



Sutherland Cranial College OF OSTEOPATHY



ANNUAL REVIEW 2016 - 2017

Chair's Report

from Mark Wilson

What a bumper year we have had, so busy!

Spain completed its first full Pathway, congratulations to Pete Cockhill and José Apeztegia for leading this. It continues to grow with two new Faculty and two more ATs nearing the end of their training. We have Spanish speaking admin in Stroud and this helps with cohesiveness and we have seen student numbers increasing including some coming from South America.

We have had some excellent short courses in addition to our Pathway. In February Ashley Stafford led the well-attended and unique 'The Voice', which had rave reviews. The Head First Conference was a fabulous success and we also had Guus van der Bie conducting us through the splendid 3D models of Blechschmidt's embryos at Göttingen. Unfortunately Gus was unable to lead a second visit; but osteopaths went regardless. Being able to walk around a meter tall model depicting something that in reality may only be millimeters is fascinating, changing ones anatomical perspective.

The Paediatric Osteopathy Diploma has concluded its first cohort. Congratulations to those who have completed it fully, thanks to those who helped me and Hilary Percival: Sue Turner, Lynn Haller, Jo Waterworth, Amittai Sevi and Maire Mayne and those who opened clinic doors to our PODees. The POD has now changed to run in a broadly modular fashion not unlike our Pathway in order to make it more accessible and to enhance the students' learning process.

In Germany there was a historic high of five Pathway courses. This was hard work for a small Germany Faculty but thankfully there were plenty of UK tutors in support, good administration, and new ATs are now in training for the future.

In the UK we welcomed four new Faculty members, building our expertise internally, and saw senior Fellows sitting on representative bodies, building our influence and reputation externally. The SCCO sits on the Osteopathic Development Group exploring 'Advanced Clinical Practice' in Paediatrics, and on the Osteopathic Alliance who have done good work around advertising. We were busy at the iO and VOD conventions with the SCCO fielding a number of speakers. At the iO we presented 'Rising Stars' awards to recent outstanding graduates. It is a great honour for the SCCO to be considered an integral part of 21st Century osteopathy.



The Trustees have recently embarked on a 'Strategic Review'. This is to ensure that we remain current in how and where we deliver our services. It is quite a balance to keep up to date and maintain our 'SCCOness'. Particular thank you to Mary Monro.

Clive Hayden stood down as chair of our Research Committee, after seven years as Chair and a founder member before that. He saw the Data Collection Study published in IJOM, commissioned the Infant Colic Study, and founded the Re-search Conference. Karen Carroll has gallantly stepped in, picking up the reins.

Dianna Harvey stood down as the Chair of the Education Committee after giving structure and coherence to this vital part of the college. We welcome Zenna as the new chair with Mark and Pamela as fellow EdCom Trustees. Diana remains as a key member alongside Clare Ballard for the 'Short Courses' and Sybil Grundberg for Faculty Development.

John Silverstone stood down from editing the SCCO magazine. I think it would be fair to say that John has done an outstanding job and we owe him a debt of gratitude. I don't think any of us can imagine what a task he has performed: Thank you!

Finally, a very special thanks to those in our office: Sally, Serena, Carmen, Corina, Jill and Marianne. You helped make this a memorable year.

Financial Review

from Warwick Downes



We have had another very good year in terms of income, though with smaller student numbers than last year: 784 down to 670. This is due to our not running a Rollin Becker Memorial Lecture this year and was anticipated. The numbers are higher than in the last RBML year so there is a steady increase comparing similar years.

Income

Our income increased to £592,912 (2016: £576,905) and our expenditure increased to £568,350 (2016: £518,207). This has given us an operating surplus of £24,562 (2016: £58,698).

It is worth noting that in the last five years we have increased our annual income from £404k to today's figure, a growth of 43%. This is substantial, and allied to the consistently excellent feedback from students, it demonstrates that we are a successful College by many measures, financial as well as educational.

Reserves

In addition our invested reserves have increased in value by £47,399 (2016: 24,319) giving a total increase in funds of £71,961 (2016: £83,017). It should not be taken

	Income	Expenditure
2008/09	351	228
2009/10	317	310
2010/11	336	320
2011/12	404	401
2012/13	433	506
2013/14	433	457
2014/15	463	450
2015/16	577	518
2016/17	593	568

for granted that this high rise in the capital value of our investments will be continued. The previous two years' increases were 24% and 23%. There are risks associated with the very high market, and the possible impact of Brexit causes concern. It is possible that there will be a sharp rebalancing of the market in the near future and the value of our investments could drop substantially. We have a robust model which allows for capital fluctuations without risk to the College, but a lower capital value means that the revenue from dividends will be lower, and our income will therefore be affected.

