



Young Friends General Meeting Bournemouth 19-21 February 2016 Minutes

Those Present:

Emma Anthony, Jenny Baines, Abraham Baldry, Sam Barnett-Cormack, Jessica Beck, Lynda Berry, Ella Booth, Rachael Booth, Liam Brighton, Hannah Brock, Toni Carmichael-Harris, Sarah Castle, Aidan Childs, Stephen Clement, Lucy Colbeck, Tas Cooper, Alice Crawford, Teala Dearden, Peter Doubtfire, Kim Edwards, Ellen Elliott, Rachel Evans, Toby Freeman, Joseph Fuller, Cáit Gould, Siobhan Grimes, Naomi Haigh, Laurence Hall, Thomas Hancock, Eleanor Hargreaves, Rachael Harrison, Sophie Loewendahl, Francesca Loise, Johanna Longmore, Iwona Luszowicz, Eliza Martin, María Martínez García-Armero, Jenny McCarthy, Maria Mulvany, Peter Ramsey, Haifa Rashed, Andrew Rendle, Becky Riddell, Ellen Rignell, Sam Robinson, Tim Rouse, Anne Seilly, Beatrice Shelley, Kristin Skarsholt, Elinor Smallman, Alyn Still, Brigid Stoney, Vicky Tedder, Kellie Turner, Nick Watts, Alice Woodhead

Total: 56

Co-Clerks	Brigid Stoney & Peter Doubtfire
Trustees	Peter Doubtfire, Jenny McCarthy, Alyn Still, Brigid Stoney, Kellie Turner
Coordinator	Iwona Luszowicz



2016.01 Planning Weekend Newcomers Report

We have heard from Anne Seilly about her experiences as a Planning Weekend Newcomer with Eirlys Evans. We thank Anne and Eirlys for their input to Planning Weekend and their report.

2016.02 Finance – 2016 Budget

Alyn Still and Finance Committee have presented a draft budget for 2016 (attached below). This budget highlights the end to a grant from The Joseph Rowntree Charitable Trust and the importance of working to secure funding from other sources.

This budget emphasises that our reserves are estimated to be at seven or eight months' expenditure at the end of 2016. Finance policy states that YFGM should aim to maintain reserves of six to twelve months. We approve this budget and thank Finance Committee for their work.

2016.03 Peru Report

We have heard from Kristin Skarsholt, Jenny McCarthy, Iwona Luszowicz, Jenny Baines and Tas Cooper about the World Plenary Meeting of Friends World Committee for Consultation in Peru. The theme of the gathering was the future, with one third of participants aged under 35. This led to opportunities for Young Friends from different countries to connect and build links that will hopefully continue and strengthen into the future.

We thank Kristin, Jenny, Iwona, Jenny and Tas for their report, and note that the minutes and epistle from the meeting will be available online soon.

2016.04 Supporting Mental Wellbeing in Meetings Report

We have heard from Ellen Elliott about a Woodbrooke course on supporting mental wellbeing in Quaker meetings. The course identified challenges we face in meetings, as well as models and ideas to help us think about the issue differently.

2016.05 Mental Wellbeing Survey Proposal

We have heard a report from Rachel Evans, Jenny Baines and Ellen Elliott covering the activities of the Mental Wellbeing Working Group up to now, and their current thinking, which we attach to these minutes.

A preliminary survey taken at YFGM in York found a great number of examples of ways in which YFGM supports our mental wellbeing, as well as highlighting the fact that sometimes YFGM can challenge our mental wellbeing.

The working group have proposed carrying out a more in-depth survey with case studies, focused on how YFGM processes and procedures affect members' mental



wellbeing. Details of what is proposed and what is still to be worked out are attached to these minutes.

We endorse this proposal, and are grateful for the opportunity to explore these issues. We recognize that we are not certain where this process will lead, but are hopeful that YFGM can provide a safe space for learning to happen, which may ripple out beyond YFGM. We thank the committee for all their work on this proposal.

