

BFA SOFA REPORT April 2023

Celia Dawson and Alison Thorpe

For people new to BFA, instead of a Chair, we have a Sofa, with room for 2. For the last year the sofa people have been Celia and Alison. We took over the helm of the Sofa-ship from Peter and Kay after the AGM last April.

We feel there are some achievements over the last year, and various BFA issues that are currently bubbling - and we've gathered them here to give a snapshot of what could continue into the year ahead.

Achievements:

We had a very successful **autumn gathering** at Lower Shaw Farm in November 2022. It was great to meet in person again for those who could make it.

We hoped to have the AGM at another Gathering at Lower Shaw Farm this April, but perhaps it was the wrong time of year for people, or too soon since the last gathering. So we shall have a short online AGM this year on Sunday April 16th.

Update from the last AGM : we now have **BFA guidelines in place** for the Practitioner training regarding **Training and Supporting Mentors** (the new names for Mentor and Secondary Mentor). Many thanks to: Amona Buechler, Robert Copperwhite, Paula Newman and Amanda Raine. There has also been work put into the website so people can add these services to their BFA profile, thanks to Ildiko Davies for website support.

Out of the gathering in November 2022, Gordon Adam took the lead in getting a venue and interested people together for a summer **Focusing Camp** in July this year. We have not had a camp since 2019. Thanks to Gordon for the work involved here. There is currently a camp organising group of Anna Kane, Celia Dawson, Vicki Thomas, Ella Higgs and Alison Thorpe. Bookings are open!

Current issues - a snapshot of what's alive in BFA currently (in no particular order)

Being an ongoing focusing guide : a lively discussion and 2 online meetings took place in December and January about issues that can, and might, arise from being an ongoing, longer-term focusing guide for people on a 1:1 basis. This proved to be a popular and important topic for many people. There were a variety of views, but what was flagged up was the need for

support - either 1:1 from another BFA member and/or peer group support. An issue arising out of this topic is the confidentiality or otherwise of the gaggle list.

Advertising on the BFA gaggle email list - an issue has been raised about whether we should have people advertising courses etc on the gaggle, or suggest these are advertised elsewhere?

Trainees joining BFA : this is an issue that was outstanding from discussions at the autumn gathering in November 2021. It is an issue that has a long history, but Celia would like to take this forward again in 2023-4.

Draft policy on conflict and conflict resolution : there is been a small working group on this - thank you to Susan Jordan, Helen Bower, Jane Stephens and anyone else here we may have missed!

And lastly - there is a discussion about AGMs themselves - how do we balance enough time for issues to be sensed into when we also need to vote at an AGM?

Celia has raised the issue of how we might keep these discussions going in BFA, as well as keeping an eye on what is coming up on the gaggle list. This is part of the Sofa role, but as the meetings about being an ongoing focusing guide were felt to be very useful, we could perhaps meet more together over Zoom to offer support and discussion on matters that are alive for people?

Our **thanks and appreciation** to everyone who has contributed to the running and development of BFA during the past year:

Suzi Mackenzie, Membership Secretary, for efficiently processing new membership applications and online renewals as well as overseas renewals, and ensuring new members receive a warm welcome.

Greg Thomas for very ably taking over the role of Treasurer this year.

Ildiko Davis for her sterling work on the website.

Clare Myatt for her efficient handling of website enquiries.

Gordon Adam for co-ordinating the Newsletter.

Elizabeth Smith for overseeing the gaggle group and distributing certificate paper.

Everyone who has been involved in a subgroup or in developing other areas behind the scenes.

And a special mention to Kay for her support of us Sofa newbies.

Finally, Alison will be stepping down from the sofa at the online AGM on April 16th. Fortunately Fiona Parr has kindly volunteered to join Celia on the sofa.

Alison & Celia

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