

Women's League of Health and Beauty
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www.thefitnessleague.com



November 2016

Dear Member

Please find enclosed the Report and Financial Statements for the financial year that ended on 31 March 2016 which were approved by the Board of Trustees at their meeting on 30 September 2016. Printed copies of the accounts can be requested by contacting me (address at bottom of letter) or picked up at the AGM (notification in advance of a wish to do so would be helpful).

The Women's League of Health & Beauty (WLHB) is the name of our organisation which for its classes uses the title of Fitness League. In this day and age the organisation is not limited to women there are a number of men in our classes and they are always very welcome. The WLHB Annual General Meeting will be held on Sunday 27 November at 11.00am at the Wesley Hotel in London. Full details are on the Notice of Meeting. Tea and coffee will be available on arrival from 10.30am.

As a member of our organisation you are entitled to attend the AGM and take part in the meeting. If you are unable to attend but still wish to vote on the matters of the meeting a proxy form is available for you to complete and send in. All proxy forms must arrive by 12 noon on Thursday 24 November.

The Board of Trustees recently co-opted Kim Davies onto the Board, however she has to be elected by the membership in order to continue after our AGM. We also have four of our other Board members who are standing for re-election.

On completion of the business part of the meeting, as has been our normal custom, there will be an opportunity for members to raise any matters of interest or concern which will be briefly discussed and if appropriate followed up by the Trustees in the near future.

On behalf of the Board of Trustees I wish to thank you for your interest and membership of our organisation. We do hope that we shall be able to welcome you to this Annual General Meeting.

Yours sincerely,

Alison Howard
Clerk to the Trustees & Company Secretary

My address: 32 Inkpen Gardens, Lychpit, Basingstoke, Hampshire RG24 8YQ alison.flcoordinator@gmail.com

NOTICE OF MEETING

Notice is hereby given that the 66th Annual General Meeting of the Women's League of Health and Beauty will be held at 11.00am on Sunday 27th November 2016, at Wesley Hotel, 81-83 Euston Street, London NW1 2EZ

AGENDA

1. To approve the Minutes of the AGM held on 28th November 2015 covering the financial year 2014/15
2. To approve the Minutes of the EGM held on 22nd April 2016
3. To receive and consider the Statement of Accounts to 31st March 2016 and the Report of the Board of Trustees
4. To elect Members to the Board of Trustees.
5. To approve amendments to the Articles of Association 20.3 and 20.4

By Order of the Board of Trustees

Note: Any members entitled to attend and vote is entitled to appoint a Proxy to vote in his/her place and such Proxy must also be member of the organisation.

Proxy form for the meeting is overleaf and must be lodged on or before Thursday 24th November 2016. To be sent to: Alison Howard, Clerk to the WLHB Trustee, 32 Inkpen Gardens, Lychpit, Basingstoke, Hampshire RG24 8YQ

PROXY FORM

THE WOMEN'S LEAGUE OF HEALTH & BEAUTY ANNUAL GENERAL MEETING 27TH NOVEMBER 2016

I(Name) being a member of the organisation,

appoint the Chair of the meeting

or (Name)

of (address),
a member of the organisation, as my proxy to vote for me on my behalf at the Annual General Meeting of the
to be held at Wesley Hotel, 81-83 Euston Street, London NW1 2EZ on 27 November 2016 and any
adjournment thereof.

Unless otherwise as instructed below, the proxy will vote as he/she thinks fit.

Resolution 1	To approve the Minutes of the AGM of 28 November 2015	In Favour/Against*
Resolution 2	To approve the Minutes of the EGM of 22 April 2016	In Favour/Against*
Resolution 3	To accept the Statement of Accounts, the Report of the Board of Trustees	In Favour/Against*
Resolution 4	To elect to the Board of Trustees Please tick to elect the following: <input type="checkbox"/> Lynne Berry, for her third term of office <input type="checkbox"/> Serena Coulson, for her second term of office <input type="checkbox"/> Christine Pointer, for her second term of office <input type="checkbox"/> Jane Ross, for her second term of office <input type="checkbox"/> Kim Davies, currently co-opted, for her first term of office	
Resolution 5	Approval of amendments to Articles 20.3 and 20.4 of the WLHB Articles of Association. (Details of the changes are given overleaf)	In Favour/Against*

*Strike out whichever does not apply

Signed:

Date: Membership number

RETURN TO: Alison Howard, Clerk to the WLHB Trustee, 32 Inkpen Gardens, Lychpit, Basingstoke, Hampshire
RG24 8YQ by 12 noon on **Thursday 24th November 2016**

The Articles of Association state that the Board should comprise between 6 and 10 members and no more than 50% of the Trustees may be teachers. Currently the Board comprises of 7 Trustees, of which 4 are non-teachers and 3 are teachers. One of the Board members was co-opted by the Trustees in September 2016 and, as required by the Articles of Association, now stands for election.

NOMINATED PERSONS STANDING FOR ELECTION FOR TRUSTEES OF WLHB

LYNNE BERRY (for 3rd term of office)

I was first elected in 2011 and am willing to stand for a third and final term in office. In my role as a Trustee I am part of the Finance Group, