Bournville Harriers

Committee Meeting Minutes

9th May 2016

Meeting Chaired by: Stacey Marston

# Attendance

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| **Name** | **Role** | **Attended** |
| Stacey Marston (SM) | Club Chair | ✓ |
| Steve Doswell [SD] | Club Vice Chair | ✓ |
| Andy Hoole [AH] | Communications | ✓ |
| Andy Wheeler [AW] | Treasurer | ✓ |
| John Cheel (JC) | Ordinary Member | ✓ |
| Emily Holden [EH] | Membership | ✓ |
| Jude Glynn [JG] | Ladies Road Relays Team Manager | ✓ |
| Katie Thomas [KT] | Newcomers Coordinator | ✓ |
| Laura Gale [LG] | Club Kit | ✓ |
| Linda Goulding [LG2] | Club Secretary | ✓ |
| Mat Pollard (MP) | Gents Cross-country Team Captain | ✓ |
| Taz Yousaf (TY) | Social | ✓ |
| Oliver Kirkland (OK) | Men’s Road Relays Team Manager | ✓ |
| Rhian Littlewood (RL) | Ladies Cross-country Team Captain | 🗶 |
| Clare Mullin (CM) | Ordinary Member | ✓ |
| Tony Hall [TH] | Coaching Coordinator | ✓ |
| Dave Powner (DP) | Events Coordinator | ✓ |

# Apologies Received

Rhian Littlewood

Oliver Kirkland

# Agenda

1. Review previous months minutes / action points
2. ICE / First Aiders (TH)
3. Mental Health Ambassadors Strategy (CM)
4. Race Events Update (DP)
5. Beginners Course Update (LG)
6. Social Event (Rounders on the field) (LG)
7. Chairpersons Welcome (SM)
8. AOB

# Actions

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| **Action** | **Owner** | **Complete / Review** |
| Organise pacing group evening | Katie Thomas / Steve Doswell | 13/6/16 |
| Reminder re membership renewal on FB and website | Emily Holden | 13/6/16 |
| Announcement calling for volunteers to attend a first aiders course on the website and FB | Andy Wheeler | 13/6/16 |
| Establish EA requirements for coaches present at sessions re insurance | Tony Hall | 13/6/16 |
| Announcement on FB and website re club members interested in attending LIRF | Tony Hall | 13/6/16 |
| Establish if any current coaches with LIRF are interested in advancing to CIRF | Tony Hall | 13/6/16 |
| Look into possible of obtaining any funding for mental health strategies | Lin Goulding | 13/6/16 |
| Look into organising a social event, Rounders in the Park, agree a date with RHP | Taz Yousaf | 13/6/16 |
| Contact Cannon Hill parkrun to arrange a BVH marshalling takeover | Lin Goulding | 13/6/16 |
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# Minutes (Key Points)

## Review of action points from last meeting

* Organise pacing group evening - action point open, intention is to organise pacing group after beginners course, SD & KT to organise.
* Organise Team for BUPA London 10k, teams entered -. Action point closed.
* Share Run Better Workshop on FB – action point closed.
* Reminder re membership renewal – another reminder to go on the website
* Create JE parkrun as a FB event – action point closed.
* BBC get inspired – set up for club – MP looking into, in progress with setting up Club details.

# ICE / First Aiders

* Club cannot insist, put will strongly encourage members to carry ICE details when running, message to be communicated via website and FB.
* Club members will also be encouraged to include details of underlying medical conditions if they are happy to do so.
* Details about the various ICE products have been drafted and will be shared with members.
* Keyring’s to be given away FOC.
* The club will run another first aiders course, an announcement to be put on FB and the website calling for volunteers to attend.
* TH raised query relating to EA requiring certain levels of coaches to be present at sessions in order for insurance cover to be valid, TH will look into this to establish what the requirement is.
* Club will sponsor members to take the LIRF course.
* Coaches with LIRF will be sponsored to take CIRF, TH to establish interest.

# Mental Health Ambassadors Strategy

* CM advised that CM and Alan Orr, as the new mental health ambassadors for the club will produce a mental health strategy that will be shared with the Committee.
* CM & AO have approached various Health Trusts, other Mental Health organisations and GP’s to see how the initiative can be shared.
* Strategy will contain an open day event,, invite people to form links, arrange a positive mental health running event talk, make links with other local mental health ambassadors
* Can we apply for funding to assist with this or to fund reduced membership, LG to look into this.
* As this develops, it would be interesting to share stories of club members as to why they started running, how running has helped them from a mental health point of view.
* Matt Wilson from RHP, is interested in supporting BVH with this initiative, and be invited to attend a Committee meeting to discuss further.

# Race Events Update

* DP to arrange a date for a Sub-Committee meeting.
* Members of the Sub-Committee have been agreed.
* DP will start obtaining quotes / information regarding chip timing for the Leafy 10k.
* FB to be updated with this years Leafy 10k details.

# Beginners Course Update

* Over 63 signed up for the course, 5 on average have attended the sessions so far.
* A good response from all the coaches and Volunteers.

# Social Event

* James Gittens has suggested the idea of a family fun event, a game of rounders in Rowheath Park.
* Taz to liaise with James to arrange the event.
* Date to be confirmed with RHP.

# Chairpersons welcome

* A chairperson’s welcome will be sent to all new members as they join the club.

1. **AOB**

* Member of the month – chosen for April.
* A Social run has been arranged for Sunday 15th May, details to be shared on website and FB.
* Kit night next Monday 16th May.
* Date of next meeting Monday 13th June, LG on holiday, AH to take the notes.
* DP should we do another bleep test, DP to organise towards the end of June.
* AW suggested the club volunteer to marshal park run – LG to contact CHP to suggest and we would need 35/ 40 marshals July.