**EXECUTIVE COMMITTEE MEETING**

**7.00pm 18 January 2022**

Zoom

**MINUTES**

**Attendance Present:**

Martin Turnbull – Chair

Hilary Lumsden – Secretary/Treasurer

Margaret Kennedy – Councillor

Elspeth Wallace – Fife AC

Sharon Hedley – Step Rock ASC

Robert Winter – DPBC

Stuart Robertson – Active Schools Coordinator

Grant Stevenson – FSLT

Jamie Moffatt – Sports Development Officer

1. **Welcome and** **Apologies**

Martin welcomed the attendees. Apologies came from Gary Anderson, Anna Hedley, Rona McCraw, Marianne Scott.

**2. Minutes from last meeting**

The minutes of the last meeting on 7th December 2021 were approved; being proposed by Robert Winter and seconded by Sharon Hedley.

1. **Matters Arising**

See Point 4 re the Cllrs meeting, which will report to Wendy Chamberlain and Willie Rennie about PA & Sport in East Fife.

No further updates from Army Reserves.

Await dates from Fife Council, with proposal of running a course for up to 12 at Elmwood, J Moffatt to speak to M Buchanan.

The Secretary is in contact with Ben Kinnear from the Duffus skatepark project and has offered support.

No further information on AM Soccer’s access document for FSLT.

The Chair and Secretary to meet to discuss SWOT analysis for sports council development work.

**4. Secretary/Treasurer Report**

EFSC Membership renewal 2021-22: to date 73 of 77 clubs have paid, 1 is due; 3 have made no contact.

Fife Council’s Recurring Grant form was submitted in mid-Dec.

The first meeting of Fife Council’s Physical Activity & Sport Strategy Leadership Group is Thurs 20 January, which I will report back on after the meeting.

The Awards nominations were opened on 8 Dec 2021 with a full-page press article in Fife Free Press on Fri 24 Dec 2021. 15 of our previous sponsors were invited to support the Awards again - 14 jointly plus SCS’s Services to Sport to support the 8 categories, and so far 9 have confirmed, 2 responded and await response from 4. VIPs have been invited and response is positive so far. Nominations have been slow but are coming in now, closing date is 22 Jan 2021, the aim is to have at least 3 nominations per category. See also point 10.

We have written to invite Cllrs Brett, Liston, Verner, Thomson and Miklinski to meet with EFSC after the next EF Area Committee meeting to discuss the sports centre opening hours, and local concerns around access. This will help us all to share information and give our area a voice in discussions about community access, and ahead of budget announcements how any extra money for PA & Sport could be directed to help with this issue. E Fife has 15 Cllrs, and we have notified the other Cllrs of this plan; Cllr Tepp has expressed interest to take part too.

During the meeting there was a discussion around what had been done about opening hours to date, the Chair summarised the positive meetings held between the sports council, FSLT and Fife Council and that these will continue. G Stevenson stated that FSLT continues in its recovery phase but that recovery at Cupar had been very strong with c.75% so far, E Sands was lower at c.60% whereas the Fife average is c.70%. Cupar’s early swim opening during the week had helped but E Sands was hit badly as family pools had suffered severe restrictions eg. 4 families per session.

The swim project with Bell Baxter High School/Active Schools, FSLT and Cupar & District Swimming Club – ‘Fife School Aquatics Pilot Group’ received £13,342.35 funding from the Rural Communities Ideas into Action fund by Inspiring Scotland, which will help the project to offer local pupils (16yo+) the opportunity to train in aquatics as a Lifeguard (NPQL) and/or Aquatics Instructor (SSTQ). EFSC is responsible for the funding application and instructing the release of funds. Inspiring Scotland state that £4.6m of funding was requested against an available funding pot of £1.8m; 202 applications were received, of which 119 projects were successful (59%).

The Scams Awareness session with Fife Council Trading Standards is being planned currently, the aim is to run a workshop before spring and we hope to send out information to interested members soon.

