

Minutes from the **Physical Activity Committee** meeting held on Tuesday 24th February 2011 at The University of Dundee.

Present

Justyna Paslawska (JP)
Seona McKenzie (SM)
Nicola Scott (NS)
Hazel Ednie (HE)
June Adamson (JA)

In Attendance

Jacqui Stone (JS)
Fiona Mathie (FM)

Apologies

Yvette Wharton (YW)
Julie Falls (JF)
Lyndsay Gallacher (LG)

WELCOME

1. No conflicts of interest were noted
2. *Minutes 12/10/2010*: The minutes were agreed as an accurate record
3. Actions from previous meeting were discussed

Dance Festival

4. Feedback was given from the Dance Festival which was an overall success. A small discussion was had over some changes which could be made for the next Dance Festival. Suggestions were made of completing registration a different way, emailing round class lists before event, end show should be more organised with Universities informed of performances before event.
5. It was suggested for the next Dance Festival that SUS should aim to make a small profit from events, start to plan for next year, venue, date, classes? All Agreed on November as date for Dance Festival.
6. NS enquired as to why Dundee couldn't attend. HE competitions on instead. It was then suggested that competition dates should be checked out before setting final date. JA suggested Telford College, with Fred Jamieson. FM to ask Jenni Lloyd about this. NS to check availability for RGU to host event as a back up.

Active Age Festival

7. It was suggested that a plan should be made as to where, when and what will happen at the next Active Age Festival.
8. HE suggested RGU if Dance Festival was to be at Telford College. NS asked if same date as last year - 24th August. Small discussion was had regarding having it in Edinburgh but it was agreed it was not a good idea with the Festival on at this time. NS to check if RGU can host. JS suggested to try RGU first then potentially have HW as a back up. HE suggested week beginning 22nd August. NS to check and confirm.
9. A small discussion was had on activities for the Festival. Various suggestions included a pool activity, Aqua Zumba, alternative therapies, testing BMI and blood pressure. HE suggested someone from Dundee could come along with products for attendees to try and recommended some companies at trade shows. To be investigated further. HE also suggested that some could be a sponsor. JS suggested that it should tie in with World Congress on Active Aging. FM to speak to Dawn Skelton. FM to contact Nintendo re use of Wii, speak to Strathclyde regarding project on Older Adults and the Wii. NS to investigate climbing and link in with Jackie Davidson regarding dance. NS to also look into lunch venues.

ACTION

FM
NS

NS

HE

FM
FM
NS
NS

Newsletter

10. ALL pleased with previous Newsletter
11. A small discussion was had on how to get a bigger distribution of the Newsletter through Facebook, both SUS and University Facebook pages.

Content for Next Newsletter.

12. Next newsletter to be published at the end of March
13. FM to complete quiz/myths and facts. Theme on Active Travel. HE to complete, Dance Show at Dundee, interview with Dance Captain. JA to complete on Dance Show at Edinburgh, NS complete round up at RGU and Mental Health write up. LG to complete department round up. JP write up on benefits of new gym facility and interview of staff member. JF to complete exercise/class of the month and the recipe. JS to give PAHA feedback and Games Legacy Feedback. SM to complete student/staff interview. NS to speak to Rona at St Andrews regarding Wear Your Trainers to Work for Newsletter.

ALL

Raising SUSPAC Profile

14. JS asked all committee to ensure that they have promote SUSPAC on Facebook/Twitter/Noticeboards etc in own institution.
15. HE asked about SUS T-Shirts and how to order them. JS updated on situation with Kukri. FM to check remaining Active Age T-Shirt.

FM

SUS Nike+ Challenge

16. FM updated the group on the current progress with this Challenge. Nike not willing to give discount on products so it should be changed to SUS Challenge. SM suggested that groups should be changed from 10 to 3 ALL Agreed. Challenge will be launched at Conference. FM and JF to speak to GR before next meeting for further progress.

FM, JF

Conference

17. JS updated all on conference, 14-15th June at St Andrews.
18. SUSPAC need 1 more breakout session ALL to think
19. ALL to promote date

ALL

The Bigger Picture

20. The Committee were asked if they are happy with the progress of the Committee and their links with physical activity and health in Scotland.
21. It was thought it was difficult to have an impact on Scotland as a whole but within institutions, good progress was being made.
22. It was also thought that after the action plan was created then there has been more focus on what is realistic in targets. More can be done in picking up national guidelines and taking back to institution.
23. It was suggested that the group should share and feedback on external agencies and communicate more often rather than just at meetings.
24. HE mentioned the Active Nation Toolkit and suggested all should have a look at.

AOCB

25. The group were asked about the Flyers on the SUS page and whether anyone had updated them. ALL agreed to update flyers.
26. A small discussion was had on the eating disordered guide, HE to circulate guide, SM updated on progress with talk from Zara, SUS to fund course. JS to agree costs. JA to coordinate with HW and Napier for those who wish to attend course then feedback to other staff after course completed.
27. JP updated the group on a violence awareness course at Napier and to send information around committee.
28. HE suggested using posters around conference to increase awareness of SUSPAC
29. JS updated the group on the tradeshow at conference and all to pass on any contacts who may wish to attend.

ALL
HE

JP

Actions List

FM to speak to Jenni Lloyd re Telford College hosting Dance Festival	FM
NS to check availability at RGU for Dance Festival	NS
Week beginning 22 nd August 2011 for date of Active Age Festival NS to confirm	NS
Trade Show Companies to be investigated for Active Age Festival	HE
Active Age Festival contact to be made with Dawn Skelton	FM
Contact Nintendo and speak to Strathclyde re wii project for Active Age Festival	FM
Climbing wall at RGU to be investigated for use	NS
Lunch venues at RGU to be investigated	NS
Newsletter tasks to be completed by 18 th March	ALL
Active Age T-Shirt in SUS office –check	FM
SUS Challenge meeting with GR	FM JF
Promote conference	ALL
Flyers to be updated on SUS website	ALL
Eating Disordered guide to be circulated	HE
Violence awareness course to be sent round committee	JP