

## MSTC AGM Minutes

**20th November 2023 Brent Arms Meeting Room at 7.30pm**

### **1. Opening Remarks and Welcome**

Mark Walton welcomed everyone to the MSTC Annual General Meeting

### **2. Apologies/Attendance**

**Attendance** 22 members were in attendance

**Apologies** were sent from Clair Hunt, Roger Smith, Flo Wolfe, Kate Bradford, Katie McGregor, John McTear, Luc and Nadia Berthouze.

### **3. Approval of the 2022 AGM minutes** – Approved without amendment

### **4. Matters arising from the 2022 AGM Minutes** – None were noted

### **5. Electing in new officers** - The following were elected:-

Zoe Rocholl- Chair Person -Proposed by Steve McMenemy and Seconded by Nick Fellows  
David Turner- Membership Secretary -Proposed by Simon Barton and Seconded by Mark Walton

### **6. Chairperson's Statement** – See in reports

**7. The proposal to keep the current membership fees at £40 was agreed by the majority. To be reviewed in 6 months.**

**8. Reports of the Officers** – The officer's reports were read by each committee member or where absent by Esther and Mark and the following points were raised:-

- One swimlane at the Ardingly session to be technique focused for both elite and beginner swimmers.
- It was suggested that a briefing on what it means to be a coach might help to encourage people to sign up as coaches.
- The club to explore having an entries secretary to raise club representation at events and to set up a buddy system.
- Social Secretary role to be absorbed up into the events sub committee to spread the load of work.
- Encourage new members to race at the club race
- Club race fee increased to £45 (from £44)
- Social Awards Evening in January
- Velodrome provisionally booked in- between Jan/March .
- Press, Communication and Media role needs filling in the next 12 months.

9. Charity - Early Birth Association received 13 votes including email votes, Friends of Woodlands Mead received 11 votes, St Catherines -10 votes and Chestnut Tree House -9 votes. Previous to the AGM meeting it was decided that the club would donate to 2 charities this year. The two Charities for 2024 will be The Early Birth Association and Friends of Woodlands Mead .

10. EA Membership- Membership to be reviewed for the club.

11. AOB – None .

## Vice Chair's Report-Mark Walton

### Summary of 2023

It has been a busy year with lots of activity in the background, notable successes, new members, challenges and frustrations.

#### CLUB TRIATHLON – TRIANGLE

The club triathlon in June was a massive success, so many thanks to Jo and to all the volunteers that helped on the day and leading up to it, not only to make it possible but to make it such a wonderful experience for the participants. It was a joy to watch so many people; particularly the first timers; having a wonderful time and I believe it was the first time we have seen a Brompton used in an event.

#### OPEN WATER SWIMMING

Many thanks to Debbie for a brilliant OWS season again. Not the easiest of years with South East Water undertaking repair work in the middle of the swimming season, closing access to the reservoir for us all. This did enable us to sample other venues with many club members meeting up at Pells; Divers Cove and Sea Lanes to keep swimming.

There is still work to be completed at the reservoir and hopefully this will be done during the winter months to avoid disruption to our swimming and the activity centre business.

For those of you who like to keep open water swimming going through the winter, club members do meet down at Hove for sea swimming on a regular basis and other members use Weir Wood Reservoir and/or Divers Cove at the weekends.

JUNIORS DAY-Unfortunately the Juniors day at Ardingly School in July had to be cancelled due to weather forecasts and also a lack of changing facilities at the swimming pool. This was disappointing as there were a lot of juniors who had signed up to participate. Hopefully this will go ahead in 2024 and be as popular as ever.

#### GROUP CYCLING

We had limited engagement with the Sunday morning cycles. These were planned and offered for all to participate with a no drop policy and to introduce riders to routes they may not have seen. There was also the added bonus of including cake and coffee at suitable café stops so that we get to know each other.

We appreciate that this is likely due to a variety of factors but we want to keep working to offer activities for club members. So please provide feedback and your thoughts to the committee.

#### WORKING GROUP

During the year we have found that trying to make things happen through the committee was difficult as insufficient time was available during committee meetings to really work through potential activities. Jo suggested that we formed a sub group to focus on sporting and social events. This is not just committee members and includes some of our new members. These extra events have taken the place of the club BAR.

So Far we have been able to offer:

- 3 swim/runs and the reservoir with fantastic bacon sandwiches/pastries and fruit. This was well attended and a great success.
- Hill Climb where 7 members cycled/ran/cycled up the hill from the causeway in Ardingly and then up to the village followed by coffee in the showground. Perfect weather and great fun.
- Quiz Night wooden spoon/prizes and money raised for charity. Questions that would have challenged the chaser.

More to follow and any suggestions welcome.

#### COACHED TRAINING

Under the direction of Steve the team of coaches work extremely hard to provide enjoyable, challenging and varied training to all levels. The value of this cannot be overstated and would not be affordable if paid for outside the club.

