**SIHA REPORT 2018 – 2024**

**Albatina Phillimore – international SIHA Coordinator**

A late addition to those testing for this role, it had not occurred to me to put myself forwards. Taking on this role has enriched and expanded my spiritual journey, given me greater love for my Subud brothers and sisters and an understanding of the Subud organisation.

After being chosen, there were murmurings amongst the delegates. It turned out that my name in some part of the world means ‘The dawn’ which some thought significant. Though it took all of the six years, I believe that with my team we have grown SIHA to a point of new life that will enhance the growth of Subud in the world, as well as support the membership.

To summarise the progress:

* An established and dedicated team
* New interactive and educational Website
* Numerous services for members
* Individual support for many individual members
* Near completion of a structure for SIHA going forwards as a registered Charity
* A source of funding to enable us to employ an administrator/fundraiser
* A raised profile within Subud (though some way to go!), that may continue, enabling SIHA to fulfil its role as a Wing (as established in 1983 by Bapak)

Bapak’s purpose for SIHA as I understand it:

* To gather Subud health professionals together to make a difference in the world.
* When we work together, we grow inwardly
* Health services to members and the wider community
* Putting the latihan into practice

Further as a reminder here is what is written on our website:

**THE MISSION OF THE SUBUD INTERNATIONAL HEALTH ASSOCIATION (SIHA):**

to promote the attainment of true human health by providing opportunities to share our expertise to communities worldwide. Together, we intend to discover a way for the content of healthcare to be guided and enlightened by the Power of Almighty God through the latihan kejiwaan of Subud.

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**In furtherance of this mission, SIHA aims to:**

* Make healthcare information and expertise available to Subud members and humankind worldwide
* Promote health related projects
* Promote mutual support, co-operation, and networking among Subud members who are active healthcare practitioners
* Provide a resource directory
* Encourage self-reliance in health through education

Please see our website for more information, activities and educational information: [www.subudhelath.org](http://www.subudhelath.org)

**A group of people standing in front of a white board

Description automatically generated6 YEARS ACTIVITIES:**

**2018 – 2020**

A group of people sitting on a bench

Description automatically generatedAt WC 2018 SIHA’s presence was phenomenal! The treatments and Village areas provided peace, education, connection and support for members on many levels.

SIHA interfaced with the First Aid station and provided wheelchairs as needed.

Those involved came away feeling that they wished to reinforce, maintain and promote the positive interactions between practitioners and interested parties with the importance of listening to our inner voice as we proceed.

***Supervised rest area WC Team 2018 with Maxwell Fraval***

***(outgoing SIHA International Coordinator)***

WSC meetings in Salobrena and Cilandak in 2019:

A group of people in a room

Description automatically generatedA group of women holding wine glasses

Description automatically generatedThese were

productive meetings

though the SIHA

Team was in its

infancy.

Time together

enabled the new

WSC as a whole plus

the IH’s to understand one another.

A group of women smiling for a selfie

Description automatically generated

***Zone 3 Gathering in Salobrena 2019***

***Spending time with the youth in Cilandak***

A group of women smiling for a selfie

Description automatically generatedA group of people posing for a photo

Description automatically generatedMental Wellbeing weekend 2018 Britain:

Bringing together Subud members with lived experience of mental illnesses and those qualified in the mental health field.

Practitioners offered a wide range of physical and emotional support over these weekends.

***For one attendee: it was the first time they felt ‘truly accepted’***

The Subud Village

This was used extensively at this time by SIHA. We contributed 50% of the subscription for one year. Sadly, this was not accepted widely, nor was it on an easy to navigate platform and has had to be discontinued. A worthwhile and learning experience for all.

A group of people posing for a photo

Description automatically generatedYouth Weekend Gathering 2019

Practitioners offered physical and emotional support over this weekend.

***Youth from around the world attended this joyful weekend in Britain with National Helper support***

**A person standing next to a street sign

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***A path with rocks and grass on a hill with trees

Description automatically generated*Two people standing on a hill

Description automatically generated**Sponsored walk – Raising funds for SIHA & SDIA

Hadrian’s Wall; 84 miles covered over 6 days with various Subud members joining myself on this healthy and jolly journey!

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Inspired Health
First SIHA/SICA Gathering at Dapto, Wollongong 
20 -22nd April 2019
SICA and SIHA Australia are planning a series of health and creativity weekend workshops and explorations around the country over the coming year. The Dapto/Wollongong Subud group have kindly offered to host the first of these gatherings over the 2019 Easter weekend. We will have three days of workshops, performances, and hang-out time at their beautiful Hillside property. The first day (Saturday) will be open to members of the public. Sunday and Monday will be exclusively for Subud members and will include kejiwaan activities. 

For more information please contact alanaantoniasimpson@gmail.com cc alenasart@gmail.com 

](mailto:alanaantoniasimpson@gmail.com)***Lucy and Mary***

Inspired Health (with SICA) Australia 2019

A group of people sitting on a ledge looking at a landscape

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Open Circle Britain 2019

A 4-day Healthy Retreat; sharing and time together.

**2020 – 2022**

* Appointed a paid secretary
* Stable SIHA Steering Group established

A group of people on a video conference

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SIHA’s overcame confines of the pandemic by growing online activities: A successful 2021 International Online Health & Wellness Gathering. A free event it included presentations, sharing as well as peer support and was thoroughly enjoyed by all.

2020 established a Monthly Latihan with Sharing & Caring

Listening with love. Monthly during this period. A wonderful means to be heard, accepted and then receive unconditional love. A powerful tool.

Carers Group: Monthly support for those in a caring role whether teenagers, spouse or elderly parents. Much love, care and listening.

Dance for Health: A chance to dance and be expressive at home with others online.

Ramadhan Group. Valuable and enjoyable support for members across all Zones, especially those isolated.

2022 - SDIA Collaboration Human Forces camp in Colombia: 2 members of the SIHA Team attended and were able to support the local community, as well as having constructive discussions with the Mental illness & Crisis Resource Group.

Two men sitting in chairs

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2022 - Assisi Zone 3 Gathering

SIHA offered many opportunities for healthy walks, support groups, presentations and sharing including an online meeting with the mental health & crisis team. Latihan & Testing with IH’s was of great benefit.

***Members of the SIHA team & National Coordiantors***

***Albert (Zone 1 Rep) & Jamil (Mental Health Coordinator)***

**2023 – 2024**

**SIHA Steering group.** A stable and enthusiastic group was established with regular meetings, latihans and development teams:

Albatina Phillimore Int Coordinator/Trustee UK

Latidjah Miller Advisor/Trustee USA

Elsa Van Amern Zone 4 Rep/Trustee/ Psychological Safety GER

Albert Bryson-Haynes Area 1 Rep AUS

Siti-Salamah Salie Zone 3 & British Coordinator UK

Anita Shorer German Coordinator GER

Marisol Greenslade Paid Secretary UK

Oliver Halviala Technical Advisor & Supporter FIN

Sharna Travis-Smith Psychological Safety UK

+ significant and valued members

Jamil Hugenholtz 2020 – 2023 ND

Allyson Vuli 2018 – 2022 UK

Charitable statusin Britian, has been sought and is on the verge of completion. We have appointed 3 potential International Trustees. With a promised donation of £50 (about $64) from an anonymous source, our intention is to appoint a paid administrator/fundraiser to develop SIHA further with hopefully more gatherings and potential projects in the community, working together in collaboration with the other Wings. An executive team has been established to this end with 5 committed members to date.

Monthly Presentations were established to educate and share with members: Topics covered were: ‘Sleep - benefits for brain health’, ‘Conflict resolution – tools for life’, ‘Gold, Frankincense and Myrrh – a Christmas special’, ‘Psychological safety’, ‘Spirituality & Sex’ and a workshop on ‘Tellington Touch’ - ongoing.

Regular Newsletters were produced and emailed to our established database, to share news and announce the monthly (20th of every month) presentations – ongoing.

A signed copy of the SIHA Agreement with WSA was sourced and may be seen on our website. This establishes a defined relationship with WSA and has a renewal date of 2030. It formally allows SIHA to use the Subud Symbol.

A New and improved website was created**:** [www.subudhealth.org](http://www.subudhealth.org) with special thanks to Latidjah Miller and Oliver Halviala for their hours of hard work and commitment in achieving such great results.

Subscriptions purchased for Zoom, Adobe and Canva. This represents a significant investment in the development of SIHA administrative abilities for SIHA as an entity.

FB Pages & WhatsAppgroups (National & International) were updated and invigorated during this period – ongoing.

An Israeli Support Group was established to help members share their experiences at this sad time – ongoing.

Monthly latihans and sharing continued throughout this period – ongoing.

Members support groups as established in 2022 as described above continued. Some have now ceased, others are ongoing. SIHA is open to any group that would appreciate some support sort or long-term.

