

East Grinstead Sports Development Group (Sports Council)

Notes from the meeting held at 7.30 pm, on Wednesday 21st September 2016

Venue: East Grinstead Town Council

Present: Bob Shelley (Dunnings Squash and Racketball, and Chairman), Julie Holden (EG Town Clerk), Steve Hill (Imberhorne School), Bob Russell (EGRFC), Roger Bean (EG Tennis Squash and Racketball Club), Gilly Bradley (Meridian FM), Rex Whittaker (EGTC), Micky Bushell (EG Lawn Bowls), Luke De Quay (EG Cycling Club), Paul Winkley (EG Cycling Club), Gemma Hayes (EG Cycling Club), Rachel Du Feu (Ashurst Wood Junior Football Club), Ray Dennis (Ashurst Wood Junior Football Club), Simon Hardy (MSDC) Richard Leman (EG Sports Club), Geoff Border EGCC.

Apologies: Ben Knight (Chartham Park), Jeff Morris (EG Sports Club), Richard Tramontin (EG Town Football), Eddie Vermeer (EG Athletics), Lester Medcalf (EG Athletics Club), Jo Moore (Southdown Netball)

1 - Bob Shelley opened the meeting and thanked The Council for hosting the meeting.

2 – Get to Know the Clubs – Paul Winkley, Gemma Hobbs and Luke De Quay (on the bike!) – EG Cycling Club

The Club has been going since 1960, they have track riding, road riding, mountain biking and cycling trips to the continent amongst their activities. They have a great social life too. The cost is £20 per year for full member or £8 for a social member and the club have 70 members.

They have had some national players in the EG club including Sean Yates (went on to wear the yellow jersey in TdF) Steve Dennis and Robin Parker are current members and compete at the top level. There are 2 weekly club runs (Sat and Sun) and Saturday includes a tea and cake stop, this has attracted new members as it is seen as accommodating all abilities. During the winter the bikes generally have to move indoors, on rollers the bikes can be set up to be stationary allowing the rider to keep fitness and stamina up while unable to cycle outside.

10mile Time Trials in the summer months use a local road circuit and allow the members to compete with themselves to improve their time. They also have an open time trial for non members to come along and at Christmas there is a fancy dress time trial.

The Club is affiliated to British cycling, Cycling Time Trials and Cycling UK. The minimum age for insurance for time trials and therefore membership is 12 years. It is hoped to have a “go ride” club which will be for younger cyclists but this does have issues on availability of cleared volunteers to accompany them. For a small club the activities are numerous but the age old problem is the number of volunteers available to help. Coaching is available, some over the internet, but Paul is in the process of becoming qualified, the club has a lot of knowledge, expertise and experience and all of that is helpful to younger/newer members.

The chairman thanked them for their presentation

3 – Richards Rio 2016 Experience

Richard Leman (President GB Hockey) gave an interesting talk on his experience at the Rio Olympics and his views on the Hockey performances (both men and women). He said that it was a difficult games

in many respects, the transport and travel arrangements could be challenging, security was a concern throughout the games and there were incidents of mugging and other robberies.

Team GB are one of the best prepared teams going in to the Olympics and this helps to settle everyone and to ensure that the athletes are able to focus and concentrate on their role. The background crew is second to none. An example is that there were snagging issues at the athletes village and Team Australia publically complained and announced that they refused to stay there moving the team elsewhere. Team GB arranged plumbers, electricians etc to go in to the Team GB area and fix these issues quietly so that when the athletes arrived it was a positive experience and all ready for them.

There are 7 years notice for a games, Team GB will go to a host country straight after the announcement – scout the country and determine where they will have their training camps to acclimatise etc, in earnest they start building for this 4 years before the games. In Rio there was a British School already there which served as a link to the UK for technology and access for info for Team GB. An example where this was useful was during the Keirin final. Team GB were able to access many different camera angles on their PC's within seconds and so could assist the judges in determining whether Jason Kenny's tyre had infringed the Durney bike prohibited area. This was information not available to the judges in the ring from their official cameras but was able to be supplied via Team GB, who had the various camera angles through the media link.

Team GB medalled in 19 sports: the funding and investment in not just the sports but support has been vital in achieving this.

The Hockey specifically: The men did not play as well as expected, they lost their first match and the downward momentum just made it difficult to recover. This is being looked in to as to what happened. The Ladies won their first match, had a couple of fortunate moments that meant they had draws at good times of the day, won the group and were on an upward momentum that carried them to the Gold. Little advantages/ disadvantages can make a difference to the results. It is interesting to note that the winners of the Gold medals for both the mens and ladies were the world number 7 ranked teams. So it shows that little things either way can make a difference.

It was mentioned that EGTC were looking to celebrate the EGHC success both male and female for the players who were called up to Rio as whether they played or not, came back with a medal or not they have played at the top of their sport and EGTC would like to recognise this.

4 – Dementia Friends

Julie Holden explained that the town was looking to become “dementia friendly”, and to that extent an East Grinstead Dementia Action Alliance (affiliated to the Alzheimers Society) had been set up. Now the alliance needed members. The Alliance (chaired by Julie) was keen to see all clubs and societies including sports clubs joining the alliance and setting an action plan to show how they would help people with Dementia if they were members of their clubs. Julie explained that Dementia affects 1:6 over 80's but can start in the 20's so can affect anyone at any time. Also that dementia was not a reason to no longer take part in the clubs and activities that were previously enjoyed, but the club may need some policies and adjustments to help members stay involved.

She passed around a “how to join” sheet and a short form that needed completing as this is what is entered on the website. She said that she or Kate Bennett would be happy to help anyone with the web site side of the registration or putting an action plan together and likewise there were a pool of dementia champions now in the town who would be happy to come out to a club night and deliver a no cost dementia awareness session to create “Dementia Friends” - these are simply people who have done the awareness session and are willing to help raise awareness in small ways by wearing a badge or helping the club to facilitate for people with dementia.

As Dementia is expected to affect 1m people by 2025 as many people / clubs and organisations that can be aware and think about how they can help make living with dementia easier, will help make EG a town that cares and is proud to say so.

Joining the alliance is not onerous and shows a national commitment.

5 - AOB

Steve Hill explained a little about his role as the school sports development co-ordinator. He does this 3 days a week and teaches at Imberhorne School 2 days. He works with all the primary schools and links with Mid Sussex Active. It is the start of the school year so any clubs that have any opportunities for youngsters that he can help with, now is a good time to contact him. He would have a regular update spot on the agenda going forward.

Bob Shelley explained that there had been some interest in setting up a Parkrun for East Grinstead, funds were available for this but it was lack of volunteers that had prevented it, however it is possible that this may now change. Bob needs to speak to EGAC and watch this space, nothing guaranteed yet, but signs were encouraging.

Simon Hardy and Julie Holden reminded everyone that grants were available from the District and Town Council. At MSDC for formal sports provision (S106 and CIL) the next round closes in January, but also community development grants are also available. The Town Council's youth sports revenue grants can help towards equipment or coaching classes and applications would be considered in November.

Bob Shelley advised that Wendy from the MSChargers had been in touch to say that a basketball club may be coming to EG.

Rex Whittaker advised everyone that the EG Neighbourhood Plan was going to referendum on 20th October, and leaflets would be going to every home. The plan was available on line and was necessary to allow the Town Council to have a say where development came to the town between now and 2031. He encouraged everyone to read the final plan on Mid Sussex or East Grinstead website and to come out and vote on 20th.

Bob thanked everyone for attending and contributing and advised the next meeting would be in December.

The meeting ended at 9.13pm.