A big thank you from me on behalf of all the members who take advantage of this.

Steve will update you on activity and attendance to coached activities later.

#### COMMITTEE CHANGES

We say farewell to Simon as our Membership secretary and thank him for all his great work. David Turner has agreed to take up this role on the committee and is already getting up to speed. Many thanks to Simon for the slick handover.

Congratulations to Katie and her husband on their newest edition -Finn. Katie will be stepping down as Chair and Zoe Rocholl will be stepping in to take over this role. Zoe comes with lots of experience and is already a key member of the committee.

Many thanks to Flo and Kate B for their contribution as Social Secretaries. Both will be stepping down after the AGM. Flo will be going on maternity soon! And Kate B is concentrating on setting up her new business.

Recently we have introduced an events sub committee to drive activity through the club year which has been working very successfully. The social secretary role will be absorbed up into this new working sub group.

#### SPENDING/MEMBERSHIP FEES

The committee have worked hard to maintain subsidised activities always with affordability in mind. The current annual membership stands at £40 (currently advertised as £20 on the website to accommodate the half year point)

Proposal to the room - The committee propose to maintain the £40 as the annual fee/£35 Couples/£20 Unemployed, Youth, Student.

#### VOLUNTEERS

The club can only function for the benefit of all due to the time and effort put in by its members.

There are times during the year when requests for volunteers are made e.g. The Club Tri Event. When you see these requests please respond positively if you can

## MSTC Coaching Report- Steve McMenamin

By the end of 2023 in total, we will have delivered nearly 200 hours of coaching. Please note that this figure does not include the planning, creation of session plans or the time to get to/from the venues. So, the accumulated time spent by the coaches would be in excess of 300 hours.

A breakdown of the training sessions supplied by the club from January to October 2023 is outlined in the table below. As you will see, this is an impressive amount. To organise and deliver at this scale takes an extraordinary amount of organisation, time and dedication not only by your coaches but also the other committee members who manage booking and administration of the locations.

Event type 2023 (to end Oct)	Sessions	Attendances
Guest Spin cycling	14	27
Spin cycling	44	431
Group cycling	5	22
Guest Strength Training	6	6
Strength & Conditioning	19	163
Run Training	35	88
Pool Swim, Monday at St Francis	18	120
Pool Swim, Tuesday at Ardingly	21	336
Pool Swim, Thursday	45	575
Open Water Swimming, Tuesday	15	264
Open Water Swimming, Saturday	18	433
<b>Coached Totals Year to Date</b>	<b>168</b>	<b>1599</b>
<b>Totals All Sessions (coached &amp; uncoached)</b>	<b>220</b>	<b>2465</b>

The coaching team looks good as we will have had a few more qualifying this year. Zoe and David are on Level 2 and level 1 respectively and Kevin has recently qualified as a Run England CiRF. We are always in need of more coaches so please get in touch if you want to chat about the idea:

### Group coaches

- Steve McMenamin - BTF L2 diploma, OWS Level 2
- Jo Fleming - BTF Level 2
- Zoe Rocholl upgrading to Group Coach (BTF Level 2)

### 4x BTF Level 1/Foundation coaches (1 coach currently on a hiatus)

- John Mactear
- Joanna Millington (BC ride leader cert)
- David Turner currently undertaking the BTF Foundation course.
- Kate Bradford Run coach only ATM.

### 1x CiRF run coach

- Kevin James

### 2x LiRF run coaches

- Clarissa Walton
- Stuart Dale hopefully returning soon

### 2x Level 1 Swim Teacher

- Esther Clutton
- David Turner

All active coaches have a DBS certification and have undertaken a specialised Safeguarding course.

### SPIN

Due to the popularity of the spin class this has continued year-round which is a first for the club. Spin has been opened up to Burgess Hill Runners, as guests.

Spin class can take up to 20 participants, so don't be shy and do come along. You can also bring a guest, regardless of fitness/experience. These sessions are truly for all levels.

### SWIM

The Thursday end of the month socials have been great and going from strength to strength. A big thanks to the club for supplying the pizzas each month, I would like to encourage other members to come along as it's a club wide event and not just for the people who have been swimming. Free pizza - what's not to like?

Panic booking and cancelling is leading to issues with people being able to plan their week. It is understandable that people book 2 weeks in advance, all we ask is that you cancel via the booking system as soon as you know you can't make it. And vocalise this on WhatsApp so that your spot can be picked up by someone else.

Monday night swim technique classes were introduced for the first time, feedback was mixed as some expected a bit more than just drills and technique, others thought it was just what they needed. As coaches we learned a lot and plan to repeat a new, improved version in January 2024. With the longer 6-week classes and rather than one class of mixed ability we can split the pool, as I hope to have 3 coaches delivering the class. Again, the focus is only on technique and its importance.

