

New era

for Branches and Special Interest Groups



www.babcp.com

Dear member

I am writing to you in my role as chair of the Branch Liaison Committee. Bringing together representatives from each of the Branches and Special Interest Groups (SIGs), this committee has over the last two years undertaken a fundamental review of its role and purpose, as well as its relationship with the wider membership, in a more meaningful way.

The recommended changes from this review have subsequently been presented to the Board, which supported them in full. With support from the BABCP office, we are in the process of rolling out these changes.

The purpose of this supplement is to highlight these changes and how they might affect you. I hope you will find them a positive development, not just for the Branch network but for all of us.

I am about to conclude my term as committee chair, so would like to take this opportunity to wish the new chair, Debbie Thrush from the West Yorkshire Branch, every success in the role. I would also like to thank everyone on the committee for their contribution and support while I have been chair.

Best wishes

Tom Reeves

North East & Cumbria Branch



Welsh Branches jointly recognised for strategic achievements

BABCP again this year recognised the excellence and imagination of its Branches and SIGs with the Branch of the Year award. The winner is chosen by the Branch Liaison Committee (see page 3) and presented by the BABCP President at the Annual General Meeting (AGM).

The award is now known as the 'Neil Harmer Award for Branch Excellence', in tribute to the popular and committed Liaison Officer for the Eastern Counties, who sadly died on the eve of the 2013 Annual Conference.

Three Branches share this year's award: North West Wales Branch, South & West Wales Branch and Chester, Wirral & North East Wales Branch.

At the Guildford conference in 2011, these three Branches organised a National Wales Forum as a first step



CBT4Wales launch, November 2012

within BABCP to coordinate efforts in raising awareness of the poor accessibility to CBT within Wales. Since then, these Branches have gone from strength to strength under the banner of CBT4Wales, a strategic initiative launched in November 2012.

CBT4Wales held its inaugural event this March in the shadow of the Welsh Assembly in Cardiff Bay. With a masterclass from Paul Salkovskis, the event also presented a persuasive case for wider access to CBT in Wales, with speakers including leading academics and people who have successfully used CBT. Welsh Health Minister Mark Drakeford also sent a video message to the event.

Two months later, in May, the same three Branches brought Christine Padesky to North Wales with a highly successful event in Llandudno.

CBT4Wales is clearly making the right noises, to the right people, at the right time. Indeed, in June, Health Minister Mark Drakeford announced a £650,000 funding boost to improve access to psychological therapies in Wales. The funding will support the delivery of psychological therapies including CBT

for people of all ages, and will include psychological therapies for veterans suffering from PTSD.

Presenting the award at this year's AGM in one of her last duties as President, Professor Trudie Chalder said: 'They have been terrific ambassadors for BABCP in Wales.'

More information on CBT4Wales can be found online at www.babcp.com/Wales

Highly commended

The Branch Liaison Committee also recognised the Compassion SIG with a highly commended citation.

Launched in late 2012, the Compassion SIG has made an impressive impact with a number of events whose success reflects the growing interest in compassion-focused CBT.

For more information on the Compassion SIG, visit www.babcp.com/Compassion



*CBT4Wales Chair
Maggie Fookes*



Scenes from the Branch Liaison event at the Etihad Stadium this April

Meetings in a different league

Historically, the Branch Liaison Committee met twice yearly for a full-day meeting along with a half-day meeting at the Annual Conference. As the size of the committee grew in line with an exponential increase in the number of active Branches and SIGs, its capacity to undertake meaningfully productive business was reducing while costs were rising. There was further recognition that a conventional committee meeting was not necessarily the best format for passing on the skills and knowledge needed to run a Branch or SIG robustly.

As part of the restructuring proposals that received Board approval, the Branch Liaison Committee now meets twice yearly, as follows:

- A full-day meeting for Liaison Officers from Branches only, in particular to consider matters raised by individual members via their local Branch. SIGs can also invite themselves to this meeting to make presentations about CPD events they may be able to deliver to Branches.
- An annual two-day event for all Liaison Officers, which includes a half-day committee meeting, networking and best practice sharing, and surgeries and presentations on governance, finance and risk, organising events and communications.

The first annual two-day event took place on 25 and 26 April at the Etihad Stadium, home of the 2013/14 Premier League champions Manchester City Football Club. The costs of staging this event were

comparable to holding a one-day meeting in London. Feedback from Liaison Officers about this new style event has been highly positive:

- More like this please – important questions answered! Overall a worthwhile event – I learned a lot.
- Impressive work regarding planning and thought that's gone in to planning the day. Well done!
- Useful information and support/national networking, thank you. Also to know what happens behind scenes.
- My first time – very satisfied! Provides first experience of a line between the membership and higher (board) levels.
- Prefer this to 'posh' London hotels.

The first of the Branches only meetings will take place in the autumn. This different approach to meetings will be regularly reviewed by the Branch Liaison Committee to ensure that needs are universally but appropriately met.



Friends scheme launched

As a BABCP member, the Branch to which you are allocated is based on your postcode.

The Branch Liaison Committee has recognised that your allocated Branch may not be the most convenient for you. For example, you may live on the South East coast but prefer to attend CPD events in London where you work; or you may unfortunately live in an area currently without a Branch.

In response, a Friends scheme is now available for those members

who wish to be added to the mailing list of a Branch other than their own. Consistent with BABCP governance arrangements, Friends would not be eligible to put themselves forward as a candidate for the befriended Branch committee elections or participate in its AGM.

It is anticipated, however, that the Friends scheme will lead to a better service for both Branches and members alike, with a likely increase in registrations for and income from

CPD events. It also provides the necessary safeguards to ensure that the committee line-up only includes BABCP members living within the respective geographical area.

