

Minutes from the **Physical Activity Committee** meeting held on Thursday 22nd April 2010 at The University of St.Andrews.

Present

Jackie Davidson (JD)
Hazel Ednie
Julie Falls (JF)
June Adamson (JA)
Lindsey Gallagher (LG)
Beth Montgomery (BM)
Seona McKenzie (SM)

In Attendance

Jacqui Stone (JS)
Ross Simpson (RS)

Apologies

Christine Duncan (CD)

WELCOME

1. No conflicts of interest were noted
2. *Minutes 19/01/2010*: The minutes were agreed as an accurate record

SUSPAC RESOURCES

Newsletter

3. JS informed the group that the newsletter went live yesterday thanks to the hard work of Jenny Durkin.
4. Everyone was thanked for their contribution but were asked for a faster more detailed turnaround next time.
5. All items for the next newsletter are to be in the office no later than May 21st so there is time to have it printed for conference.
6. JD asked that all content is circulated to the whole group for everyone to give feedback on.
7. HE said that there would be no problem with research items this time, due to the time of year.
8. SM is to speak to SUS about who to contact at each university.

Flyers

9. BM to add final links to Physio flyer.
10. JF to email Climbing flyer in to SUS.
11. Ideas generated were: Golf (HE), Holiday eating (SM), Military Fit (LG), and Charity Run Flyer (BM).

Workshops

12. A discussion was had focusing on what workshops SUSPAC should try and run.
13. Jogscotland was discussed and it was agreed that SUS would help pool people to run a course.
14. It was agreed it has been a while since a Skills Active workshop has been run.
15. There will be more to come from the first HW eating disorder workshop.
16. SUSRAG now has a new name – SUCSES and a workshop will follow on from their meeting at Conference in June.
17. ALL ideas for workshops to JS for next year's agenda.

Website, Facebook, Twitter, Offline Marketing

18. Facebook and twitter were identified as good avenues to promote the work of

ACTION

ALL

ALL

SM

BM

JF

SUS

ALL

- SUSPAC, and more work needs to be done to advertise flyers through FB.
19. BM suggested more work is done on tagging people in pictures to get their attention to the SUS FB page.

EATING DISORDERS GUIDE

20. The group is to review the current information regarding the guide.
21. It was agreed that it was a tough subject to have specific guidelines on and the HW workshop highlighted this.
22. All too feedback to JS about the HW workshop and where to take it next. ALL
23. HE asked if there had been any discussions with BEAT recently.

Jogscotland

Ann Davidson – Jogscotland conversation

24. Ann Davidson updated the group on Jogscotland happenings and there was a lengthy general discussion.
25. There was a lot of interest to have course at several unis.
26. JS to look into running a course and see if SUS can help fund places. JS

Active Age and Dance Festival review

Active Age Festival

27. The group agreed that based on feedback SUSPAC would like to host the event in Glasgow.
28. SM offered that Strathclyde would be interested in hosting it and would contact SUS with a definite answer soon. SM
29. It was agreed that it has to be in August and the group are to start the ball rolling for this now. The date suggested was 24th August.

Dance Festival review

30. All committee members agreed that it had gone very well this year.
31. The venue was fantastic and all feedback was positive.
32. JD thanked everyone for all their help.
33. The group agreed to see if Colleges could be interested in attending next year.
34. Edinburgh hope to host the dance festival but in November 2010.

SUSPAC Action Plan 2009/10

Review of current standings

35. JS updated the group on exec meeting and the HR review and discussions surrounding this.
36. It has been decided that SUSPAC carry on moving forward.
37. The new chair will plan to aim at a wider audience.
38. All to feedback ideas to JS on how to jazz up committee. All
39. The role of presidents on the committee was discussed, and it was agreed they should be given a specific role at the start of the year to focus on.
40. The make up of the committee was discussed and HE suggested have a Physical Activity consultant of some sort on the committee. All to further suggest ideas on make up to JS.
41. JS informed the group that unfortunately HE cannot be on committee next year due to her doing her 4 years already.
42. JS to speak to directors about suggesting fresh blood for committees. JS

AOCB

43. JS to take intra mural sport in house for SUS to focus on. JS
44. JD asked about the SUSPAC poster. – RS to work on. RS
45. The group discussed a charity event to all take part in. All to suggest to JD. ALL

46. A small discussion was had surrounding conference ideas for SUSPAC. |

Actions List

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| Newsletter content to SUS office by 21 st May | ALL |
| All newsletter to be circulated to committee for group feedback | ALL |
| To speak to SUS about who to contact at each university | SM |
| To add final links to Physio flyer | BM |
| To email Climbing flyer in to SUS | JF |
| To help network pool people to run a Jogscotland course | SUS |
| ALL ideas for workshops to JS for next year's agenda | ALL |
| Too feedback to JS about the HW workshop and where to take it next | ALL |
| Confirm ability to host active age | SM |
| To feedback ideas to JS on how to jazz up committee | ALL |
| To speak to directors about suggesting fresh blood for committees | JS |
| To take intra mural sport in house for SUS to focus on | JS |
| Work on SUSPAC poster | RS |
| Charity event ideas | ALL |