Future Expenditure

We do have future planned expenditure in excess of predicted income so next year we plan to run a deficit of £56,000. This is due in part to exceptional operating costs of extending our office and upgrading our IT and security systems amounting to £26,000; and also, as you will remember from last year's surplus and proposals, to our charitable commitments to scholarships, bursaries, faculty development and research grants which will account for £30,000.

Income

Most of our UK courses performed well, although the five day Osteopathy in the Cranial Field ran at a loss due to the amount of charitable bursaries and scholarships offered, as did the Hormones & Health short course due to un-budgeted costs. There were an unprecedented six courses in Germany this year, five Pathway and a short course. Two of these made a slight loss, but four performed strongly. There was only one course in Spain and it made a large loss due to un-budgeted expenditure. The monitoring of expenditure and the authorities of people to commit College budgets are being tightened up to avoid such losses in the future.

The weakness of sterling may have contributed to our success as we noticed a rise in the number of overseas students coming to our courses in the UK, which in relative terms, have become more affordable with a weak Pound. We must remain vigilant to the risks associated with the UK leaving the European Union, and may need to review

Financial Review

...continued

our processes around visas, trade tariffs and other unknown issues that may affect our ability to operate as we have in the past. There has also been inflationary pressure for the first time in many years and we are seeing our costs increasing. We will be reviewing all our course fees in light of this and anticipate a small rise in 2018. We will honour the fees of students who have already booked onto courses and paid in full.

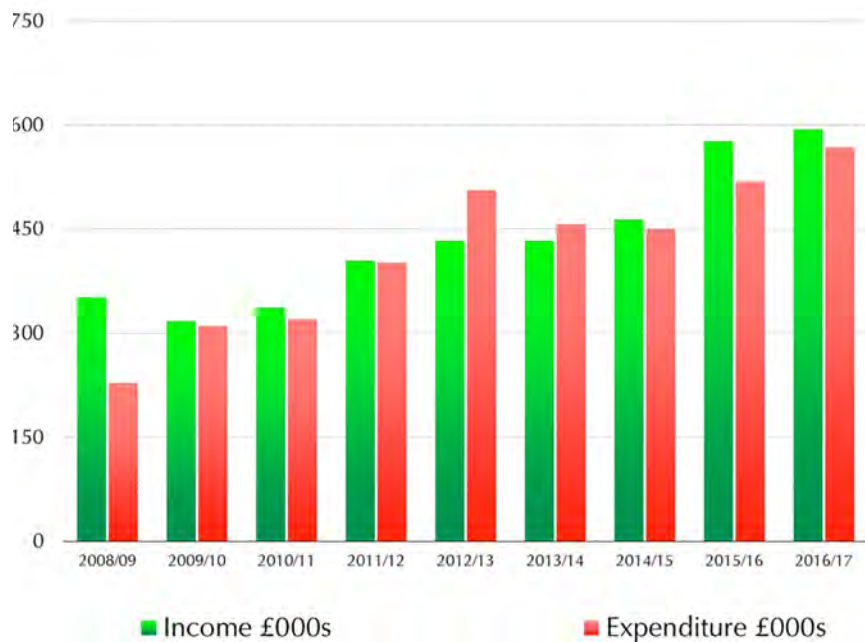
The Trustees would like to thank all CDs, Tutors, and the office staff who have helped make this another successful year.

Interest and reserves

We invest our reserves in a specialist charities fund and this has returned an 11% increase in capital and 4.4% dividend income over the year. Thus, at the end of July 2016 our investments stood at £570,114 (2016: £415,136) which is within our policy of holding a minimum 12 month operating reserve. These reserves allow us to ride any future difficulties and it is our expectation that we will need to use £50k of these reserves next year. Last year we ring-fenced £51k towards charitable support for bursaries and scholarships, extending them to Spain and Germany, and this commitment will continue to be honoured in the coming year.

Other income

The income from Membership and Fellowship subscriptions is not large compared to the overall income of the College, but has increased this year. There is a regular programme of discounts on courses for Members and Fellows which provides a tangible financial benefit for them, and is a small measure of the SCCO's thanks for the loyalty of our students and faculty. This year the Board agreed to waive membership fees for those who give unpaid service to the College such as members of the research or education committee, editorial committee or one of the other Leadership Roles that helps underpin the quality and integrity of the College.



We continue to run a book stall on the website from which we take a commission on sales, and a recruitment and small ads section from which we take a fee for each posting. These have also increased over the year and are an added benefit to Fellows, Members and Students as many specialist osteopathic publications are difficult to source.

Costs & savings

There were no exceptional costs this year. However, we will have a number of exceptional costs in the coming year, as described above. These are one-off costs and should provide good service for the future.