The Friends scheme does not apply to SIGs, as they are open to any BABCP member irrespective of their geographical location.

To become a Friend, please email babcp@babcp.com indicating your current Branch and the mailing list of the Branch(es) you wish to befriend.

Toolkit for a new era

A thriving network of Branches and SIGs has been integral to the life and work of the Association since it was founded in 1972. Now in its fifth decade of existence, BABCP has around 40 Branches and SIGs, serving the interests of the professionally and personally diverse range of BABCP members and supporters.

If risk to BABCP is to be kept to a safe minimum, it is critical that Branches and SIGs are properly supported in fulfilling their responsibilities appropriately, robustly and confidently. Recognising that the existing guidance had increasingly lacked fitness for purpose, the Branch Liaison Committee started a process in 2012 that has resulted in the publication earlier this year of *Branching out - A Toolkit for the Association's network of Branches and Special Interest Groups*.

Previously guidance had commonly been known as the 'Branch Handbook'. Referring to the new guidance as a 'Toolkit' is intended to emphasise a more active focus on skilling-up the Branches and SIGs so they can meet their responsibilities regarding governance, minimising risk and following correct financial procedures. The guidance is presented in various formats such as process maps, tips for best practice, useful contacts and FAQs.

Also included is guidance for any members interested in setting up a new or relaunching an inactive Branch or SIG.

The Toolkit is a living document that will be updated as changes or better ways of working are identified and agreed. It is located online at www.babcp.com/Toolkit. Here you will also find related forms and documents, all of which can be downloaded.

Last but not least, the Branch Liaison Committee would like to acknowledge the considerable work in this area previously undertaken by Howard Lomas.



Internal presenter directory coming soon

Informed by discussions at the Branch Liaison Committee, the Board recently supported a proposal from Tom Reeves and BABCP Honorary Treasurer Gerry McErlane for a presenter directory for internal use. The directory, which will be accessible from the BABCP website, is currently under construction.

Members will be under no obligation to be listed and the directory only applies to presenting within BABCP. There will be terms and conditions, however, that those who wish to be listed will need to comply with. There will also be an administration fee of £10.00 for an individual listing for a full calendar year.

The overall rationale behind the directory is to facilitate a mechanism by which members are able to self-declare their interest and capability in delivering CPD events on specific

topics within BABCP. Those listed will only be able to charge a maximum rate of £650.00 per presenter for a full day or a maximum rate of £350.00 per presenter for a half day or less.

It is hoped that this directory will balance the promotion of CBT with fair remuneration for all members seeking to deliver CPD events internally, for a fee, and value for money for members seeking CPD. It should also encourage a newer generation of members to put themselves forward for delivering CPD events internally.

Committee members will be able to present to their own Branch or SIG providing that certain criteria are met. In particular, no committee member can receive more than £1300.00 per presenter, per calendar year from their own Branch or SIG.

There will be no limit on how many events that committee members can present to other Branches or SIGs, provided that the terms and conditions are otherwise complied with. Likewise, as long as the terms and conditions are met, there will be no limit on how many events that other listed members can deliver within BABCP.

The directory will remain as a standing agenda item with the Branch Liaison Committee.

Once the directory goes live, members will be notified via the usual channels about how to apply to be listed.

What is the Branch Liaison Committee?

BABCP has a number of sub-system committees covering the range of activities undertaken within the Association. These committees report directly to the BABCP Board. One of these committees is the Branch Liaison Committee which brings together representatives - known as Liaison Officers - from each of the active Branch and SIG committees.

The Branch Liaison Committee is chaired by a Liaison Officer for a two-year term of office. A chair elect is identified in the second year of the current incumbent's second year in office, in order to plan for a successful handover.

The Board is represented at these meetings by a Board Lead for Branch Liaison.

Critical links

In addition to its originating terms of reference, there has been an increasing perception in recent years that the Branch Liaison Committee is an 'intermediary' between the Board and the membership. This has been in spite of there being neither a clear remit nor an effective mechanism in place to facilitate such a role.

In response, with the full support of the Board, the Branch Liaison Committee has established a two-way communications infrastructure that formalises this intermediate role and is intended to improve accountability within BABCP to the membership.

Making use of the Branch network, individual members with issues or concerns that they would like to raise with BABCP should contact the committee of their allocated Branch using the relevant email below:

Chester, Wirral & North East Wales chester@babcp.com	London london@babcp.com	South East south-east@babcp.com
Devon & Cornwall devon-cornwall@babcp.com	Manchester manchester@babcp.com	Southern southern@babcp.com
East Midlands east-midlands@babcp.com	North East & Cumbria ne-cumbria@babcp.com	West Midlands west-midlands@babcp.com
East Riding & South Humber east-riding@babcp.com	North West Wales nw-wales@babcp.com	West Yorkshire west-yorks@babcp.com
Eastern Counties eastern@babcp.com	Oxford & Central England oxford@babcp.com	West west@babcp.com
Glasgow glasgow@babcp.com	Scotland National scotland-national@babcp.com	Yorkshire yorkshire@babcp.com
Irish Association iabcp@babcp.com	South and West Wales sw-wales@babcp.com	

The committee will decide whether the matter can be addressed locally. If not, it can be escalated up to the National Committees Forum (NCF), which brings together the chairs from all sub-system committees and meets twice yearly with the Board. The Branch Liaison Committee is represented at the NCF by its chair.

Once the matter raised by the individual member has been considered, the response will be fed back using the same pathway.

Those members who live in an area not currently covered by an active Branch as well as SIG committees can instead contact the BABCP Communications & Branch Governance Manager Stephen Gregson by emailing stephen@babcp.com. In such cases, the issue or concern in hand will be addressed by the BABCP office or, where necessary, escalated up to the NCF, again via the Branch Liaison Committee.

