

Minutes from the **Physical Activity Committee** meeting held on Wednesday 22<sup>nd</sup> November at the CSE Seminar Room, Edinburgh University.

**Present**

Juliet Balfour (JB) Chair  
Jacqui Stone (JS)  
Debby Sargent (DS)  
Hazel Ednie (HEd)  
Jackie Davidson (JD)  
Alan Francis (AF)

**Apologies**

Anna Anderson

**Absent**

Chris Berry  
John Baxter

**WELCOME, AND SCENE SETTING**

1. Juliet welcomed everyone to the meeting and in particular thanked those present for re-arranging their diaries in order to be able to meet. Disappointment was aired that no student representatives were present. Anna had sent apologies but there had been no message from Chris or John. It was felt that the committee ought not to be teaching staff weighted as the AU Presidents need to be prompted to think about Physical Activity. If a committee member can not attend a meeting then they should make sure someone else is coming in their place. JS to follow up with John and Chris.
2. *Minutes 12/07/06*: The minutes were agreed as an accurate record.
3. *Matters Arising*: JB would look into SUSPAC being able to attend one of the Presidents' Forum meetings to give a presentation on Physical Activity. This may also be an appropriate time to raise the possibility of having an Activities Officer which could perhaps be a Sport and Exercise Science student thus enabling them to gain experience and enrich their CV.
4. *Future Meetings*: The Glasgow meeting in April would have a workshop with representatives from the Glasgow Commonwealth Bid Team. Alan had been in touch with Derek Casey's office who were happy to be involved. The meeting was confirmed as the 24<sup>th</sup> April in the Seminar Room in the City Centre to allow committee members to get trains. It was agreed for the meeting to start at 10.30 to allow plenty of time for SUSPAC business before lunch at 1pm and then the workshop in the afternoon. The next meeting will be on the 5<sup>th</sup> February at St. Andrews again with a 10.30am start. A workshop in the afternoon will be focused on the results of the Audit and how we can drive matters forward.
5. *Dates*: Conference dates were confirmed as 11-13<sup>th</sup> June at Glasgow with the first day being a training day for Presidents as this year. PDC have not started working on the programme yet. The Christmas Seminar is being held in Stirling on the 14<sup>th</sup> December and programme and booking form will be available shortly for this.

**ACTION**

JS

JB

**Active Age Festival**

6. Juliet invited feedback from the committee on the recent Active Age Festival. Committee members had received very positive feedback and all participants had thoroughly enjoyed the day. Constructive comments had also been offered which can be taken into consideration when planning next year's event. The key requests were to have more therapy on offer, an exercise class, more racquet sports, microphones for instructors and name badges. The photographs that had been taken were to be used by SUSPAC for promotion and will be available on the new susphoto.com website in the near future where they can be bought on licence. The event had broken even and had raised money for several charities. Thought should be given next year to timetabling events and having additional helpers for teachers. The event needs to be worthwhile for volunteers so should perhaps incorporate a debriefing session. Next Year's event should be flagged up in Easter Newsletters to all our client groups. It will be held on Wednesday 5<sup>th</sup> September in St. Andrews.

All

## PAHA Update

7. JS and AF had attended the Physical Activity and Health Alliance Conference held at Murrayfield on the 31<sup>st</sup> October. The Conference was opened by the Minister for Health and featured guest speakers from a national and international perspective, as well as celebrating the breadth of physical activity work in Scotland. The Conference launched the Physical Activity and Health Alliance by allowing participants to: understand the structure and shape the content of the Physical Activity and Health Alliance website; network with others promoting physical activity and health; have an opportunity to exchange information about their work; and inform the future development of the Alliance. The conference did not have an HE focus and so much of the content was too general for relevance to SUSPAC. However the PAHA website ([www.paha.org.uk](http://www.paha.org.uk)) had been launched and anyone who was not already signed up as a member was encouraged to do so. It was felt that Flora Jackson should be invited to address SUSPAC directly in order to see how we can be involved with the network. JB to see if she could attend the workshop in February. Once the Audit figures were available it would be good to have statistics about what SUS do already.

JB

## Easter Fitness Festival

8. It was questioned whether this was a bad time of year to plan an event for fitness participants, experience with trying to arrange Fitness Scotland conventions indicating otherwise. However it was agreed that an event for exercise/fitness/health professionals to come together to workshop and network would be valuable. This would focus around special interest groups and suggested topics were: Disordered Eating; Disability and Inclusive Fitness; Diabetes; Cardiac; Youth/Adolescents. Students from appropriate degree programmes would also be invited to come to the workshops to learn and as it would be in their holidays it was hoped that they would be able to attend. The idea of research updates was also put forward as a way of making sure the themes were kept up-to-date and relevant. The date for this event will be 27<sup>th</sup> March and HEd and JD will look at the availability of suitable facilities at Dundee and Aberdeen. We will discuss at the Christmas Seminar and decide venue then.

HE/JD

## Flyers/Workshops

9. JB had hoped to have time to brainstorm possible topics for flyers/leaflets to be produced by SUS but as time was tight Committee members were urged to think about topics/interest areas and to email them round the group. Leaflets should be focused around what SUS needs such as what SUSPAC is all about, what we can do to help, why they need to know about SUSPAC. These and specialist leaflets could be downloadable flyers from the SUSPAC page on the website. It was requested that SUS flyers should not replicate what is already out there but these could be amended to be relevant to SUS. Possible topics could be Sport and Alcohol, Fitness and Nutrition, Overtraining etc. This could help to bridge the gap between SUSPAC business and sport.

All

## Website

10. JS outlined that the website was still being built and some elements of the site were not up and running as yet. It was acknowledged that much of the site was sport focused at the moment but that was due to the lack of content from physical activity as of yet. It would be possible for SUSPAC to have a link from the front page when there was appropriate information for it to link to. Committee members were encouraged to send news, events and any other useful information to JS for inclusion. Once completed the specialist leaflets can be available in the Good Practice Guides section of the website for downloading.

All

## Volunteering

11. JS updated SUSPAC that Stew had been working hard with regards to volunteering and is now looking to create a volunteering sub-group to move this forward. PDC had been involved and Osla Dougal would be forming part of this group. The move was to create a Volunteering strategy and to assess volunteering within Scottish HE. SUSPAC had been approached as it was important that any volunteering effort was not solely sport based as volunteers were important to physical activity too. JB agreed to be involved at this stage.

JB

## Actions List

Follow up non-attendance with Chris and John	JS
Look into SUSPAC attending President's Forum to Present on Physical Activity	JB
07 Active Age Festival to be flagged in Easter Newsletters	All
Flora Jackson to be approached to address SUSPAC	JB
Facilities to be checked out for Easter Fitness Event	HEd/JD
Emails to be sent round of interest areas/topics for specialist leaflets	All
News/Events and other items to be sent to JS for website	All
SUSPAC to have representation on volunteering sub-group	JB
Next Meeting to be 5 <sup>th</sup> February in St. Andrews	All