2016.06 Trident Epistle

As part of our concern against the renewal of Trident, the working party has collected opinions from members of YFGM. We present this minute as a public statement of our concern.

As young Quakers we feel it is abhorrent that the UK should have the capacity to use nuclear weapons. We recognise that people with opposing views on Trident renewal can value life and the pursuit of peace. However, we believe that renewing Trident would be a step back from the pursuit of a peaceful world and, in its destructiveness, disregards that of God in every person. Renewing Trident would not provide any meaningful political status, and we believe that the UK should foster cooperative relationships with other countries rather than threaten them. As young adults, this decision could affect us for the rest of our lives. We feel that the UK's resources should go into something that sustains life, rather than destroys it. We urge the government not to recommission Trident and to focus on peaceful approaches to national security and conflict resolution.

2016.07 Special Interest Groups

This weekend we have had the following Special Interest Groups:

Writing Trident Epistle	Trident Working Group
Philosophy of Silence, Language and the Senses	Nick Watts
Experiences as a Transgender Quaker	Yvonne Wood
Report on World Plenary Meeting in Peru	Kristin Skarsholt, Jenny McCarthy, Tas Cooper, Jenny Baines, Iwona Luszowicz
Ceilidh Band Practice	Sophie Loewendahl, Jenny Baines, Naomi Haigh, Cáit Gould



Young Friends General Meeting

YOUNG ADULT QUAKERS IN BRITAIN



2016.08 Nominations Returns

Role	Released	Appointed	Until
Finance Trustee	<i>Handover</i>	Cáit Gould	May 2019
Fundraiser	<i>Handover</i>	Nick Watts	May 2019
International Secretary	Jenny McCarthy	Jenny Baines	Feb 2019
YFGM Representative to Quaker World Relations Committee	Julian Wood	<i>Laid down as separate role; normally ex officio part of International Secretary</i>	
Planning Weekend Newcomer	Eirlys Evans Haifa Rashed Anne Seilly	Johanna Longmore Eliza Martin Vicky Tedder	May 2016
YFGM Representative to Meeting for Sufferings	<i>Brought forward</i>	Laurence Hall	February 2019
QPSW Correspondent	Tim Searle-Barnes	Haifa Rashed	February 2019
YFGM Representative to Living Witness	Carla Denyer	Lynda Berry	February 2018
<i>The Young Quaker</i> Editor	Freya Blythe	Alice Crawford	February 2019
Nominations Committee	Sam Barnett-Cormack Becky Riddell <i>2 brought forward</i>	Ella Booth Alice Crawford Teala Dearden Anne Seilly <i>1 brought forward</i>	February 2019
Convenor of Nominations	Sam Barnett-Cormack	Joseph Fuller Kristin Skarsholt Alice Woodhead	February 2017
Overseer Trustee	<i>Brought forward</i>	Francesca Loise	May 2017
Quintessential Trustee	<i>Brought forward</i>	Toni Carmichael-Harris	May 2018

We thank those released for their service.



2016.09 Catering

We thank Naomi Haigh for helping with catering this weekend.

2016.10 Co-opted members of committees

This weekend the following people have been co-opted to serve on the named committees for the duration of the weekend:

Committee	Co-opted
Quintessential	Haifa Rashed

2016.11 Clerks' Offering

We have come together this February in Bournemouth. This weekend we have focused both on our own community and on our place in a global community.

Members of YFGM have shared their experiences of attending the World Plenary Meeting in Peru, meeting Young Friends from around the world, and plans to maintain and nurture these new friendships in the future.

Holly Wallis from Conscience, along with Hannah Brock and Laurence Hall, led a session on conscientious objectors in which we remembered those who stood against militarism 100 years ago and were challenged to consider our own acts as conscientious objectors in the modern world. We were reminded that challenging militarism is most successful when we work together as part of a wider movement.

We have acted this weekend to share our concerns about the renewal of Trident with those outside of YFGM and Quakers. We hope to join with other groups of young adults to express our vision for the world we want to create for our future, one free from nuclear weapons.