To follow up on the previous discussion on further grant support, copied below is information on the current

SPORTS COUNCIL SPECIAL PROJECTS GRANT

East Fife Sports Council will provide an opportunity each year to fund special projects. This may be on a collective club, sport or individual club basis. This will be considered when there is a recognised need or significant benefit identified by the applicant or sports council.

Criteria:  
• Must be affiliated to sports council for minimum of 12 months  
• Must be ClubFife Club or NGB Accredited Club.

Non eligible costs:  
• Capital costs  
• Training.

All grants are made at the discretion of the East Fife Sports Council Grant or Management Committee whose decision is final.

J Moffatt to respond regards meeting with other sports councils to discuss.

**Income and Expenditure**

I confirm a bank statement balance of £33,939, dated 16 December 2021. Balance in account on 14 January 2022 is £46,363. Transactions include the income from the swim project fund, FC Recurring Grant and sponsors, and expenditure on DPBC grant and wages.

**5. Correspondence**

Pittenweem Tennis Club are producing a supporters sign with the logos of the organisations who supported the club during its fundraising to replace its club house and in getting back to tennis after lockdowns.

Cllr Kennedy copied the sports council into a query regards astroturf pitch access at Cupar (related to AM Soccer discussions as above). G Stevenson has contacted the club and awaits a response.

**6. Sports Development & Hub Officers Report**

**Sports Development – Jamie Moffatt**

There has been positive engagement with clubs in Falkland in particular. Active Fife is launching its Active Training Month in February, details will be circulated and sports council will share. There will be in-person events in Central Fife and also online training and workshops, all free of charge. There is much work being done with community connectors between the NHS, St Andrews University and golf clubs in Fife, to tie in with the Open in 2022, including GPs referring patients directly to golf clubs.

**Hubs - Ross Taylor**

I am pleased to share with you all the **December edition** of our Community Sport hub Newsletter, where our theme is "#Thankstosport". In line with the sportscotland communications themes, I encourage you to share all the positive ways that sport has impacted you, your clubs and your communities over the past 12 months - make sure to use the hashtag #thankstosport and tag @activefife on your social channels so we can help profile you along the way. As ever, please do share with your schools, networks, members and partners to further strengthen the profile our community sport hubs across Fife.

December CSH newsletter - <https://sway.office.com/9oIltnHB3XGNMNhP?ref=Link>

Finally, next month's communication theme is all about Health and wellbeing. Please see the below background / content ideas to help you consider ways you can promote or engage with others around this topic:

Sport hour

 Monday 10th January at 9pm (twitter @sportscotland).

Health and wellbeing background:

Focussing on the role sport and activity plays in physical health, and developing a healthy lifestyle. Acknowledging this time of year is often a time of planning and goal setting and it could be helpful to encourage goals related to health & wellbeing. N.B. Mental health will be a dedicated theme in May.

Health and wellbeing content ideas:

Food and nutrition, mindfulness, yoga/pilates, wild swimming, benefits of spending time in nature, movement for health. Sharing new year resolutions, encouraging people to be reasonable/gentle with themselves and to set realistic goals.

I am pleased to share with you all the **January 2022 edition** of our Community Sport hub Newsletter, where our theme is "Health and Wellbeing". In line with the sportscotland communications themes, I encourage you to share all the positive ways that sport and physical activity can positively impact your health and wellbeing. Make sure to tag @activefife on your social channels so we can help profile you along the way. As ever, please do share with your schools, networks, members and partners to further strengthen the profile our community sport hubs across Fife.

January CSH newsletter - <https://sway.office.com/5gnLJBWnBLIJ2ihA?ref=Link>

Being active background:

Incorporating sport and physical activity into daily routines, encouraging people to try being #ActiveEveryDay. Physical activity doesn't have to be strenuous to be effective, try small changes such getting out for a walk during daylight hours each day.

Content ideas:

Create your own #ActiveEveryDay challenge, keeping a diary or record of each day's activity. Share simple ways to incorporate physical activity into daily routines. Profile initiatives such as Daily Mile, Beat the Street etc.