Tuesdays Ardingly pool swims have just started back and are looking popular as ever. Looking at last year's numbers, this should continue until the OWS season starts again.

Thursday Swim has been changed to the single 1-hour session from the 2 x 45 min sessions of 2022. Attendance is up to 100% most weeks which is much better than last year when average capacity was 60%.

We are experimenting with the swim numbers to see how many is too many, so currently the swimming max numbers are: Mondays 10 participants. Tuesday 22 participants. Thursday 17 participants.

### RUN

Run training attendance is very low and because of this, many sessions have been cancelled. I have been in negotiation with Burgess Hill Runners to offer them slots on our run sessions and in return we could utilise theirs but due to our extremely low numbers I have rescinded the Thursday night invite. I have added they can still come to our spin classes, and they have offered us spaces at their Wednesday night sessions. Discussions are ongoing.

Regular park run meet ups have begun with good support. A few surveys will be coming out to see what we can do to improve attendance further.

### STRENGTH & CONDITIONING

This has been changed to a Monday night to gauge interest and at the time of writing this the classes were well attended 70-80%. This was also the case last year, but we had to stop at the end of March due to low attendance.

Strength is a Max of 16 participants

#### GROUP RIDES

Started well in April but tailed off very quickly, so were cancelled. We are unclear as to the reason.

#### Coaching for 2023/2024:

We are looking at a change in the new year. It's obvious due to the poor take up in the group rides and run training, that the current timetable is not popular and therefore not sustainable.

Thursday's run may be changed to another time/day. I also really want to encourage more females to attend the run sessions. So that no one will be alone, (as I know this can be a concern), the run coaches have done a lot of work to make the runs non drop sessions, so people can feel safe. Also, I need to reaffirm that your current run ability/level is not a concern as this is training, so all levels are welcomed. The swim and spin sessions seem to be more popular with females, the spin at 50/50 split.

Monday's strength session is still in the experimentation phase.

There is no proposal to change the time of the pool sessions -these slots are very difficult to obtain.

#### The current training schedule looks like this:

Over winter, the swim sets will focus on skill, strength and suppleness, with an increasing focus on stamina and speed in spring.

Run: Sets that are hard and best done as a group as it pushes you on. Kevin is putting a plan in which will target a 10km race in Feb for us all to do as a club event.

Spin: Will continue to be an amazing workout with great tunes as usual.

#### Looking beyond 2024

All things go stale, so all roles and cultures are and should be by their nature temporary. 2024 will be my 4<sup>th</sup> year as head coach and I feel that it may be good to consider a change, I'm not standing down and wont until a suitable replacement is found but if you like the idea reach out to me and maybe shadow me for a while to see if its suitable for you.

If you would like to see what it takes to be an MSTC coach and maybe become a coach, the club is willing to pay for your training. Please do get in touch and I can talk you through what to expect.

Any questions, queries or ideas please get in touch.

Steve Mac  
Head Coach MSTC

## Open Water Swimming Report for MSTC AGM November 2023

Many Thanks to...

All members who did their assigned duties, with special thanks to those who stepped in at short notice to fill in where needed... we couldn't have swum without you!

Mark Walton & Flo Wolfe for general support and particularly for organizing the brunch refreshments and liaising with the Activity Centre.

Kieren for sorting out the online booking.

Chris Kinsman & the team at AAC.

The Committee & All Members for their continuing support, ideas & feedback.

### Summary of Season 2023

Summer 2023 saw some beautiful weather, a generally very flat reservoir, and a perfect swim temperature of 20+ C for most of our swims. The three social breakfasts worked well – it was great to see all the members relaxing, chatting, and enjoying the post-swim glow.

Over all everything ran smoothly with no significant problems - the only safety incident resulted from one of our swimmers stepping on a fishing hook. The water quality stayed excellent to (almost) the very end and the levels stayed high – a great improvement on last year.

The main event was the closure of the reservoir for the month of June whilst South East Water carried out some remedial works on the collapsing bank. This was only phase one of the work though, and we hope that the remainder will be done over the winter.

The vast majority of swimmers turned up to do their duty which was great as I took the decision to not chase people each week, instead hoping that an extra reminder from Dutyman and also a rolling window of upcoming duties on the booking page would suffice. And in generally it did. There were a few complete no-shows with no notice, but the swimmers were great at covering – many, many thanks for that.

The price to MSTC was increased to £7 (from £6.50) in August, and so the subsidized price was increased to £5. The number of non-payers decreased significantly from last year, partly due to the most persistent non-payers not swimming this year (!) and maybe also the result of changing the protocol to having to confirm pre-payment with the Spotter before swimming.

The clubhouse and café again remained closed throughout the season but the staff did provide liquid refreshments for the three OWS breakfasts that we hosted. We continued to use the picnic table green for changing which worked well, with gazebos again available for rainy days.

Two run/swim events were run to coincide with two of the social breakfasts and these were enthusiastically (if sparsely!) attended. For the last one we also asked Chris for an extended swim route which proved very popular with everyone – definitely one to do again.

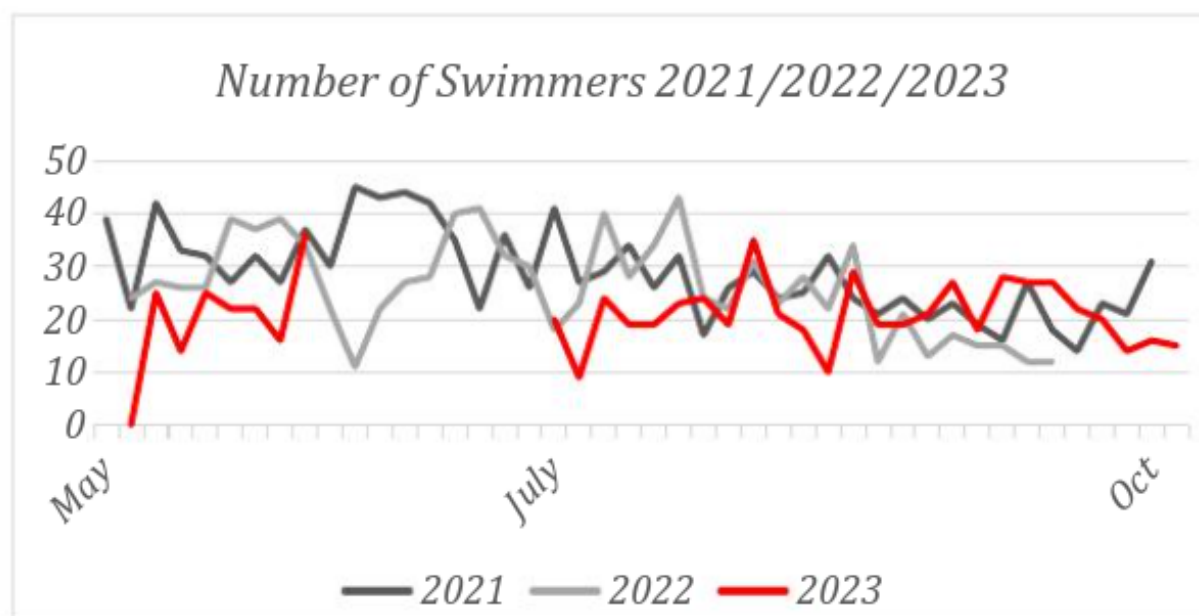
And finally, our Taster and Guest sessions were again popular and almost all Taster swimmers converted to a full membership. It was great to see some new faces!

122 members signed up in total

703 swims in total over 32 sessions (we missed June this year)

£4745 was paid to AAC

£1582 was paid for by the club in subsidy



DW/AGM/ 2023

### Club Race Report- Jo Fleming

#### Race Report for MSTC AGM 2023

The annual club race ran uninterrupted and fully back on top form on June 11<sup>th</sup>. It was yet another smooth team effort with 45 volunteers and many fantastic supporting roles including David Turner on volunteers / medals, the marketing team (Rebecca Tromans, Dominique Dale, Roger Smith, Zoe Rocholl), sponsorship (Stuart Dale, Chris Hadlow), and all the Section Heads (Klara Boarder, Kevan Nicholson, Steve Mc, Katie McGregor, Louise Eldridge, Sally Gardner) and the unnamed club members (and families!) helping on the day, ferrying around equipment, brushing the pavements, etc. Thank you very much for your support – it's a highlight of the club year.

We had great weather and eventually the many starters, including the new Try a Tris were delivered safely to the finish line. It was another wonderful scene with delighted people everywhere and it worked well despite the lack of Hurst band and fewer sponsors. Hurst have said they are not going to provide a band in future unfortunately and I expect sponsors numbers to be lower for a few years, but we can live with both these changes.

There were 308 entries after refunds (223 last year) and 272 starts (188), although we had a big single entry from a school in Surrey. For comparison, there were 309/242 entries/starters in 2019 so we were officially back to pre-covid entry levels after a few strange years. In 2022, the entry price went from £37 to £40 (East Grinstead £45 by comparison); and in 2023 the price went to £44 after the early birds. This reflects a rise in most of many of our costs, notably the Triangle and medical costs. The BTF is messing around with their insurance costs in 2024, which needs to be navigated this year. Meantime Hurst have continued to fund the race, giving us £1500, which is a huge help and I particularly note their support. The EG Tri entry cost is £48 this year, Try a Tri £35. I propose our entry prices should be £45 and £30



this year, unless we have to pay extra to BTF, in which case I would add an additional £1.