Quintessential led us in a spirituality session exploring silence, ministry and Advices & queries. In worship sharing, discussion and creative exploration, we shared some of the challenges and joys of these intangible aspects of our Quaker faith.

We also spent time considering our nominations process, as Nominations Committee opened the door to their sometimes mysterious meetings and helped us to see how they connect with our whole community.



Young Friends General Meeting

YOUNG ADULT QUAKERS IN BRITAIN



Our Mental Wellbeing Working Group similarly helped us to connect with their work as a community. Our decision to research how YFGM affects our mental wellbeing invites us to explore our processes, celebrating the positive experiences that living and worshipping together can bring, and helping us to find ways to support each other even more in the future.

Throughout the weekend we have strengthened our community through sharing meals, games and conversations over cups of tea. We have appreciated the opportunity here in Bournemouth to take trips to the beach, even if some of us returned wetter than planned. We leave grateful for each other's friendship, and look forward to gathering again in May.

Peter Doubtfire & Brigid Stoney, Co-clerks



Young Friends General Meeting

YOUNG ADULT QUAKERS IN BRITAIN



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~~PDub~~

C & S

~~ERoss~~

Bewenhall

~~ASU~~

Baines

~~Kesharshott~~

Bony McLarty

Kim Chira Edwards

R. L. Evans

~~NY~~

Brigid Stoney

Teal Gardner

~~Reiner~~

~~Fair~~

Hannah

Michael Harrison

Ag 84

~~ASU~~

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Eliza Martin

~~HB~~

Aiden Childs

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Attachment I

Draft Budget 2016

YFGM Draft 2016 Budget

Income	2016 budget (£)			Forecast	aprox 2015 total	Notes	
	Allocation of Funds	Anticipated use					
BYM Grant	1	8,190	100%	8,190	8,190	<p>1 We expect a drop in income for 2016 due to our main source of funding coming to an end in 2016 (JRCT grant). Income from other sources is expected to be maintained and finance committee will be pursuing additional funding sources.</p> <p>2 Events aim to break even so the same figure is budgeted for both income and expenditure.</p> <p>3 Money received in a period with no established appeal is forwarded to QPSW.</p> <p>4 Includes any additional income e.g. from legacies, YQ advertsing or sale of goods. As this is less predictable we show it with an anticipated use of 0%</p> <p>5 Cost of YFGMs and Planning weekends continues to increase in line with travel costs.</p> <p>6 The increased Office Costs total includes payment of 2014 costs invoiced late. This is a one-off event.</p> <p>7 Bursaries are available for Young Friends to attend qualifying events. These include all Quaker run events and those that support the spiritual growth of YFGM.</p> <p>8 To support Young Friends taking part in the YALP programme at Woodbrooke. The full cost for one person is £1750 but most applications to YFGM are for partial funding, with part of the cost covered by local meetings or individuals themselves. Based on previous applications this amount would allow us to support 2-4 Young Friends.</p> <p>9 This is expected to cover training for specific roles and in particular an adequate number of trained first aiders at each event</p> <p>10 European and Middle Yeast Young Friends (EMEYF) have asked that YFGM resume providing a donation</p> <p>11 YFGM has two concerns - Mental Wellbeing and Trident Renewal. This is expected to support the working group's activities.</p> <p>12 Funds received for previous appeals not yet passed on. This is a one-off event.</p> <p>13 Based on the proposed figures our reserves at the end of the year would be between £28,000 and £32,000. This is equivalent to roughly 7-8 months of expenditure.</p>	
JRCT Grant	1	19,944	100%	19,944	26,592		
YFGM Contributions	1	10,000	100%	10,000	10,271		
Meetings & Friends	1	500	100%	500	406		
Interest		40	100%	40	42		
Events	2	1,500	100%	1,500	1,635		
Appeal	3	0	100%	0	0		
Other Income	4	220	0%	0	0		
Total Income		40,394		40,174			
Expenditure							
Running costs							
YFGMs	5	7,000	100%	7,000	6,569		
Planning Weekends	5	5,000	100%	5,000	4,710		
Office costs	6	44,044	100%	44,044	21,534		
Events	2	1,500	100%	1,500	1,636		
Additional							
Accessibility		2,200	90%	1,980	1,961		
Bursarys	7	3,000	70%	2,100	2,048		
Young Adult Leaders	8	4,000	100%	4,000	4,000		
Representitives		1,000	90%	900	926		
Training	9	800	50%	400	100		
EMEYF grant	10	500	100%	500	0		
Concerns	11	1,200	90%	1,080	0		
Appeal	12	6,180	100%	6,180	0		
Contingency / other		1,000	0%	0	0		
Outreach							
General		500	50%	250	221		
Enquirers		900	80%	720	718		
Website / Young Quaker		875	90%	788	700		
Total Expenditure		79,699		76,442			
Surplus / (deficit)		-39,305		-36,268			
Estimated Reserves B/fwd		68,172		68,172			
Estimated Reserves C/fw	13	28,866		31,904			
Months equivalent		7		8			

