



Chair: Jennifer Whitlock
Vice Chair: Margaret Kiewicz
Treasurer: Mike Bates
Secretary: Paula Roberts

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Minutes of The Sport Conwy
Meeting held on Tuesday 21st March 2006. 7pm
Room L03, Coleg Llandrillo Sport Centre

Present: Chair - Jennifer Whitlock
Vice Chair - Margaret Kiewicz
Treasurer - Mike Bates
Secretary - Paula Roberts
Executivee - Bev Prendergast, Paul Murray, Cllr Ian Jenkins, Brian Roberts, Brian Grant

1) **Apologies**

- June Evans, John Newland, Will Arrowsmith, Pam Chapman, Cllr Mrs Liz Roberts, Jane Foulkes, Jim Jones.

2) **Minutes of the last meeting**

- The minutes of the meeting held on 21/01/06 were approved as a true record.

3) **Matters Arising**

- **Snowsport Wales** – Details on some new course structures have been sent to the Secretary from the Sports Council for Wales.
- **Futsal** – Jane Foulkes had sent an e.mail to the Secretary to confirm that Futsal will soon be recognised by the FAW.

4) **Correspondence**

- **Quotations** – Quotations have been received regarding the costs of producing new Sport Conwy folders, as the old green folders contain out of date information and old contact details. It was agreed that the Secretary proceed with the cheapest option.

5) **Work Programme Report 2005-2006**

- **Healthy Living Week** – A weekend of fitness classes, dance, yoga, swimming, personal training, fitness testing and multi-sport sessions were organised for March 18th and 19th at Le Sport, Leaf Health Club and Conwy Leisure Centres. These were aimed at physically inactive adults and juniors. (copy leaflet attached).

The sessions were widely publicized via the Conwy County Borough Council website and e.mail, the Local Health Board and National Health Trust intranet, doctors and dentist surgeries, libraries, leisure centres, youth clubs, council offices and schools.

Despite this extensive work the uptake of sessions was very poor, with most sessions being cancelled. However Le Sport did have several people 'drop in' for sessions over the weekend.

The outcome of this weekend highlights an area of concern. New Sports Council for Wales and Welsh Assembly targets require us to encourage the physically inactive to engage in physical activity. However, this has proved to be challenging. It is evident that when we are aiming to target this group of people that we need to be cautious of appropriate marketing strategies and make efforts to approach or work with people individually and work with the National Public Health Service.

The National Healthy Living Group working party for Conwy are also working on a similar campaign. The Secretary will advise them on the issues raised here.

- **Risk Management Course** – This was held on March 29th. There were 13 attendances. The course was delivered free of charge to participants, and the tutor costs will be met by WALSC.
- **Child Protection** – a course was held on March 29th at Ysgol John Bright. This was originally scheduled for March 2nd, which was cancelled due to snow.
- **First Aid** – a course was held on March 14th & 15th at Coleg Llandrillo. The next course is May 23rd and 24th.
- **AGM** – the AGM is to be held on April 25th. The venue has yet to be confirmed, although it is thought that either Colwyn Bay Cricket Club or Colwyn Bay Rugby Club will be used. There is a need for an additional event to be held alongside this to attract more people to the AGM. It was agreed that the Secretary investigate the possibility of representative from CRB coming down to do a talk about the CRB process and implications.

5a) **Work Programme 2006-2007**

- Potential ideas for the new work programme were discussed.
- **Healthy Living** – consideration was given to Sport Conwy hosting an ongoing healthy living session based on the previously held Healthy Conwy Weekend. The 2nd Saturday of each month could be set aside at Leisure Centres and selected private health clubs to hold drop-in sessions for 'physically inactive' individuals to have a go at using fitness suites, have a chat with an instructor about various physical activities that can be done/tried and which areas would be the most appropriate. There would also be the opportunity to be fitness tested, have blood pressure, %body fat, weight, height etc measured.

Funding would need to be secured for additional staffing and marketing. The sessions would be promoted via local doctors, the Local Health Board, Local Media and Radio.

- **Junior Triathlon** – concerns were raised about the costs of the event, particularly the cost of the barriers. The event would be hosted by Sport Conwy once again, but costs would need to be decreased, and the entry fee increased to £5. John Hatton would be contacted to potentially obtain goods for the goody bags and for hire of the North Wales Road Runners Club barriers.
- **Sportscoach UK Courses** – 5 courses will be held.
- **First Aid** – 4 courses will be held.
- **Voice Projection & Voice Protection** – a workshop will be held.
- **Publicity Materials** – new materials will be produced to help promote Sport Conwy, raise its profile and potentially increase affiliations.
- **Festival of Sport** – The possibility of hosting a Conwy Sports Festival Week was discussed. This would encourage teams from beyond Conwy to come into the area thus providing new competitive opportunities for local children. Potential activities could include a futsal competitions, badminton, rugby etc.,.

Marketing of Sport Conwy also needs to be addressed.

6) **WALSC Report**

- The AGM is to be held on March 25th 2006.
- No executive meeting has been held since the last Sport Conwy meeting.
- The future of WALSC should be raised at the AGM, as very few people are able to find time to attend meetings on a Saturday; and the aims of direction of WALSC are unclear.

7) **Personal Development Grant**

- A copy of the Treasurers Report is attached
- This was approved as a true record
- Since the report was written there is the following to report.
 - £2,000 received from the Welsh Church Act
 - £40 received fro Gold Cards
- The Treasurer noted that the number of Personal Development Grants has reduced considerably this year. It was agreed that work needs to be done on raising their profile.
- Mileage Rates – WALSC have confirmed that their mileage rates are 25p per mile. Sport Conwy will also pay this rate. However, it is felt that this is a low amount, and will be investigated further.

8) **Grant Panel Report**

- Sam Hainey - £100 – Tennis player from Conwy Community Tennis Club
It was noted that Sam does not enter local events. The Secretary will recommend that she enter the Colwyn Tennis Tournaments.

9) **North Wales Gold Card**

- There are currently 33 card holders, and 8 are due to be approved giving a total of 41 cards. The 8 new cards are for the following sports:
Golf x 1, Badminton x 3, Squash x 1, Swimming x 1, Cricket x 1 and Hockey x 1

- 10) **Local Authority Report**
- No report – apologies from Jim Jones
 - A question was raised regarding the Conwy Excellence Fund. Sport Conwy are concerned as sportspeople have waited for so long for a decision and could have been reliant on funding for events. It is felt that applicants should have been notified of the delay in holding a meeting. These issues will be reported to a representative of the Excellence Fund.
- 11) **Sports Council for Wales Report**
- No report – apologies from Jane Foulkes
- 12) **Any Other Business**
- Traversing Wider – the Conwy County Borough Council Leisure and Community Development Strategy was praised, and it was recommended that it be displayed in prominent places including reception areas at the Civic Officers and Bodlondeb.
- 13) **Dates of Next Meetings**
- May 25th 2006 S13 Coleg Llandrillo
July 13th 2006 Boardroom, Coleg Llandrillo
September 28th 2006 Boardroom, Coleg Llandrillo
November 30th 2006 Boardroom, Coleg Llandrillo
January 25th 2007 Boardroom, Coleg Llandrillo
March 22nd 2007 Boardroom, Coleg Llandrillo