

AGM 2024
Strive - Lisburn Walking and Wellbeing Women's Group

Venue: Elim Lisburn
Date: 3rd October 2024
Time: 19:00 hrs

Attendees - Nichola, Marie, Clare, Heather, Helen, Lynda and Lydia
Apologies - None

1. Public meeting.

Had been advertised on social media. No other people other than committee attended

2. Committee/advisor changes.

None

3. Finance

Heather updated the team with accounts annual summary & gave out a Treasurer's report to all .

At the start of the financial year 01/06/23 we had £5.5k in the bank, income nearly £6k and expenditure of £12.5k leaving us just over £9k by end of June 24.

Bank Balance 1/6/23	£15,583.87
Income	£5,988.34
Expenditure	£12,416.99
Bank Balance 1/6/24	£9,155.22

A Breakdown showing Pilates/W&W costs us £2.3k and Retreat days approx £3k
Lottery fund 2024 had not been granted so with no further funding our money will dwindle.
This year so far we are down to £8k in the bank. With classes and retreat days & our donation of money paid to Lough Rd for venue hire to support mummies with young babies. Agreed 8 sessions, giving flexible dates especially with young babies. It's a good group to reach out to

4. Events during the 23-24 season

During the year we ran 5 blocks of classes on a Monday (Pilates) and Tuesday evening (Women and Weights)

We also ran 4 retreat days at Lagan Valley Island, themes were:

- Recharge and Renew
- Feel Good Fashion
- Detox
- Resilience

All events booked up quickly and feedback was good. Following some drop outs at the first event of the year we decided to ask for payment in advance

5. Retreat Days PAST

Last retreat day - A catalogue of issues with the venue. But we styled it out! Feedback great - but food is a big issue again! and the facility (we assume noise). Our feedback - Loved the event BUT Communication from the venue is terrible. Noise is unacceptable. Food we didn't order arrived and wasn't good quality, but we paid because it was a charity providing the food so we honoured the bill

Venue hire wrong. Lydia has given notice to the venue and we need a conversation, as a charity, if this venue is no longer ideal. We have cancelled Oct, New date Nov and all future event dates have been cancelled. We need to consider other venues and church halls in future.

6. Retreat Days FUTURE

Food - Discussion about baked pots, curries, stews and things Lydia to get an updated menu in case we can see an alternative. We can't use outside caterers or bring our own from M&S! but with costs it was decided to stick to Scones, Leek & Pot soup, healthy breads, and traybakes as that's what we got best feedback from in the past.

Next Event - Laura - holistic theories homoeopathy acupuncture (Time wouldn't allow all to have acupuncture) Two talks - one of acupuncture/pressure and one aromatherapy/holistic therapies.

Marty confirmed for dancing, 1030-1230 morning, with scone break 1115-1145. Lunch followed by afternoon session with Laura. Timings to be finalised.

7. Monday/Tuesday Classes

Lynda reconsidering future of Monday and Tuesday evening classes. Breaking for Christmas at the end of Nov. 1st week Dec is the charity night.

8. As the AGM - we need to discuss our intention for strive going forward for the next 12 months. Some of the committee members will be stepping down due to personal commitments

Unfortunately we weren't able to have many walking events during the last season, partially weather related, and this was one of the purposes of the group

Retreat days and classes are successful but we aren't reaching out to the people who can't afford them, need a new experience or bereaved or to meet people.

Agreed we will consider the next retreat day to be our last and have a fun day farewell dancing and thank everyone. Then we individually think about what we can or cannot contribute or if we do or do not want to move forward with STRIVE.

Committee to meet again Dec/Jan to decide on future.

Lydia Hayes 20/10/24