Attachment II

Mental Wellbeing Working Group Report

We have split this session into two unequal parts. We have a proposition about a piece of research on which we would like YFGM to discern. However, since many of the members of the current Mental Wellbeing Working Group are new, we wanted to use this opportunity to give a brief report on where we feel we have come to date, the progress we have made on the concern and where we are heading in the near future.

The mental wellbeing working group has made lots of headway on the concern today and the new members of the working group would like to thank their predecessors both the original working group and those people who were coopted for all the hard work that went into getting the concern off the ground and organising the many events which have taken place to date. Our thanks go to Becky, Catherine, Hilary, Julian and Kelly along with others who have helped the group along the way. Just a few of their achievements include creating a logo, running SIGs at YFGM and speaker sessions on topics such as the experience of living with voices, mindfulness and co-counselling. YFGM in York included an informative visit to The Retreat – historically a landmark institution in changing perceptions of those suffering from mental illness and how they should be treated. All of these events we believe to have been valuable for raising mental wellbeing issues within the consciousness of YFGM. The working group has also made good headway towards organising a course on mental wellbeing at Woodbrooke for September based on a SIG at YFGM in May last year. Minutes of previous meetings of the working group and relevant articles and responses from the Young Quaker are available on the tables in the foyer.

The mental wellbeing working group now is thankful for what has been achieved so far and following a productive planning weekend in January, we feel positive and excited to carry this work forward. Efforts are still underway to plan and organise the Woodbrooke event. This course will take place from the 9th to 11th of September and is called “Quakers and mental wellbeing: a course by YFGM”. Anyone who would like to be involved in the organisation of the course is welcome to speak to any of the members of the working group.

We are also looking into using facebook as a platform where we and other members of YFGM can post updates on our work and share information and events relating to mental wellbeing. We intend to balance this with other forms of communication such as emails.

Currently our other main line of work is a research project and it is on this project that we would like YFGM's discernment. So we'll continue by explaining a little about the background of the research and then follow this with our proposition.

At a SIG at the YFGM in Norwich last year, the mental wellbeing working group asked for opinions from YFGM members about the direction they wanted the concern to take. There seemed a variety of potential options from political campaigning to helping YFGM members find out more about mental wellbeing and it was clear that not all of

these routes could be explored at once. One possibility which was suggested was that the working group could first look internally to ensure that it was a model organisation in terms of upholding and contributing towards its members' mental wellbeing. Once we felt that this had been achieved we could widen our scope to consider communities outside YFGM using our own model as an example. A while after the Norwich YFGM it was decided that this was currently the preferred option for the working group.

To this end, it was felt that the working group needed to gather insight into where participation in YFGM contributed to mental wellbeing and where it might currently present issues or cause situations which participants found difficult. The working group would then start to consider where improvements could be made.

