

SC 2 (1.2.17) Minutes of SECTCo open board meeting held on Wed 1.2.17 at 22, Saxon Rd Hove

1 Present Brailla May (webmaster) Kelly Brown (Southdown Housing Trust) Marilyn Shaw, Paul Weeden (CBT practitioner) Paul Jenner (technical director) John Kapp (secretary)

2 Apologies Anne Pether (finance) Jacqui Madders (chairman)

3 Minutes of last meeting on 4.1.17 Accepted as a true record.

4 Resignations John Hadman (homelessness)

5 Minutes of last meeting on 9.3.16 Accepted as a true record.

6 Recruitment of new directors

John welcomed the newcomers to this meeting, and outlined what SECTCo is about, and answered questions. He said that we are recruiting a new webmaster, for which he nominated Brailla, who was accepted to the post at £20 per hour. He said that we also need new directors, and drew attention to our memorandum and articles (published on www.sectco.org.uk) Marilyn, Kelly and Paul agreed to serve as directors, and who were duly elected to the board, and invited to name their own portfolio in due course. John suggested that Kelly could become the director for housing associations, with a view to offering MBCT courses in the group rooms of flats. He said that he Martin Domine had attended a previous meeting, and who was head of a department with 70 staff.

The board would then be as shown in the appendix to this minute, which should be confirmed at the next meeting, which will be the AGM.

Please could the new directors **confirm their willingness to be a director, propose a portfolio, and write a short biography** and send it to me for posting on the website www.sectco.org.uk. **Action Marilyn, Kelly and Paul.**

7 Updates on new MBCT facilitators course on Mondays from 13.2.17

John said that he is starting a new 10 week MBCT facilitators course on Mon 13.2.17 to 17.4.17 at 22, Saxon Rd Hove BN3 4LE (near the lagoon) which will be from 930-1230, but with optional supporting meditations from 8-9am, and 2-5pm (bring your own breakfast and lunch if you wish to do these). The price will be £10 per book (to cover the cost of printing) and donations, which can be in kind, as service promoting SECTCo's campaign for more MBCT courses on GP

referral prescription. We are seeking an alternative free venue, so if you know of one, please let me know.

Action all to promote the course, and inform John if you are coming.

8 Family constellation groups

John said that he is running these on the 4th Sunday of each month (next one 26.2.17) at 30, Franklin Rd Brighton (off Lewes Rd) c/o Stuart Titchenor, all welcome for donations. Also Asha and Josh have invited us to their home at 12, Tintagel Court, Arthur St/Westbourne St north end, Hove, near Aldrington stn, at 12-4pm on Thurs 9.2.17. All welcome, but please call me first (01273 417997).

9 Date of next meeting Wed 1.3.17 AGM from 930-12 at 22, Saxon Rd Hove.

Appendix. SECTCo board of directors provisionally as at 1.2.17, to be confirmed at the AGM

President: Prof Norman Clark, Flat 2, 60, the Drive, Hove BN3 3PD, 01273 775545, norman.clark@open.ac.uk

Chairman Jacqui Madders, 69, Chichester Drive West, Saltdean 01273 383472, 7525 640881, Jacqui.madders@googlemail.com

Finance: Anne Pether, 1, Westmeston Av, Saltdean, BN2 8AL, 07785 791399, annepether@yahoo.co.uk

Secretary: John Kapp, 22. Saxon Rd, Hove BN3 4LE, 01273 417997, johnkapp@btinternet.com.

Clinical: Benita Scott, 48, Hamilton Close, Portslade, BN41, 2WY, 07990 642381 , Benita@essentialeft.co.uk.

Legal: Georgina Parke, 42, Theobald House, Blackman St Brighton, 07583 977973 glparke@gmail.com,

Webmaster: Braila May, info@brailamay.com,

Technical Paul Jenner, 07917 169025, paulj057@aol.com.

Homelessness: Eileen O'Leary 44, Lark Hill Hove BN3 8PF, eileenoleary@live.com, 07954 966748,

Administration: Stuart Titchenor, 30, Franklin St, Brighton , ,
sqn56@yahoo.com, 07707 463968

Housing associations 3 Kelly Brown, 7, West Way, Lancing, 07929 506509,
kellysmoothus@googlemail.com Kelly Brown, 7, Sest Way

Without portfolio Marilyn Shaw, St Catherines Terrace, Hove, 07810
584274, mazshaw9@hotmail.com (can't make 26.1.17)

Without portfolio Paul Weeden, 75A Franklin Rd Brighton, 07900 822973,
contact@yourspacecounselling.org.