



THE BRITISH WHEEL OF
YOGA

British Wheel of Yoga - Eastern Region

Meeting of the Committee –Saturday 31 October 2020 (on-line)

Present:

Regional Officer	Ilkay Ozcan
Regional Website Officer	Lindsey Stevenson (LS)
Regional Festival Organiser	Sophie Lightfoot (SL)
Bedfordshire County Representative	Angela Davey (AD)
Norfolk County Representative	Rosie Evans (RE)
Deputy East Essex Representative	Caroline Baya (CBAYA)
Cambridgeshire	Helen Craig (HC)

Apologies:

Gill Gittins, Stacey Connor, Bindie Edwards, Donna Negus, Jo Thomas, Carole Baker, Maggie Adesanya, Siobhan Murtagh.

The meeting was held and recorded online through Zoom. The recording will be saved and distributed to committee members after the meeting. In addition, an action plan was agreed.

Ilkay Ozcan chaired the meeting from Turkey.

Agenda Item /Discussion/Agreed	Action Required	Person(s) Responsible	Completed
MATTERS ARISING FROM PREVIOUS MINUTES			
<p><u>FIRST AID TRAINING</u> Ilkay has spoken to HQ. The planned First Aid courses in Eastern Region meet HQ expectation until March 2021.</p> <p><u>NEW EMAIL ADDRESSES</u> Nearly completed. Maggie attempting to do hers. Sophie is using the "festival" address but has not yet set up Suffolk deputy address as she is waiting to speak to Carole about her role. Lindsey to set up training session on Zoom for the shared G-drive/folders/Mail Chimp. Session will be recorded for those unable to attend.</p> <p><u>WINTER DAY OF YOGA</u> 100 registrations received for this event. Sophie to ask tutors for session links for registration ASAP. Sophie to forward to hosting reps for sending out. Suggestion to email out recording of session to those unable to register due to sell-out. Confirmation that Elaine Fletcher unable to attend. Agreed to drop early pranayama session and begin with Emma C-B Need to try to retrieve contact details of non members for future promotions. Need to ensure GDPR covered through ability to 'unsubscribe' from mailchimp.</p>	<p>NB. This may have changed in light of the PM's announcement on 31.10.20</p> <p>Sophie to talk to Carole.</p> <p>Maggie to let Bindie know when done</p> <p>Lindsey set up training and notify all of when</p> <p>Lindsey to circulate recording of session to committee</p> <p>Sophie to request tutors for registration links. Donna and Sophie to complete program for distribution.</p> <p>Ilkay to enquire from HO</p>	<p></p> <p>SL/CB</p> <p>MA</p> <p>LS</p> <p>LS</p> <p>SL</p> <p>SL/DN</p> <p>IO</p>	
SPRING EDITION OF YOGA EAST			

Agenda Item /Discussion/Agreed	Action Required	Person(s) Responsible	Completed
<p>Deadline for contributions of spring edition of YOGA EAST is 10 December 2020. The theme of the spring edition, sent out in February, is BEGINNING AGAIN. This edition will cover events from February to June 2021.</p> <p>Donna would be grateful if County Reps could please write something about the events taking place in March, April and May.</p> <p>It would be good if tutors could also please write a bit about themselves or the course.</p> <p>Donna would also like someone to write a review of either Angela Ashwin or Andrea Kwiatkowski's event.</p> <p>Donna would like to include a section on <i>Meet the Committee</i></p>	<p>Events scheduled for this period are in Hertfordshire, Bedfordshire, Suffolk and Norfolk. Could Reps please action this</p> <p>Reps please contact tutors for contributions to Yoga East.</p> <p>Rosie volunteered to write about Angela Ashwin event Angela Davey offered to write about her first aid day with Barry Jackson</p> <p>It would be helpful if all members of the committee could write a very short bio about themselves and send it with a photo to Donna</p>	<p>AD, SM, CB, RE</p> <p>AD, SM, CB, RE</p> <p>RE</p> <p>AD</p> <p>ALL</p>	
CONFIDENTIALITY AGREEMENTS			
All forms now received and sent to Ilkay.	Bindie sent folder to Ilkay to pass on to HQ	BE	2.11.20
VOLUNTEER HOURS FORMS			
Bindie sent out sample volunteer hour forms to all committee members. These are to be completed for period 1.11.19 – 31.10.20	All members to complete form and send to Gill Gittins by 12 November.	ALL	
SANGHA			

Agenda Item /Discussion/Agreed	Action Required	Person(s) Responsible	Completed
Not discussed			
REGIONAL ELECTIONS 2021			
<p>Dissemination of nomination forms for regional elections will be sent out by Administration organisation UK ENGAGE. Regional elections will be aligned with BWY Elections. Timeline TBC but aiming to begin 1st Feb with Close of Poll 1st April</p> <p>Helen to send out mail chimp letter to try to recruit replacement Cambridgeshire rep</p>	<p>Ilkay to confirm timeline and action required</p> <p>Helen to write to Cambs members</p>	<p>IO</p> <p>HC</p>	
CALENDAR UPDATES AND EVENTS			
Not covered – out of time	Everyone to send updates to Bindie as well as Stacey, so year calendar can be updated.	ALL BE	
NEXT MEETING			
Next meeting 28 November at 12.00pm	All to send agenda items to Bindie. Bindie to circulate agenda 1 week prior to meeting.	ALL BE	