For the purpose of obtaining this understanding it was proposed that some form of research should be undertaken. It was anticipated that this process might be started at the latest YFGM in York. However, in the event, the working group found that they were preoccupied with other work. Nonetheless, an initial survey was handed out on the final day as a pilot to gauge the type of response that could be expected from a full scale research project and the type of methodology that would be best suited to the kind of responses that were given. It was clear from this survey's feedback that there were sufficient numbers of participants saying that aspects of YFGM could be stressful or difficult to warrant further investigation in terms of a more comprehensive piece of research.

The members of the working group are clear that any such research would not intend to assess members' mental wellbeing or report on the incidences of mental wellbeing problems within YFGM. It would intend to assess how attending and participating in YFGM and YFGM planning weekends impacted on mental wellbeing, regardless of members' initial mental wellbeing status. Participation in YFGM would also be taken to include those times when members of committees or working groups were undertaking work on behalf of YFGM in between designated YFGM weekends. The focus of the project would thus fall on YFGM itself – its structures and processes – rather than on the YFGM members.

It was this research project which formed the main part of the working group's discussions at planning weekend in January. There, the working group considered carefully how to approach this task and, crucially, who should undertake it. A range of options were considered including recruiting an external researcher or someone from within YFGM to complete the research on behalf of the concern. After carefully weighing up the possibilities the working group decided that the best option would be for working group members to complete the research ourselves with some external help as will be explained in a moment.

The main reasons for the decision to undertake the work ourselves are as follows:

1. The research would need to fulfil its purpose of providing sufficient evidence to suggest changes to the YFGM processes and to possibly be shared with other

organisations. These purposes would not require the research to be of an academic/ publishable standard, reducing the need for external researchers.

2. The review would need to take into account the specific nature of YFGM and its processes which are unique in many ways. It was felt that members of the working group would be able to do this justice.
3. It was felt that members of the working group had sufficient skills/ experience in research to conduct the study themselves.
4. There are organisations such as the Maudesley international and the charity Mind who have published sample methodologies for similar kinds of projects. The working group intends to look into these and adapt them for our purposes rather than write a completely new project.
5. Where the working group might need help with the project, it appears that there are lines through which this could be sought. A professional at the Maudesley has offered to answer queries we might have, while we could ask for support from Quaker Life Network who help Quaker meetings in matters relating to mental health and have the skills and knowledge to support us if necessary.
6. We have also had an offer of help from a surrounding ring of YFGM members interested in our concern. This would mean that we could give such people initial drafts of our methodology and use them to give us a fresh, critical opinion on our methods prior to data collection.
7. As an estimate of the size of the project, the members of the working group judged that for example, a mixed methods study with a survey followed by about, say, 6-8 case studies would give a comprehensive view of the situation within the organisation. Split between 2 or 3 people, this did not seem an overwhelming workload (perhaps 2-3 thousand words each).
8. People's confidentiality would be ensured by the option of anonymity on the initial survey. Following this, having 2-3 working group members responsible for the research would mean that respondents uncomfortable speaking to a particular individual about this sensitive issue would have another option. However, this would only affect those people who were willing volunteers to act as case studies.
9. Although all members of the working group would be likely to be involved in the review, designating 2-3 individuals to hold primary responsibility would mean that there were still 2-3 working-group members able to give greater attention to other upcoming projects.

We would therefore like to ask for YFGM's consent to undertake this project with the help of relevant volunteers. It should be clear that we are not asking for YFGM members to discern on a particular methodology or manner of data collection at this time beyond that the study will consist of a survey to go out to members and some case studies of a few individuals who will be interviewed in depth. Nor are we asking for discernment on the ethical aspects of any such methodology. These details have not yet been decided and will become the focus of the working group once we start to

work more fully on the research. What we would like YFGM to discern is the principle that the working group will use published materials and help from volunteers to conduct a research project within YFGM with the purpose that has been described.

The proposal for discernment is thus as follows:

The mental wellbeing concern working group would like to use the help of relevant materials and volunteers to undertake a research project to assess how participation in YFGM impacts upon its members' mental wellbeing.