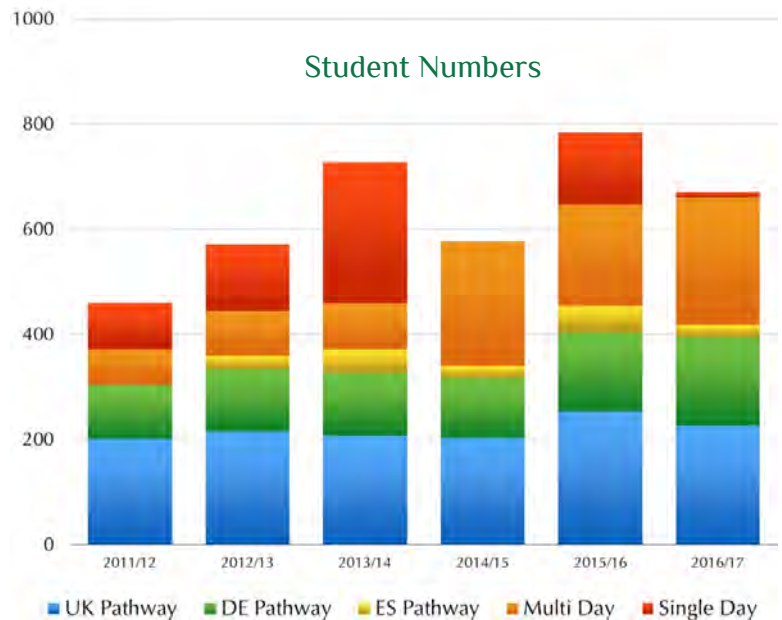
There were savings made through a further delay in paying for the Infantile Colic research project the costs of this have again been deferred.

Investing in the future

The surplus from 2015-2016 will continue to be invested in greater charitable works. We will enter the second year of supporting additional bursaries and scholarships for all students, including German and Spanish students, and the BabyCheck Clinic research project. The total commitment is £51k of which £30k will be spent next year.

Education Committee

from Zenna Zwierzchowska



In 2016 -17 we welcomed 670 students onto 23 courses across the UK, Germany and Spain. This was 114 fewer than last year but as only a handful of these were on a one day course, the number of hours students spent with us was greater than ever before. Of these 418 (2016: 455) were on a Pathway course. We are delighted to accept three new Fellows to the College: Diana Karlson, Kharis Fausset & Alison Owen, who completed the Pathway this year.

We were pleased to continue welcoming a large number of osteopaths onto our Foundation Course. These courses are run across the country to a planned calendar as well as 'on demand' with small groups of osteopaths. This makes us more inclusive, and allows people to experience the special feel of SCCO courses without too much outlay, travel or time away from practice. From here, a high percentage book onto further SCCO courses including joining the Pathway.

Pathway courses receive consistently high student satisfaction rates with over 96% (2016: 90%) grading us excellent or good. However, we feel that there is always room for improvement and the Education Committee, with faculty involvement, continue reviewing the Pathway courses to ensure that the quality and experience remains true to our vision. We have mapped our courses against the new Osteopathic Practice Standards making it easier for our students to balance their CPD requirements against GOsC's requirements. This was a detailed exercise and I am grateful to those from the undergraduate universities who helped frame the course maps and train our Course Directors; and to the CDs themselves for the long hours taken to finalise Learning Outcomes and the CPD contributions across all the new standards.

Our Short Courses of Health and Hormones, The Osteopathic Voice and Head First proved extremely popular and the Short Course Team must be congratulated on providing a range of courses that appealed to both our most experienced Fellows and Faculty and our entry-level students.

A requirement for a larger German and Spanish Faculty was highlighted last year, and I am delighted to welcome five German AT's and two Spanish At's in 2016/17. There was no UK intake of AT's for 2016/17.

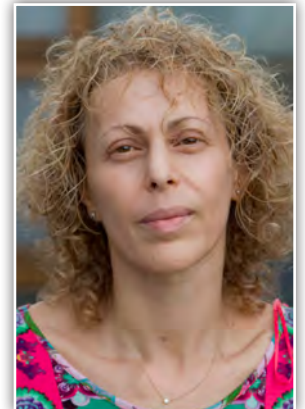
The success of the Paediatric Osteopathy Diploma is reflected in the award of six Paediatric Osteopathy Diplomas and nine Paediatric Osteopathy Certificates with many students about to complete course work and receive Diplomas or Certificates in the very near future. We are looking forward to similar results from the new cohort who have just started their journey, following the new more flexible module system.

Faculty Development has been enhanced by two 'firsts' for the SCCO: our first Course Directors Day, which was a great success and has provided a great foundation for the future, and our first overseas Faculty Development Week end in Mallorca. This was a wonderful opportunity to cement relationships and build strong international links with colleagues in Europe. A second international Faculty Development weekend is planned for September 2018 in France.

Finally I must thank Dianna for all her hard work whilst Chair of Ed Comm. I am delighted to be taking up the reins, but am very glad that her experience will be on hand, continuing as a member of the Committee to give guidance and the voice of experience when necessary.

