



British Wheel of Yoga - Eastern Region

Meeting of the Committee –Saturday 8 August 2020 (on-line)

Present:

Regional Treasurer	Gill Gittins (GG)
Regional Training Officer	Stacey Connor (SC) CHAIR
Regional Secretary	Bindie Edwards (BE)
Regional Newsletter Editor & W Essex CR	Donna Negus (DN)
E Essex	Jo Thomas (JT)
Bedfordshire	Angela Davey (AD)
Hertfordshire	Siobhan Murtagh (SM)
Cambridgeshire	Helen Craig (HC)
Deputy E Essex	Caroline Baya (CB)
Regional Festival Organiser	Sophie Lightfoot (SL)

Apologies: Ilkay Ozcan, Angela Thompson, Rosie Evans, Michelle Mellor, Carole Baker, Lyndsey Stevenson, Maggie Adesanya

The meeting was held and recorded online through Zoom. The recording will be saved as a permanent record. In addition, an action plan was agreed.

The committee welcomed their new volunteer member, Sophie Lightfoot who will take over the role of Regional Festival Organiser from Angela Thompson and also be Deputy Suffolk Representative to Carole Baker who will hopefully be able to join the September meeting.

Agenda Item /Discussion/Agreed	Action Required	Person(s) Responsible	Completed
Ideas and Suggestions for 2021			
<p>Stacey led the committee through the ideas that she had received from County Reps.</p> <p><u>First Aid Days</u> Stacey has contacted HO for guidance on First Aid certificates that expire while no courses can be run. Waiting for response.</p> <p>Angela Davey is in contact with Colin Fordham and will consult with him.</p> <p>Concluded that refresher courses for experienced teachers may be viable online but that for first time First Aiders this would not be possible.</p> <p><u>Donna Events</u></p> <p>Awaiting Peter Blackaby's contract but he has confirmed he is booked for the date.</p> <p>Donna's Stephen Braybrook proposal approved by Stacey.</p> <p><u>Jo's Events</u></p> <p>Aiming for event every other month but all agreed it may be impossible to ensure no clashing dates as venue and tutor availability may make this difficult.</p> <p>Suggestions: Students with Trauma (Louise Fortunatos) – confirmed. Students with cancer (Kari Knight) Teaching Athletes (Hetta Coveney)</p>	<p>Contact HO for confirmation that insurance not invalidated if refresher overdue.</p> <p>Angela to email Colin about whether it might be possible to have a refresher course on-line and what would need to be done subsequently regarding CPR refresher training.</p> <p>Contact Peter Blackaby for contract and subject matter</p> <p>Jo to contact tutors proposed for her ideas and notify Bindie to update calendar.</p>	<p>SC</p> <p>AD</p> <p>DN</p> <p>JT</p>	

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<p>Retreat and meditation open day (ideas to come)</p> <p>All ideas listed approved by Stacey.</p> <p><u>Angela Davey</u></p> <p>WINTER DAY OF YOGA (FOC to BWY members). Online event. Discussion on timing. Suggested only two tutors needed. Committee require input from Ilkay.</p> <p>Donna requires copy for YOGA EAST by 10 September for October issue.</p> <p>Helen Craig offered to teach; pending input from Ilkay.</p> <p>Paul Fox event and Chair Yoga ideas approved.</p> <p><u>Rosie Evans</u></p> <p>Not able to discuss Rosie's events in her absence. Bindie questioned whether 10 October date was for 2020 as already listed or also for 2021. Gill reported some bookings for the 2020 Angela Ashwin event already received.</p> <p><u>Siobhan Murtagh</u></p> <p>Siobhan and Gill could not open email with information on Hertfordshire events from Richard.</p>	<p>Sophie to contact Ilkay and get brief as to her ideas and vision.</p> <p>Bindie to add subject to next agenda.</p> <p>Angela to contact Paul Fox and Andy Curtis Payne. Angela contact tutor for Chair Yoga.</p> <p>Bindie to email Rosie regarding date clarity for Angela Ashwin event.</p> <p>Bindie to resend as word document to whole committee for information.</p>	<p>SL</p> <p>BE</p> <p>AD</p> <p>AD</p> <p>BE</p> <p>BE</p>	
Calendar of Events			
<p>Stacey shared screen showing proposed calendar and demonstrated how to sort information.</p>	<p>Committee members to notify Bindie if changes are required to format.</p>	<p>ALL</p>	

Agenda Item /Discussion/Agreed	Action Required	Person(s) Responsible	Completed
	Committee members to email Bindie with updates and changes.	ALL	
	Bindie to keep updated and circulated to all	BE	
Foundation Course Structure			
<p>Stacey reported that all Foundation Courses need to be approved by the RTO. She asked how she could get a list of all FC teachers' email addresses.</p> <p>Donna confirmed that all FC teachers have received a letter from HO to this effect already.</p>			
Next Meeting			
Next meeting 5 September. Unknown whether Ilkay will be able to attend.	Bindie to contact Ilkay to find out her plans	BE	