The race is a fantastic display of club competence and friendliness. This is a brilliant event to raise our profile in the community and to provide a local race that suits beginners and seasoned racers alike. We are always looking for help with marketing, sponsorship and organization, so please talk to me about any help you might be able to provide! Jo Fleming

### Welfare Report- Clarissa Walton

We have seen a number of new members join the club throughout this year, and also held a number of social events where I have been able to meet new members and welcome them to the club. We are an inclusive club where everybody is encouraged to participate in the training and events we organise, so please do give it a go and try some new events. Should you have any questions about the club, any of our events or you just want to unload and share your training highlights and challenges, then please do reach out to me, and obviously everything discussed is in confidence. Finally to confirm I am now the club DBS verifier, so for all future DBS applications you can ask me to review and approve your application

### Webmaster Report-

Our thanks go out to Kieren . Our club absolutely could not function without him and his tech skills. It's been a busy year with ongoing updates. The plan is to get more members trained up on Umbraco, the software system that runs the website.

#### Triathlon Race website:

- Added Try a tri option
- Updated race categories
- Adding discounts for <25 And via code
- Updated BTF license for races going forward

#### Club Website

- Added Duty calendar to events page
- Fix renewal bug for swim subs
- Fixed EA affiliation cost

### MSTC Junior Report- Zoe Rocholl

#### Juniors Day

Our juniors day was cancelled this year due to bad weather and compromised facilities. We had 25 enthusiastic juniors signed up for the day, with over half of them returners from last year so we know it is an enjoyable day.

We are exploring alternative locations for the next year that are less restrictive in poor weather, as we are keen to continue holding a juniors day for the younger athletes.

### Treasurer Report-Clair Hunt

I have prepared the accounts to include the known payments to be made for pool costs, spin and PPT. I will update and reissue once the year is complete, but I thought it would make it easier to compare like for like costs, year on year.

2023 sees a reduction in membership uptake. This is in line with the membership year on year (£6,236 vs £8,393).

Credits for club activities are almost in line (£5,850 vs £5,635). This should be up by much more at the end of the year, as members top up as they go.

Swim subscriptions are up (£2,876 vs £1,991). This is the principle training cost for the club. The reduction in swim costs reflects the switch back to our normal baseline of two sessions per week, down from three during Covid.

Open water swimming remains popular but costs were down (£4,925 vs £6,849). This reflects the reduced availability over the season.

Spin costs are up year on year (£1,976 vs £1,292). This reflects keeping the sessions running over the summer.

Strength and conditioning costs are down as we stopped it when numbers reduced in the summer (£2,520 vs £3,000).

The 2023 MSTC triathlon ran and generated a surplus of £5,944 compared to £6,489 in 2022. The race has only just opened for 2024, due to delays by BTF over the day license.

Membership costs increased to £985 from £813. The current year included payments for pizza nights after swimming.

Coaching expenses are up, as 2023 included a higher number of coaches than in 2022 and associated expenses (£1,905 vs £1,451). I have included a best on outstanding expenses.

Website costs are up (£856 vs £718). This includes hosting the website and club email addresses.

We have paid out for a stock of kit which hasn't been sold yet (£521 vs income of £165).

We have made donations to support the swimathon, and old credit and money raised at the club race was paid to Cure Parkinsons Trust. The money raised at the recent social will be paid over to the charity chosen at the AGM.

The accounts currently show an overspend of £401, as I cannot predict what income we will receive towards spin and gym.

Accounts 2023

Statement of Income and Expenditure for the period ended 31st December 2023 & the year ended 31st December 2022

	2022	Projected 2023
<b>Income</b>		
Membership Income	8,393.26	6,235.00
Mid Sussex Triathlon	11,905.23	13,056.18
Swim subscription fees	1,991.48	2,876.48
Open water swim & stretching credits	5,635.43	5,849.51
Tri hub (junior training income)	(72.00)	-
<b>Total</b>	<b>27,913.40</b>	<b>28,017.77</b>
<b>Expenditure</b>		
Membership	813.07	984.87
Coaching expenses	1,451.03	1,905.97
Mid Sussex Triathlon	5,476.23	7,112.20
Open water swim payments	6,848.50	4,925.00
Pool hire	7,515.58	6,768.94
Spin costs	1,292.00	1,976.00
Stretch & Conditioning costs	3,000.00	2,520.00
Website costs	717.91	855.94
Kit	(183.00)	520.98
Swim Analysis	-	-
Charitable donations:		
Lauren's silver swimmers (3-3-1)	-	-
Afsac	-	-
Out of the Blue	-	-
Monday Group	-	-
Cure Parkinsons Trust	-	450.00
Donation Swimathon	53.00	110.00
Chestnut Tree House	490.00	-
2023	-	-
<b>Total</b>	<b>26,984.34</b>	<b>28,418.40</b>
<b>Net increase in the period</b>	<b>929.06</b>	<b>(400.63)</b>
<b>Reserves:</b>		
12/31/2022	12/31/2023	
Current funds	12,370.95	12,238.82
Go tri reserve	2,147.40	2,147.40
Reserve funds	8,500.00	8,500.00
Ardingly swim/strength credits held	1,294.00	1,332.00
<b>Total reserves</b>	<b>24,312.35</b>	<b>24,238.22</b>

