

## Review of Year March 2009 – April 2010: West Yorkshire BABCP

Aims of Branch were to:

- Provide friendly forum for CBTers within West Yorkshire to meet, share ideas and research, and generally network
- Provide a programme of CBT events within West Yorkshire
- Promote CBT within West Yorkshire

This year's events have been well received and varied

- March 2009: CBT for psychosis
- June 2009: CBT for Chronic Pain
- August 2009: CBT for eating disorders
- October 2009: ACT
- December 2009: IAPT

Sadly our high profile event for February with Rob Dudley had to be cancelled due to him injuring his leg in the bad weather.

Debbie Barker has regularly attended Branch Liaison meetings as well as being Treasurer.

Rachel Lee did amazing work as Publicity Officer and we offer her congratulations on the recent birth of her daughter, as she now leaves us for a year's maternity leave.

Jenny Darling, secretary has moved posts to Sheffield and also left (Congratulations Jenny).

Nicole Quartermain gained an IAPT post in another part of the country and left her post of Events Officer. (Congratulations Nicole).

Laura Collier has joined our committee to take over from Nicole.

However we are now short on the ground and need new blood in the committee.

I believe we have achieved our aims stated above, but we will not rest on our laurels, and are busy developing a new programme of events for the coming year, starting today.

Debbie, Laura and I plan to remain in office for our 3 year term, (unless challenged on this!) but welcome new blood and any ideas to help the branch further develop.

Anne Cooper

Chair of West Yorkshire BABCP