Sermon on the Amount"!**

Current balances:

Co op	£2198.97
Paypal	£0028.87
Eventbrite	£2048.65
Invoiced	£0120.00
Total	£4396.49

**9. AOB – none.**

**10. The next meeting was arranged for Monday June 18th 2018 at 19.00**