



# SIDMOUTH TOWN COUNCIL

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To: All Members of the Town Council  
Town Clerk

29 March 2018

Dear Sir/Madam,

**Meeting of Sidmouth Town Council  
in its Capacity as Trustee  
Monday 9 April 2018  
on the rising of the Council meeting**

You are hereby summoned to attend the above meeting to be held **at the Scout Centre, Salcombe Regis Recreation Field**. It is proposed that the matters set out on the agenda below will be considered at the meeting and resolution or resolutions passed as the Council considers appropriate.

Yours faithfully,

**Christopher E Holland**  
Town Clerk

## A G E N D A

	<u>Page/s</u>
<b><u>PART 'A'</u></b>	
1 <b>Apologies</b> To receive any apologies for absence.	
2 <b>Minutes</b> To confirm the minutes of the Trustee Meeting held on Monday 5 March 2018.	3 – 4
3 <b>Declarations of Interest</b> To receive any Members' declarations of interest in respect of items on the agenda. Note: You must also declare the nature of any personal or disclosable pecuniary interests in an item whenever it becomes apparent that you have an interest in the business being considered.	
4 <b>Matters of Urgency or Report</b> To consider any items that in the opinion of the Chairman should be dealt with as matters of urgency or report because of special circumstances. (Note: such circumstances need to be recorded in the minutes)	
5 <b>Exclusion of the Public</b> To agree any items to be dealt with after the public (including the press) have been excluded. There is one item which the Clerk recommends should be dealt with in this way.	

6 **The Ham – Alma Bridge Update**

To receive an update report from the Town Clerk.

7 **Sidmouth Science Festival 2018 – 5 to 14 October 2017**

The Sidmouth Science Festival Committee is seeking approval for the following:

1. Situate marquees on The Ham on Sunday 7 October; the small number of marquees would house demonstrations from for example Science Festival, SVA, EDDC, Sidmouth in Bloom, SeaFest and Walking Group. The demonstrations would be part of our planned event to celebrate the science and technology of the Sidmouth promenade (land, coastline and sea)
2. Have access to electricity supply on The Ham on Sunday 7 October.

*(This item is linked to a request to borrow the Town Council's marquee on the Council agenda.)*

8 **The Ham – Fitness Classes and Outdoor Boot Camp**

Members are asked to consider a request to use The Ham to run regular fitness classes and an Outdoor Boot Camp as per the attached report.

The trainer has been advised that many of the dates are already pre-booked for various events and she proposes to run power walking/on the go classes, meeting and returning to The Ham, on the conflicting dates.

She has also revised the timetable of classes, from the report attached, to:

*Monday 5 – 5.45pm and 6.30 – 7.15pm*

*Tuesday 9.15 – 10.15am*

*Thursday 6.15 – 7.15am*

*Friday 9.15 – 10.15am*

*Saturday 8.30 – 9.30am*

9 **Exclusion of the Public and Press**

The Vice-Chairman of the Council to move the following:

“that under the Public Bodies (Admission to Meetings) Act 1960

the public (including the press) be excluded from the meeting due to the confidential nature of its contents.”

**PART ‘B’**

10 **Manstone Recreation Field**

Further to the Town Council's giving ‘in principle’ support to the request to site a pizza van once a week on the football club car park at Manstone Recreation Field; a report from the Town Clerk is attached together with a draft trading agreement for Members consideration.

5 – 7

8 – 9

**SIDMOUTH TOWN COUNCIL**  
**Minutes of the meeting of Sidmouth Town Council**  
**in its Capacity as Trustee**  
**held at the Council Chamber, Woolcombe House, Sidmouth,**  
**on Monday 5 March 2018**  
**on the rising of the Council Meeting**

Ward	Councillors Present:
Sidmouth North	Michael Earthey
	Stuart Hughes
	Dawn Manley
Sidmouth South	Kelvin Dent
	John Dyson (Vice-Chairman)
	Paul Wright
Sidmouth East	Marc Kilsbie
	Frances Newth
Sidmouth West	Louise Cole
	John Rayson
Primley	Simon Pollentine
	Jeff Turner
Sidford	Jack Brokenshire
	Ian McKenzie-Edwards (Chairman)
Sidbury	John Hollick
Salcombe Regis	Ian Barlow
	David Barratt
Apologies:	Sheila Kerridge

The meeting started at 8.05pm and finished at 8.30pm.