**World Congress**

A SIHA team of 7 was established who offered:

* + A program of health related topics which was available on our Website.
  + Second Aid = NON-Urgent minor ailments, injuries, strains & sprains therapy be that for a sting or tummy upset.
  + Fundraising through sales of sun hats.
  + There were also Indonesian Massages available during limited times whilst at Rungan Sari.

**FINANCES**

SIHA attempted to bring their Finances together in a transparent and accountable form prior to the WC. There are funds held in several accounts worldwide. SIHA has been in talks with SDIA to offer work to their bookkeeper to help this process along. **SIHA Accounts** will be audited annually, once SIHA is a Registered Charity.

**REFLECTIONS:**

Mental health support/psychological safety. This is an area of support that SIHA members have received requests for repeatedly over the past 6 years. Nothing has practically changed though we hope to repeat the successful Mental Wellbeing weekends in Britian elsewhere in the world. Caring for Subud members on an individual basis is difficult and needs a further development plan.

Low-cost weekends were good for all who attended and were based on a simple formula including exercise, good food, as well as workshops run by those with suitable skills.

Subud Helpline has been requested and discussed at length during my six-year period. A limited international helpline may be possible (manned 2 hours twice daily to cover the globe), but there has not been the time for recruitment and training. We are clear about the methodology when working in this area to ensure the following would be adhered to:

* + - Confidentiality
    - Practical Professional care and referral to other agencies if necessary
    - Helpers and practitioners working together where appropriate
    - Training must be provided. Many charities offer these, or we may have professionals within SIHA or SDIA who could offer this?

MICRG - Mental illness & Crisis Resource Group. SIHA has made approaches and had positive discussions with this group on several occasions. As a Wing we think we may help roll out the MICRG program further and ensure its continuing in sourcing suitably qualified individuals to this end.

SIHA includes all health practitioners and those who are interested in health. It is important to us all of course. We hope to recruit more members who come from both ends of the spectrum. There is great potential for the work of SIHA in the community. A possible solution discussed would be to have support groups for the different health professionals: medical/psychological/physical body workers/healers etc along with those wishing to support the education and promotion of health within Subud.

Promoting projects as they arise, targeting different health professionals needed to fulfil the needs of those community requesting support.

Working collaboratively with other Wings constructively.

Handover/overlap team? A stable team in place for administration and finances to enhance a smooth transition as in the case of SDIA. It seems essential to us as a wing. I am hoping that this will be possible at the end of my term. Minimum 6 months handover period.

Settle-in period of 1 year before any big decisions are made:Being challenged to make changes within an organisation at the start of my role was not constructive.

**A group of people sitting in chairs

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Having access to professional subscribed accounts such as Zoom, Adobe etc has made a big difference in our ability to progress. I believe all the international bodies should have access to translators. It is a handicap to further development of any wing as it is discriminatory.

Shared resources across the International Subud entities. This would save funds for wings and/or WSA.

***WSC meeting in Cilandak reflected in ceiling***

**IDEAS FOR THE FUTURE**

* To complete Charitable Registration.
* To improve communication with members, practitioners and WSC encouraging membership involvement. Increasing the network of National Coordinators throughout the world.
* To become truly international and to offer a translation service at meetings. Extend times of the day to improve accessibility throughout the world.
* ZONE Focussed work – offering local support and contributing to the members experience at Gatherings.
* Establish projects. Short-term Pop-ups, or longer-term investment.
* Further collaboration with the other wings, WSC and Services
* Psychological Safety/Mental Health Support Network for members. Subsidising fees to Subud therapists for Subud youths if needed.
* Increase Services to Members: Exploring how to help members with Loneliness, improving immunity, Dementia/Alzheimer’s.
* ‘Wellbeing days for all’, offering these to communities inside and outside of Subud.
* Education - Online courses (via website) and through continued presentations.
* Hold annual online gatherings.
* AGMs in person – tied into a Zonal Gathering.

Please join us if you are interested in any of the above via our website: [www.subudhealth.org](http://www.subudhealth.org)

**WITH SPECIAL THANKS TO:**

A person and person standing together

Description automatically generatedJoan Frome and Alan Boyd – our IH Liaisons. Wonderful human beings!

The steering group members and those running support groups including Ruth Armes and Lucy Hubert.

Ismanah Schulze for her valiant work on the Subud Village.

To all the active SIHA National Coordinators & Zone Reps.

SDIA TEAM for their great support to me personally, as well as their love for humanity and willingness to explore how we might collaborate.

*A person holding a tree branch over her head

Description automatically generated*

***With much love and wishes to all my Subud brothers and sisters for a healthy and Happy lives***

***Albatina***