**7. Active Schools Officer Report**

**Report from Stuart Robertson**

Extra-curricular activities still run by internal school community which is posing problems for club links, it is hoped restrictions will ease as there are projects on ice ready to go when safe to do so. Inter school competition is for outside sports only currently. Be Active funding was secured to fund a project with St Andrews University called East Fife Strong working with S1 and 2 boys who may struggle with body confidence, self esteem, or mental health challenges. S Hedley asked why this was being run for boys only and also if there could be a focus on team sport for girls. S Robertson responded on research into boys mental health, and that there are opportunities for girls football and rugby and plans for basketball and rugby for girls and boys together. S Hedley asked about hockey and netball and that mixing age groups can put off older pupils who feel it may be unsafe to plan with younger pupils. S Robertson responded all sessions are run appropriately and once numbers increase then it will allow age groups to form. The Chair asked how referrals will be made for the project, this will be carried out by schools’ guidance teachers.

**8. FSLT**

The change in restrictions had caused some change with land swimming and 1m distancing, but fortunately booking was not required again. Family swims and adult indoor sport were most impacted. Waterstone Crook had to have repairs done on a floodlight that Fife Council had funded. Cupar Sports Centre car park had been completely resurfaced, and there has been approval for improving the gym facilities including change of the squash court to gym, with more equipment. The Bell Baxter swim project had been a success and plans continue for the next stage of this project; there are also discussions about school handball and netball sessions taking place in the centre. It is planned to run two more NPLQ courses in April and July. East Sands will get 30-40 working lockers, and plans are being made for a triathlon with St Andrews University and also Step Rock SC club championships in March. There are new positions being filled at Cupar and East Sands and training for aquatics staff has taken place in January. Customer satisfaction research is being carried out by an independent company that has carried our similar work in Glasgow and other areas. This is site-specific work and looks are all aspects of use of the facilities. R Winter asks who evaluates the information gathered and if it will be independent, G Stevenson confirmed it will be multiple people depending on the use. S Hedley asked how the research could be used to show who might use the facilities if they were open normal hours, G Stevenson will look into this.

**9. Young Person’s Panel**

The Secretary to meet with A Hedley to discuss if there is a particular project she would like to take forward.

**10. Awards 2022**

The Chair asked the committee for their views on the date – if it is too early – and format of the Awards; Richard Brickley is now not able to host the Awards and nominations have been slow coming in but more are starting to come in now. The Secretary agreed there were risks in costs for trophies and organising the event for March should we need to change the plan for any reason but that responses to invites and from sponsors has been very positive. The committee was in full agreement that the Awards should be held in March and that a new plan for the format should include inviting Owen Miller and Derek Rae to deliver a video speech (suggested by Elspeth W) and that J Moffatt will approach Pamela R at DSF to discuss how this could be done. The original format will be postponed and will allow more planning.

**11. AOCB**

The Secretary asked the committee about developing the special projects grant criteria to include the ability for clubs to apply for funding to be able to offer hardship support to children who would benefit from participating in sport (this may be due to behavioural or mental health challenges). This funding will not be restricted to £500 and the process will involve stringent referrals through Active Schools. J Moffatt fully supports as this will form a sustainable legacy supporting individuals through sport. Cllr Kennedy also supports suggesting the sports council could form a direct link with social prescribing. The committee was in full agreement and this will be planned in partnership with the Active Schools coordinators. S Hedley asked about funding for training coaches – this is available through Fife Council’s Community funding stream and through SS governing bodies.

**Grants Sub-committee** discussed a funding application from Elie & Earlsferry Sailing Club for £500.00 for safety equipment, this will be confirmed tomorrow after another vote from a member of the grants committee.

The Chair thanked everyone for attending.

**12. Date of Next Meeting**

8 March 2022 on Zoom

**Dates for 2022**

10 May In Person

12 July IP

4 Oct IP/Zoom

6 Dec Zoom

AGM 13 September

Quiz 11 November