**PART 'A'**

**45 Minutes**

The minutes of the Trustee meetings held on Monday 8 January 2018 were signed as a true and accurate record.

**46 Declarations of Interest**

Name	Item Number	Type	Action Taken	Details
Cllr Ian McKenzie-Edwards	Salcombe Regis Recreation Field	Personal	Remained in the Chamber during discussion and voting	Helper at Salcombe Regis Country Fair
Cllr Stuart Hughes	Manstone Recreation Field	Personal	Remained in the Chamber during discussion	President of the football club

**47 The Ham – The Big Lunch**

A request had been received to use The Ham, over the weekend of 2/3 June 2018, for 'The Big Lunch' which was an event held annually around the country, promoted by the Eden Project and sponsored by The Big Lottery.

**RESOLVED:** That permission be granted to use The Ham for a 'Big Lunch' over the weekend of 2/3 June 2018.

**48 Salcombe Regis Recreation Field**

The Salcombe Regis Country Fair committee had written to request permission to use the Salcombe Regis Recreation Field on Thursday 31 May 2018 for car parking during the fair. They confirmed that public liability indemnity insurance cover, to the value of £5,000,000 for any one claim, was in place for this event.

**RESOLVED:** That permission be granted to the Salcombe Regis Country Fair committee to use the Salcombe Regis Recreation Field on Thursday 31 May 2018 for car parking during the fair.

**49 Manstone Recreation Field**

PIZZA BUONA had requested permission to use Manstone Recreation Field to pitch their pizza van on Wednesday evenings from 5-8pm at the football club car park. They had spoken to the football club who were willing to accommodate this providing that permission was granted by the Town Council. It was confirmed that PIZZA BUONA had the relevant street traders licence and food hygiene level 5 registered at EDDC, also they had food hygiene certificates, public liability insurance of £10,000,000 and risk assessments in place.

**RESOLVED:** That:

1. The Town Council gave 'in principle' support to the request to site a pizza van once a week on the football club car park at Manstone Recreation Field.
2. The Town Clerk to review the trust indentures to confirm whether trading is allowed on Manstone Recreation Field.
3. Permission to be a 6 months probationary period to be followed by a review
4. A trading policy/agreement to be drawn up, in consultation with the District Council, to include the following points:
  - goods must be served in either plastic free containers and/or fully recyclable cardboard
  - all resulting litter must be removed from the whole area including the neighbouring MUGA and Youth Centre
  - no high energy sugary drinks to be sold to under 16s
  - an appropriate fee be charged

.....  
CHAIRMAN OF THE COUNCIL

# OUTDOOR WORKOUTS FOR WOMEN

**FIT FOR A**  
*Princess*

## Fit for a Princess Sidmouth proposal

Submitting this proposal to seek permission to provide outdoor workouts for women on The Ham in Sidmouth for a trial period from Saturday 21<sup>st</sup> April to Saturday 13<sup>th</sup> July

## Background to Fit for a Princess

1. Fit for a Princess is a community based fitness provider
2. Set up in Wandsworth Common in 2006 by Janey Holliday, an experienced level 3 group fitness instructor who has been qualified since 2002
3. Provides outdoor workouts for women in a fun and friendly environment
4. Aimed at local women, especially Mums, those who don't like the gym environment and those who aren't particularly self-motivated to train by themselves
5. Impeccable safety record with no injuries or complaints in 12 years since it started. Janey Holliday also holds £5 million Public liability insurance



## Details about the classes

1. Women of all ages, abilities, sizes and fitness levels can come to the workouts, which are specifically designed to offer different levels for everyone in a welcoming, non-judgmental and inclusive environment
2. Classes are equipment free other than a small resistance band for some of the exercises and a mat/towel for when we do floor work such as abs
3. Women can bring their babies in their prams and small children also welcome to sit on a blanket and play with toys whilst their Mums exercise.
6. Offers a very cost-effective pricing system, with first class free, £5 drop in per class and an even more cost effective pass option for unlimited classes for those wanting to attend more than once or twice a week
7. Every client must sign a PAR Q (physical activity readiness questionnaire) and disclaimer before attending a class
8. It is not a shouty army style bootcamp but more an encouraging, inspiring one.
9. Classes are typically 60 mins long and train all body parts. Offering low impact options and alternatives to anyone who needs them
10. Women from 16 years old can attend if a parent / guardian signs their Par Q and women up to their sixties can come as well so long as their GP would be happy for them to exercise (which they sign to say)



