



Association for Family &
Systemic Psychotherapy

West Yorkshire AFSP branch report

2026 AGM

Report period: 1st January 2025 to 31st December 2025

Branch: West Yorkshire

Chair: Bernadette Ruttle

Committee members: Carole Hunt (branch rep), Peter Stratton (treasurer), Marie McGovern (secretary), Helga Hanks, Colin Waterman

Address where meetings generally held: Online

Meeting frequency: Monthly

Date of last branch AGM: 5th June 2025

Review of activities during the last 12 months and plans for the next 12 months

We will continue to meet monthly as a committee and would very much welcome others to join us to share their ideas. This can be as regular attendees or as visitors. We are a small committee and would love to widen our membership, to reflect more diversity. We continue to host a thriving journal group/reflective space facilitated by our branch rep. Although this is generally well attended new members are always welcome. We have a face-to-face workshop planned for 5th June 2026: SEE-SAY-DO: Making sense of sense-making in neurodivergent families. This will be presented by Sandy Burbach, who is a highly-specialist speech and language therapist. We have put in a bid for a workshop at the 2026 Conference in Glasgow and are hoping this is successful. We have a date for our next AGM, and this is planned for 23rd June 2026. We are hoping to run some online workshops for the branch and would really love to hold a social event to bring the membership together. In addition, we are planning on hosting an event to show the film 'Four Systemic Lifetimes'. This celebrates the life and contribution of four of our esteemed members who have been pivotal in the development of systemic family therapy.

General comments

2025 was a quieter year for the branch, partly because we lost a couple of committee members and are now a small group who all have many commitments alongside WYAFSP. Despite this we managed to meet regularly and continued to run the journal group and edit the recording of the event in 2024 'Four Systemic Lifetimes' and now have the film ready for viewing. 2026 is a busier year. We were excited to host an online event on 23rd April, led by Jennifer Achan, Ash Kotak and Maria Takaendisa. The event was 'The three-letter word HIV: A lived experience - promoting HIV awareness and building awareness of the impact of living with HIV in the UK today'. The presenters brought with them a wealth of experience. Their presentation was moving, personal and thought provoking. We look forward to the launch of the new AFSP website and hope that this can bring in some much-needed members for all the local branches, who are the lifeblood of AFSP.