

The Cardiac Exercise Club
Annual General Meeting 2023

Minutes of Meeting

12th July 2023 Wednesday – via Zoom

Present:

Fiona Swinfen-Green (Chair)	Jay Basu (Treasurer)	Rabi Sabapathy
Sue Gyngell	Buva Rabindra	Milan Patel
Janice & Peter Norman	Phil Price	Lionel Blackman
Cheryl Kennedy	Justin Dix	Graham McLatchie
Robert Keeling	Lorna Young	Cornelius Lynch
Felix Xavier	Sally Corlett	

Fiona Swinfen-Green, the chairperson opened the club meeting at 19:00 pm and welcomed all members to the meeting.

1. Apologies:

Faye Tobby, Maggi Reading and Leslie Todd

2. Minutes of previous meeting:

The minutes of the previous meeting were reviewed and agreed. Phil Price proposed and Cheryl Kennedy seconded.

3.Election of Committee Members

The meeting agreed to re-elect Fiona Swinfen-Green as Chairman as proposed by Phil Price and seconded by Justin Dix.

Jay Basu (Treasurer) – Proposed by Fiona Swinfen-Green, Seconded by Lionel Blackman

Trustee -Graham McLatchie - Proposed by Rabi Sabapathy, Seconded by Peter

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Trustee -Cheryl Kennedy - Proposed by Phil Price, seconded by Graham McLatchie

Co-Opted member - Phil Price - Proposed by Jay Basu, Seconded by Graham McLatchie

It was decided that it would be useful if we could have another co-opted member in order to maintain contact with relevant organisations to generate awareness of the club's activities. Potential C-Opted member -Leslie Todd was nominated by Phil Price who will speak with her.

4. Treasurer's report

Jay Basu (Treasurer) went through the salient features of the Annual Accounts for 2022-23 which had been circulated to the members.

It was noted that our membership numbers were 20 less than in 2020, as a number of members left during the pandemic and there has been few new joiners. Despite introduction of a Wednesday morning session, reduced membership and usage has led to a continued drop in donations. A major effort to increase club membership is essential to maintain viability of the Club's operations.

As outlined above, the reduced member contributions have resulted in a deficit during the year amounting to around 30% of the Club's annual expenditure.

It was gratefully noted that Wimbledon Foundation (AELTC) have again supported us this year with some funding, and we have also received a small grant from the People's Postcode Lottery. These have reduced but not eliminated our deficit for the year and the negative cash flow has increased over previous year.

There were some queries made as to whether we had considered increasing the suggested donation for attending each session. Jay responded that we would like to keep our sessions accessible to the widest number of people for as long as possible. Meanwhile any donations received from members which are higher than the suggested minimum would be gratefully received, and it was agreed that Fiona would indicate this while circulating the minutes of this AGM.

There was also some discussion about the viability of the Wednesday session, noting that average attendance during April/June 2023 was around 5 ½ persons per session (ranging between 2 and 9 in number) . Jay responded that the Wednesday session was introduced after an enquiry about the Club offering daytime sessions and its viability remains under review, hoping perhaps we can attract more membership usage to this additional day.

On the issue of new membership, it was noted that Sue and Faye are now qualified to offer our exercise sessions to cancer rehab patients and also to those with diabetes and obesity. If we are able to communicate with the relevant monitoring bodies, then we have a possibility of significantly enhancing our membership.

5. New Members

It was suggested that the £3:00 donation per session was not clear, in so far as, this is the minimum that we request as a charity and members would be happy to donate more but were not aware that they could do that. So we need to make it clear when speaking to new members and when sending out our banking details.

We need to look at diversifying the membership and speak with Sue and Faye about this. Discussion from Phil about the Cancer Hub in Sutton and that Sue and Faye are qualified to help cancer patients. Also going to the GP's with A6 posters to publicise the Club. Justin and Sally have offered to take them to their GP surgeries. Also, looking towards people with Diabetes. Both Faye and Sue are qualified in Diabetes and Obesity. Look at people with long Covid. We need to widen the membership from just Cardiac or COPD members.

Phil has been trying to contact social prescribers, will contact Sutton as run by Age Concern. Wimbledon Guild is another option to explore.

If the name of the cardiac club stays the same it will limit people to search for it. Maybe we could adapt the name of the club, adding obesity, diabetes and cancer to make it more inclusive and focusing on health and wellbeing as well as keeping the exercise aspect.

We need a brainstorming session to figure out an adapted name to include all the elements we want to include. Sally suggested an idea of using the name to add in the other areas we want to explore.

6. Equipment and Maintenance

We are aware that we need some of the equipment to be replaced. Previously we have bought new equipment and started using it with no regular maintenance. If we buy new equipment we are going to need to maintain it on a regular basis.

Graham volunteered to run a small team of three who would on a rota basis, once a month, to go through the equipment and maintain it all. Justin volunteered but is often in France, Phil suggested Roland Safadi and will speak with him next Tuesday. Sue suggested Chris Smart, Graham to speak with him. Cornelius also volunteered to help with the maintenance.

One of the bikes needs replacing and cannot be fixed with spare parts. The other equipment will be checked and reported back to the Committee to agree on new purchases. Question was asked about delivery of new equipment and disposal of the old equipment. Previously we had equipment delivery by the company and agreed with Kate at the SWCA that we could dispose of the old one in their industrial bin. If it could be broken up, Phil will take it in his car and take it to his refuse centre. One of the treadmills was also reported as being broken but could possibly be repaired. There is a company in Reading that does spare parts for Reebok as they don't do them themselves. They have been hard to contact. Ask the maintenance team to make contact and feedback.

If we look at more compact equipment, because of the access to the cupboard, is there anything else? Sue and Faye to research possible alternative options.

7. Chair's Report

My report consisted of the new members, equipment and promotion of the club. We seemed to have had a good brainstorming session around all of these and come up with some really good solutions, so thank you all.

I would like to say that none of this would be possible without the dedication of Sue and Faye, so I would like to take this opportunity to say a massive thank you to you both.

Also to the committee who do their bit in the background that keeps the club going and also to every one of you. To Lorna asking why we are only asking for £3:00 a session, for Phil suggesting the Cancer hub, then diabetes and weight loss programmes.

8. AOB

Kate at the SWCA has been really helpful and would like attendance to their AGM on 6th September.

Social side of the Club is really being missed. A few have started meeting up at the pub and so building on that and organising something for Christmas would be good. There was suggestion that a meeting should happen at the Wibbas Down (Weatherspoons) in Wimbledon on the first Monday of every month. We will meet on Monday 7th August between 12:30- 2:30 to start with and then maybe also have an evening meet up going forward as well.

With no other comments, the meeting ended at 8:20pm.