### About Janey Holliday

1. Janey moved to Sidmouth in June 2017 and lives at 42 Temple Street
2. She is 40 years old and a single Mum to 9 year old twin boys who are at Sidmouth Primary school and a two year old daughter.
3. Janey is a fully qualified group fitness instructor, personal trainer with an ante post natal trained. As well as being a mindset coach, food management expert and motivational speaker with 17 years' experience training and coaching women
4. Janey has been working with local councils across London and Kent where she used to live always creating and maintaining positive relationships with them
5. It is also essential to her to respect local residents and the park environment so teaches with her back to houses to minimize noise and also ensures the grass area is left the way she found it
6. Janey's primary source of income comes from her online fitness and coaching business [www.janeyholliday.com](http://www.janeyholliday.com).
7. Fit for a Princess is a community based business that whilst charges clients to come is more about her fitness passions which are about getting more women outside and exercising, especially for those who haven't had a positive fitness experience in their life so far and also for busy Mums
8. There has been a really positive interest from local Sidmouth women do far that Janey has been speaking with many women excited about this offering as nothing like what Janey offers around here in Sidmouth
9. Janey had taught charity fitness classes in London Parks with thousands of attendees and was also short-listed to carry the Olympic Flame at the 2012 London Games
10. Janey is renowned for "turning fitness rejects into fitness fanatics' and being the "Mary Poppins' of the fitness industry

### Proposed class times

Fit for a Princess typically offers a timetable of classes and occasionally a 2 week intensive bootcamp.

Fit for a Princess Sidmouth would like to run a trial timetable from Saturday 21<sup>st</sup> April to Saturday 13<sup>th</sup> July with the following classes:

Monday 630pm

Wednesday 615am

Thursday 915am

Saturday 830am

*(Please note revised schedule on main agenda)*

And would like to suggest a 2 week bootcamp on:

Monday 14<sup>th</sup> to Friday 25<sup>th</sup> May with classes every morning Monday to Friday at 615-715am or 915-1015am depending on what the local Mums preferred timewise.

Possible adjustments to this proposal and further information:

1. Janey has been liaising with the local women of Sidmouth via the new Fit for a Princess Sidmouth page, which was set up on Thursday 22<sup>nd</sup> March (<https://www.facebook.com/ffapsidmouth>) trying to work out the best timetable for those interested.
2. The above timetable is a starting timetable but might be subject to small adjustments perhaps starting a class 15 mins earlier or later. Or, if a class didn't work well but another one did, it might be that Janey does another one at the same time on another date and takes the one not working off. This would only be done with the approval of Sidmouth Town Council
3. Janey is unsure whether classes will run in May half term during the week, but will confirm nearer the time
4. Suggest the timetable runs from Sat 21<sup>st</sup> April to Sat 26<sup>th</sup> May (6 weeks), then Sat 2<sup>nd</sup> June to Sat 13<sup>th</sup> July (7 weeks)
5. Timetable to be reviewed in June, to see if it's possible to run some classes over Summer if the demand is there (not folk week) and if Council are happy to consider an on going timetable from September
6. Some councils in London charge us to run classes (£75-100 a month for 10-14 classes a week), the councils in Kent gave permission for Fit for a Princess to train on the grass with no fee as they were happy to be seeing more of the local community out exercising.
7. Janey is happy to submit a safety assessment document and provide all certificates of insurance and qualifications
8. Classes ideally need to be provided near public toilet facilities, near parking (although suspect many Sidmouth women will walk to class) and on a flat surface, hence the request being to use the Ham
9. Marketing for these classes will be through some postcard size leaflets and posters around Sidmouth Town, The Sidmouth Facebook page and Google
10. We usually have a small banner that we place on the railings next to our classes so that people walking by don't have to disturb the class if they want to find out more, usual dimensions 2 feet by 1 foot.

Contact:

Website - [www.fitforaprincess.co.uk](http://www.fitforaprincess.co.uk) (but there is no Sidmouth page set up yet)

Email – [janeyholliday@me.com](mailto:janeyholliday@me.com) (Will set up a Sidmouth Fit for a Princess address once permission to launch has been granted)

Telephone - 01395 515 515

