

## **Birmingham Swifts LGBT Runners**

**Committee Meeting, Tuesday 9<sup>th</sup> April 2019**

**6.30pm – 8.30pm, Room 2, Birmingham LGBT Centre, B1 1EG**

- Jay Lamb – Chair
- Barry Cassidy – Club Secretary
- Ian Bush – Treasurer
- David Waters – Race Secretary
- Mark Gilliland – Inclusion & Welfare Officer
- Anil Sohal – Media Secretary

### AGENDA

1. Welcome
2. Apologies
3. Agree minutes of last meeting
  - **All previous minutes agreed (last meeting was AGM)**
4. Format of meetings
  - o Frequency. (6-8 weeks with active Chat group: Facebook / Whatsapp?)
  - o Expectations as per Dropbox guidelines.
  - o Standing agenda items.
  - **Everyone in agreement that we are happy to use Facebook Messenger for any committee comms. Will review at next committee meeting.**
  - **ACTION: ALL – can everyone please look at the role descriptions on Dropbox and confirm they are happy.**
5. Roles 2019/20 – planned achievements/concerns
  - o Chair.
  - o Treasurer.
  - o Secretary.
  - o Race Secretary.
  - o Media Secretary.
  - o Inclusion & Welfare officer.
  - **Key goals discussed were:**
    1. **Better transition between committees (which has been a success this year)**
    2. **Increased female/bi/trans representation in the club**

### 3. Races attended by a certain percentage of the club

6. 2019/20 committee goal setting

7. Events

o Parkrun takeover.

- **Parkrun Takeover by the Swifts confirmed for Saturday 18<sup>th</sup> May**
- **Race Director is in place**
- **David W to put out a plea for help for volunteers for marshalling etc**

o Pride parade.

o Birmingham 10k.

- **Acknowledged that is not ideal that the Birmingham 10K clashes with Birmingham Pride this year**
- **Committee will aim to make a buzz around those who are taking part in the 10K this year – try and donate to those who are running etc**
- **Will not be able to have usual post-run social at The Fox due to pride**
- **Look to replicate what we did for the parade in 2018 in this year's entry. Barry agreed to take point on organising on the day**

o Rainbow laces campaign.

- **ACTION – JAY: Need to confirm what date Rainbow Laces campaign will be in 2019**

o IDAHO.

o Transgender remembrance.

o Bake off social?

o Summer barbeque?

- **Potential to use this as a fundraiser – need to confirm with Andrew King when this will take place**

o Ageing with pride links.

o Run & talk?

8. Fundraising

o Affiliation.

- **Will look to set up technical coaching sessions on a Thursday prior to the main run (to be run in Pagoda roundabout)**
- **Hopeful that non-affiliated members will see these taking place and then be encouraged to affiliate to take part**

o Vests.

- **Vests have been ordered and expected to take 4/6 weeks to arrive. Will be too late to arrive for London Marathon but should be available for Pride Parade**
- **Everyone can purchase a vest but affiliated members will receive £5 discount**

o Birmingham 10k.

- **Promote the message amongst the club that we should look to sponsor those who are entering as large numbers will be attending Birmingham Pride instead**

o Kit bags?

o Number clips?

9. Website

o Team App – web based, update by leaders / committee – phone app.

- **Jay gave the committee a walkthrough of how Team App works and all agreed this looked great and could be a very useful tool for comms**

10. Starting Out group

o Welfare / Disclaimer.

o Code of Conduct.

o Sign up form.

o Emergency contacts.

o Integration with main group.

- **Need to look at ways to improve the gap between the Starting Out group and Thursday runs**
- **Will look to set up new group post-Pride where we will hopefully have new members looking to join**

11. Coaching Plan

12. Yoga/ Physio/ Rehab/ Mindfulness

- o Signposting.
- o Recommended sports physio?

- **Anil suggested he could do fitness/body combat sessions once he completes his certification at the end of June**
- **ACTION – ANIL: investigate if we can use the vault in the LGBT centre for free to facilitate these sessions**

13. Facilities

- **Happy to carry on using the LGBT Centre for now**
- **Can we look to use upstairs area for female members to get changed in?**

14. AOB

15. Date/Time of next meeting – **TBC but agreed should be prior to Pride**