See attached accounts sheet

Membership Report -Simon Barton



# MSTC Membership Dashboard

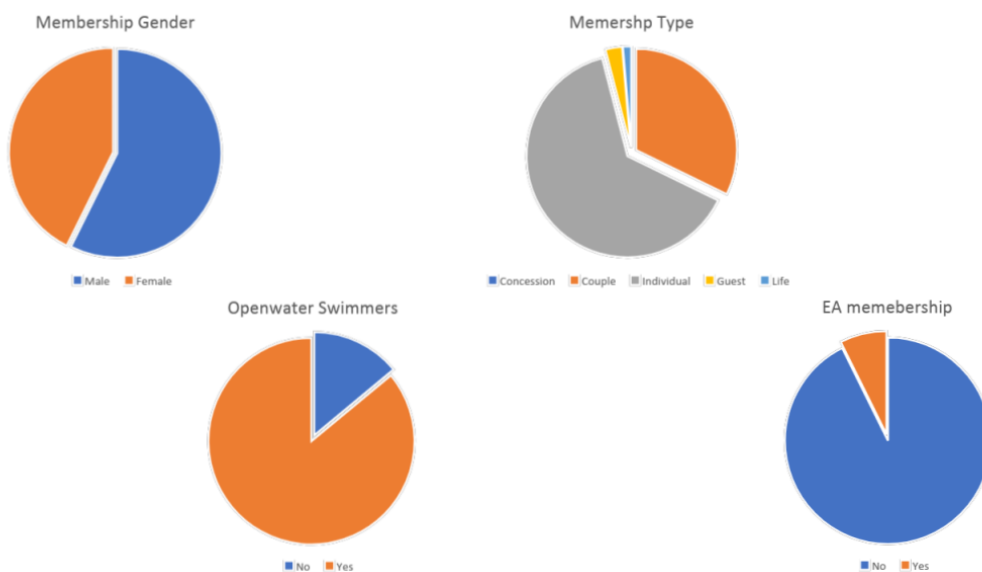
AGM Report November 2023

Simon Barton  
Outgoing Membership Secretary

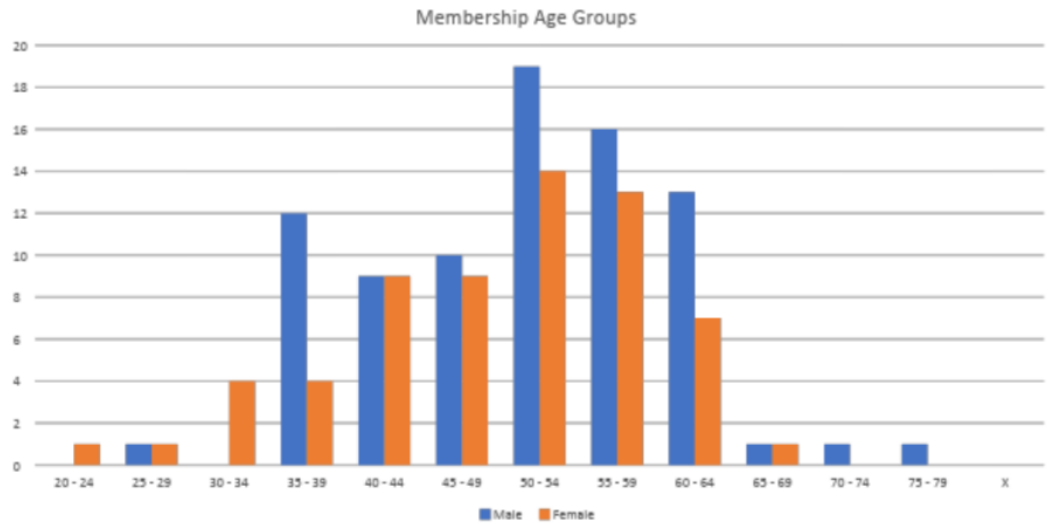
# Membership activity in last period ( Nov 2022 – Nov 2023 )

- After 3.5 years I hand the membership section over to David Turner with membership in generally healthy state. A big thank you to David for stepping forward. In general the membership gender gap is closing whilst the general trend is an aging population. All forms of swimming remain very popular options whilst EA affiliation is at its all time lowest. Key measures;
  - We started the period with a membership of 155.
  - Current membership stands at 150 (inc 5 guest).
  - We have had 25 new members join (from 1<sup>st</sup> April).
  - We have had 53 members not renew for the 2023/24 membership season. Note that AGM reporting period and Membership year do not coincide.
    - £300 has been set aside for Club Charity disbursement from ex-member training balances.
  - The clubs England Athletics Affiliation Stands at 11. Consideration should be given to continued subsidy of this membership option.

