

Centre for Mindfulness Research and Practice (CMRP)

Friends of Bangor CMRP Alumni Group (FoB)

Members Terms of Reference

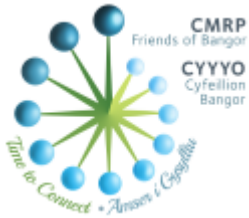
The FoB is a membership body of current and past students of the CMRP. The overarching mission of the FoB is act as a vehicle for FoB members and the CMRP to engage in two way communication to support mindfulness practitioners and advance field developments. Main activities will be information sharing and training events supported by newsletters and social media.

FoB Objectives

- To represent the interests and views of mindfulness practitioners who engage with CMRP. Drawing on the wealth of experience, skills and capabilities represented by the mindfulness population for the benefit of the CMRP and for the benefit of the students who study there
- To advise the CMRP of how it can best actively engage with the mindfulness 'grass roots' providing a vehicle for them to be an essential and knowledgeable resource to the CMRP
- To provide the membership with a clear voice and route to engage with CMRP
- To work in partnership with the CMRP to promote and support the strategy and objectives of building and developing an effective Alumni / Membership Group
- To expand and engage with the wider network of organisations involved in mindfulness practice and research
- To work with the CMRP to establish working groups co-produced by CMRP and FoB which can contribute to the strategy and objectives of CMRP

Committee Membership and Recruitment

- There are a maximum number of ten members on the Committee of FoB and a quorum of five who shall all be members of FoB
- Members will serve on the Committee for a period of three years. No member shall serve more than two consecutive terms
- The Committee will aim to contain a balanced societal representation in terms of age, gender, ethnic and social profile and areas of interest
- As vacancies arise the Committee will review nominations for election to the Committee and will produce a shortlist of candidates with the aim of achieving a representative balance on the Committee
- Members will be elected by the membership of FoB at the time of the Annual Gathering, by a simple majority vote. Voting may be by post, electronically or in person
- Terms of Reference / Engagement will be reviewed every 2 years or as needs arises
- The Centre Manager at CMRP will be an ex officio member of the Committee



FoB Membership

Membership will be via an online registration form and subsequent annual renewals

Members will be offered (as part of their membership)

- Practice day with Rebecca Crane – held in conjunction with Annual Gathering and/or specific event for the FoB
- FoB discount at future CMRP conferences (advance booking)
- Conduit to the CMRP for feedback and comments
- Forum on social media to connect with your community
- CMRP Connection events
 - Facilitated by the core teachers at the CMRP or other senior teacher
- FoB Connection events
 - Connect and practice with like-minded people in regular online events
 - Connect and practice with like-minded people in your area
 - Facilitated by committee members and FoB members
- FoB Newsletter copy (currently twice a year)
- Opportunity to list your local event in the FoB Member's events calendar and other FoB online presence.
- Discounts to FoB members from connected organisations
- Opportunity to volunteer and get involved in the FoB
 - Got ideas and enthusiasm? Contact us to participate and make the community grow



List of changes

20190131	V2.0	Per Norrgren	Updated membership benefits