Research Committee

from Karen Carroll



As the need for research in our field continues, we are engaging in various research activities to support our members' accountability to osteopathy's "stakeholders". The growing call for healthcare to become more individualised and patient-centred is good for osteopathy and ResCom is exploring current models to develop our evidence base using patient-centred approaches.

Research Studies

Two papers for the initial phases of the Colic study are in the process of submission for publication.

We are considering re-running our Standardised Data Collection exercise (as the previous information is likely to be out of date) with a view to promote results more widely to the profession and public alike. We will need to review the methodology to ensure it is less susceptible to practitioner bias.

The BabyCheck Project (set up by Pete Cockhill) is in the trial design phase, with collaboration with the University on the questionnaire and data collection to ensure it meets good research standards; the pilot will hopefully run from February to October 2018.

Research in Education

The Faculty Development weekend in October 2017 considered the idea of altering the format of current case reports while keeping both the self- and reflective-learning elements of the exercise. Supporting our members to develop critical appraisal skills and a depth of reflection is high on the agenda of ResCom and EdCom.

Research Promotion

Planning continues on our next Research Conference in June 2018 entitled: *Navigating the CPD Jungle - Enquiry and Evidence for Cranial Osteopaths*, our focus is on inspiring osteopaths, and providing practical support in the run-up to the introduction of the new CPD scheme. There will be original research presentations, workshops on clinical audit, reflective practice and patient feedback, as well as time to socialise.

We have participated in NCOR stakeholder meetings: an important interchange of ideas and networking opportunities between ourselves, NCOR, the GOsC and undergraduate colleges, toward the general osteopathic research effort. NCOR are trying to encourage proactivity by having OEIs host meetings to present research achievements.

Future Planning

Our ten-year plan to highlight research education strategies, models, conferences and research study promotion is awaiting the Trustees Strategic Review decisions for final revision.



William Garner Sutherland

CHARITABLE OBJECTIVES

To advance the further education and training of graduates and undergraduates and others qualified in osteopathy, medicine, dentistry and related areas and sciences.

Promoting and teaching the principles of osteopathy as conceived by Andrew Taylor Still and developed by William Garner Sutherland.

Disseminating a general knowledge of the philosophy of the therapeutic indications of osteopathy in the cranial field, encouraging physicians and stimulating continued study for greater proficiency in the practice of osteopathy.

International

Reports from Germany and Spain



Germany

With many more student numbers in 2017 we have run two Module 2s (Bernried with Jeremy Gilbey and Proitze with Marianne Mayer-Logeman) and the following pathway courses: M3 in March (Proitze with Lynn Haller) and M5 in September (Bernried with Michael Harris). The M3 has been especially helpful integrating “cranial” osteopathy with other approaches. These have been very much appreciated by the German colleagues.

There are many more organisers offering osteopathic courses in Germany these days, but we are the only one offering a 1:4 ratio and a pathway with reflective learning. We currently have 207 students who have started the Pathway in Germany.

The new tutors have started to teach and have been a great asset. Five new ATs started their Ost Ed Training with Alison Brown. The first Ost Ed began in June 2017 in Hamburg. Katharian Hass-Degg and Claudia Koop started the AT Tutor training programme at the same time with Katharina stepping down in November. Two new ATs participated after the Ost Ed weekend in Module 2/2+ in June.

In March we had a German faculty day which was attended by virtually the whole faculty, and, on 25 November in Hamburg, we will run a German Faculty Development Day on Embryology and BLT which will be

run by Henry Klessen. Next year we have also planned both a Faculty Day and, separately, a Faculty Development Day on diagnosis.

Many thanks again to our German administrator Marianne Mettjes, who, apart from organising the courses beautifully, also attended this year's VOD conference, promoting the SCCO. Our Faculty was present with Susan Turner, Alison Brown and Eva Moeckel giving presentations and workshops.



Spain

In 2016-17 we ran one Pathway courses in Spain, Living Breathing Bone (Pathway Module 6). This completes the Pathway in Spain for the first time and we are now considering how Pathway Completers might submit assignments which will allow them to become Fellows of the SCCO.

We welcomed two talented osteopaths from our onto our Tutor Training Programme. They will complete the Osteopathic Education programme and training as Assistant Tutors on our Osteopathy in the Cranial Field courses over the next couple of years.

We also brought the administration of the Spanish courses in house to the SCCO office where there is a Spanish speaking member of staff. The coordination with marketing has helped build more interest and bookings for future courses.



Sutherland Cranial College OF OSTEOPATHY



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“Thinking, feeling,
and seeing with
intelligent fingers,
not tinkering blindly,
opens up the avenues
to many possibilities
in the osteopathic field.”

~ William Garner Sutherland DO ~