## Membership profile of our 150 members



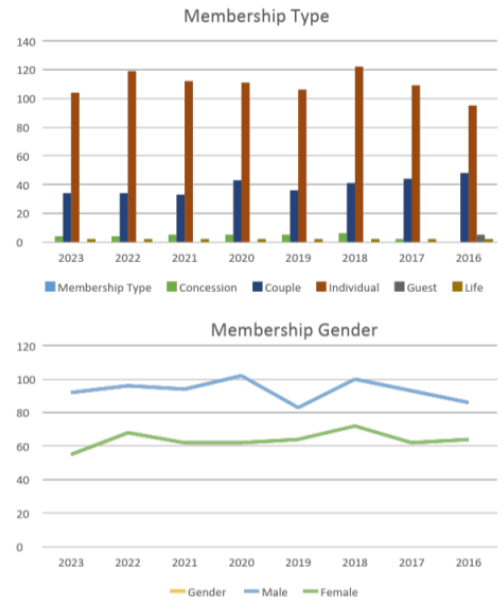
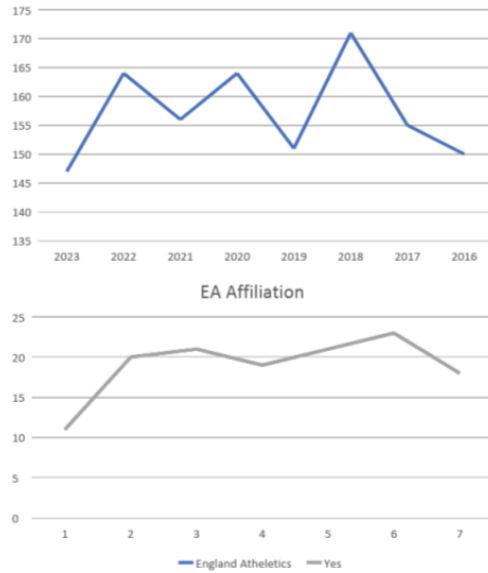
## Membership profile by Age group



## Membership profile over time

	2023	2022	2021	2020	2019	2018	2017	2016
Members	<b>150</b>	155	171	151	164	156	164	147
Membership Type								
Concession	<b>0</b>	2	6	5	5	5	4	4
Couple	<b>48</b>	44	41	36	43	33	34	34
Individual	<b>95</b>	109	122	106	111	112	119	104
Guest	<b>5</b>	-	-	-	-	-	-	-
Life	<b>2</b>	2	2	2	2	2	2	2
Gender								
Male	<b>86</b>	93	100	83	102	94	96	92
Female	<b>64</b>	62	72	64	62	62	68	55
England Athletics Affiliated Members	<b>11</b>	20	21	19	21	23	18	24

## Club profile over time



## Membership Geo profile



### Social Secretary Report-Flo Wolfe

It has been great fun to organise some more events this year now we have pushed past Covid, and to be able to meet and socialise with more members of the club. I am sadly stepping away from the committee (apparently babies and committees are a tricky combo!) but I hope to stay part of a wonderfully friendly, thriving club and to watch the social side flourish with our new sub-committee./working group

Some highlights from this year:

- Christmas pub run 2022 – complete with music, lights and santa hats, finishing up with drinks in the Bent Arms
- Track cycling at the Velo Park, Lee Valley, Spring 23
- MSTC Curry night in Burgess Hill
- Swim-run reservoir breakfasts– featuring bacon sandwiches (thank you Mark!)
- MSTC alternative Saturday morning swims when the reservoir was out of action – Pells, Divers Cove etc.
- Double dip – Ardingly Reservoir Swim followed by a bike to Pells
- Pizza Thursdays after swimming
- Quiz night – raising just under £300 for our chosen charity/charities

A huge thank you to Martyn, Dave, Jo, Nick, Zoe, Mark, John and all those who have helped run events this year.

Plans for the rest of 2023/24 include:

- A Santa/Christmas lights pub run

Lots more to follow in 2024

Please do let us know if there is anything you would like to see more of/be a part of. We now have a sub-group made up of members who help with certain aspects of club life without having to commit to being on the full-time committee. This has worked really well, particularly for particular tasks/events, and we hope to carry this on to next year. Do shout if you would like to get involved.

### Social Media/Extracurricular events-Zoe Rocholl.

We have been keen to increase the social and community element of our club offering outside of the coached and timetabled training sessions for swim, bike and run.

