

Shepherd's Hill Allotment Association Committee Meeting Minutes 9th June 2021 on Zoom		
	<p>Present: Juliet Mann, Jill Russell, Stephen Cushnir, Garry Doyland, Ian Potts, Julie Yogasundram, Jo Sheehan.</p> <p>Apologies: Trevor Wyatt, Amy Gardiner-Gibson, Annie Griffiths</p>	
1.	<p><u>Minutes of last meeting: accuracy</u></p> <p>Approved.</p>	
2.	<p><u>Matters arising</u></p> <p>Richard has delivered woodchip to both ends of the site this week.</p>	
3.	<p><u>Site inspections</u></p> <p>Still no word from Emi, although he has previously indicated inspections will be starting again soon.</p> <p>We discussed our procedure for preparing for site inspections, and Juliet reminded the committee of a document drawn up in Dec 2018 specifying our procedure. She will recirculate this and we will review/revise/adopt at the next meeting. Juliet to also circulate a list of plots that have been identified as problematic and committee members will look at these before the next meeting.</p>	<p>JM JM All</p>
4.	<p><u>Barn</u></p> <p>Ian reported good progress with installing the kitchen and hopes to finish next week.</p> <p>The outside will need a good clean.</p> <p>Ian is planning on getting a notice board to put up in the Barn, and for the opening will put up some photos to show how Plot 15 has changed and the development of the Barn.</p> <p>We agreed to spend £140 on 20 £7 IKEA folding chairs that Juliet and Ian have sourced.</p> <p>Jill, Juliet, Julie and Amy had met as a Barn management sub group to begin to think about how we will use/manage the Barn and a timetable of activities:</p> <ul style="list-style-type: none"> Any event will need to have a committee member overseeing it in a 'caretaker' role, opening and closing the Barn, and making sure participants adhere to a set of do's and don't's (cleaning up, H&S etc.) 	<p>IP IP/JM</p>

	<ul style="list-style-type: none"> • Our overall ethos is to have the Barn open and used as much as possible – that’s what it’s there for. • We proposed 4 regular activities a month: <ul style="list-style-type: none"> ○ a monthly discussion group of what to do this month on a Sunday morning, facilitated by Juliet; ○ a lunch on another Sunday; ○ a mid-week coffee morning and gardening volunteering for Plot 15; ○ a regular exchange/swap shop to include excess produce • Initially we could timetable these for the first 3 months and then review after that. • Additionally, we hope there will be one-off events, e.g. a September show, perhaps an art exhibition... once the regular meetings get going, tenants will no doubt come up with lots of ideas. • We can operate a booking system so if a group of tenants want to use the Barn they can book it out, as long as there’s a committee member available to be caretaker. We suggested that if the majority of people attending were non tenants then we would want to charge a booking fee. • We will ask for donations of cutlery and crockery. • We need to buy a fireguard for the stove. • We briefly discussed toilets! One suggestion is to look into renting a portaloos to gauge how much it is used, before deciding whether to go for something more permanent. To be discussed... <p>On Monday (14th) we will decide whether to postpone the opening, depending on the government’s announcement about the lifting of covid restrictions.</p>	
5.	<p><u>Trading Shed</u></p> <p>Annie had sent in a brief report – it’s peak gardening time so manure, compost and canes have been flying off the shelves and we have been ordering as much as we can cope with in the shed. There will be a big delivery on Monday, 14th June.</p> <p>While we live with covid restrictions we need to keep the shed opening time to one hour only. We need to remind tenants of this (11-12 every Sunday) as some are turning up at 12.00.</p> <p>Card reader working well.. mostly.</p> <p>We deferred discussion about maintenance of the communal garden on Plot 15 to the next meeting when Annie is present.</p>	
6.	<p><u>Maintenance</u></p>	

	As previously noted, we need to develop a maintenance schedule and prioritise tasks and spending. One priority is work at the Queens Wood gate. And we need to look at how to best improve the main track from Montenotte Road.	Maintenance sub-group
7.	<p><u>Communication</u></p> <ul style="list-style-type: none"> ○ Not to feed foxes raw meat. ○ Give and take forum on website – how to post a message ○ Reminder about using power tools ○ Update on Barn opening ○ Reminder about inspections restarting. 	JR
6.	<p><u>Probationers and lettings</u></p> <p>No plots to let.</p>	
	<p><u>Future plans</u></p> <p>See notes under Barn item.</p>	
7.	<p><u>Finance</u></p> <p>Jo had circulated a short financial update. The committee thanked her for this and commented how useful it is to have regular updates. The priority, as noted above, is to establish a schedule for spending our maintenance budget from Haringey.</p>	
	<p><u>AOB</u></p> <p>We discussed a tenant who has been in communication with us about the bees he keeps on his plot. We looked at the guidance on bee keeping on the allotment from Haringey (Appendix 3 of the notes for new allotment tenants) and agreed that we need to check with all tenants keeping bees on the site that the necessary documentation is in place and the rules are being adhered to. Julie will progress this.</p> <p>Ian and Julie will update on the chicken plot at the next meeting.</p>	JY JY/IP
8.	<p><u>Date of next meeting</u></p> <p>21st July 6.30 in the Barn. Chair...??</p>	

KNEE WORKSHOP

Ankle ROM testing assessment

- Kneel/stand 4 inches in front of the wall with R leg, L leg back (split stance): can your touch the knee the wall? (hips square!)

See what is happening in the front of the ankle, in the Achilles, see where the tension or tightness is?

Testing Hip internal and External rotation

- 90/90 stretch: lean slightly forward toward front knee, back straight - if front knee is high up it's external rotation that needs work.

If turning slightly towards the back and the hip/bottom is off the floor that's internal rotation restriction.