A regular feature in the calendar is post swim Pizza on the last Thursday of the month, which provides a chance for members to socialise and catch up after the 8 pm swim.

This summer we took our outdoor Swimmers on tour whilst works were carried out at the reservoir, taking in some of the alternative outdoor locations in our neighbourhood of Pells Pools and Divers cove.

When the reservoir opened back up, a group took part in 'The double dip' starting with a swim in Ardingly, a cycle to Lewes and a dip in Pells Pools with members joining in for one two or all three parts!

We put on two swim runs with bacon butties and pastries provided to keep athletes motivated, with a great turn out for both. Finally we held a Bike & Run Hill race on a beautifully sunny Sunday morning at the beginning of autumn.

On a less sport and more social vibe was the Quiz night which was well attended by members with their family and friends, raising money for charity.

A sub committee group has worked hard to put these together over the summer, so thank you to Martyn, Kieran, Nick, Flo, Mark, Jo, John and David for the ideas and delivery of great additions

to the club calendar. There is more to come over the darker winter months!

### Press Officer report-Roger Smith

Publicity Officer Report November 2023

I have continued to submit short articles on Members Competitive activities to the Middy.

These are usually prepared on Sunday evenings or Monday mornings from posts on WhatsApp & Facebook, together with looking up results on Race Websites. I am looking to pass on the role next year . If you are interested please get in touch.



## **Early Birth Association**

*“Not only do the EBA raise money for vital life-saving equipment on the units they also make it just that little bit more comfortable for parents by supplying tea, coffee and biscuits and also the opportunity to talk about their experiences.”* Matt, Dad to Finlay who was in TMBU.

The Early Birth Association is a registered charity and we are here to make a positive difference for babies and families and the staff teams who work on the units by providing a wide variety of help and support for TMBU and SCBU in PRH. This ranges from providing practical items for the babies and parents on the units to make their hospital stay more homely and comfortable, to funding vital life saving equipment and research. Please visit our [News](#) page to get up to date information on what we are doing.

The EBA is run by a group of volunteer parents and family members who have had premature or unwell babies. You can read more about us and [meet the team here](#). We offer help and support to parents by regularly visiting the TMBU & PRH SCBU to run informal drop in coffee mornings, and by ensuring the units are stocked up with the items and equipment that they need. Please [contact us](#), or ask on the units to find out when the next drop in coffee mornings are.

## **Chestnut Tree House**

**Our goal is to provide the best quality of life for children, young people and their families, and to offer practical, social and spiritual support throughout each child’s life.**

**We’re here to make sure that children and young people with life-limiting and life-threatening conditions and their families get all the care and support they need. We’ll take some of the stresses away from your everyday life, so you can focus on making precious memories together as a family. From offering help in your own home to activity days and short breaks at the hospice, we provide specialist care while allowing kids to be kids and mums and dads to be just that. Whatever your journey looks like, our team are here to support your family through the good days, the bad days and the last days in whatever way feels right for you. *Who do we offer care to?* Our services are here for children and young people with life-limiting and life-threatening conditions aged from birth to 25, as well as their siblings and parents. We’re able to care for families living in West Sussex, East Sussex, Brighton & Hove and South East Hampshire.**

## **Friends of Woodlands Mead**

**We are a small local charity raising funds to provide important support to children with various learning, social, physical and communication disabilities within Mid Sussex. Woodlands Mead aims is to help each child find their place and confidence within School, the wider community and beyond.**

At Woodlands Meed we believe you will find an incredibly positive and supportive environment, within both the school and college. These are happy and friendly places to learn, work and build the best possible future.

Each student is offered individualised care and learning, while belonging to an inclusive, understanding and rewarding community. Our dedicated teaching staff all possess skills across a wide range of expertise. Also, we benefit from a strong multi-disciplinary team of medical therapists, providing excellent care for all: speech and language therapy, occupational therapy, special school nurses and physiotherapy. Working together with the knowledgeable and experienced educational staff, they provide a highly personalised and creative curriculum, encouraging all students to achieve their full potential.

Located in the heart of Burgess Hill, Woodlands Meed welcomes students aged between 2 and 19 years, who live within a one hour travel time.

## **St Catherine's Hospice**

For the last 40 years, St Catherine's Hospice has been there for people living in Sussex and East Surrey, offering both physical and emotional support to those living with a terminal illness and their families.

From caring for people at home, in our Living Well Centre and on our wards, our expert teams are on hand to support those facing death and loss. We not only care for those who are terminally ill, but offer bereavement and carer support to their loved ones, along with support for children and young adults through counseling.

Our vision is a world where everyone can face death informed, supported and pain free. We treat people with understanding, patience, respect and, most importantly, with dignity.

We are incredibly proud of our expert team, and the care that we deliver on a daily basis; in fact, the Care Quality Commission has rated our care as 'Outstanding.'

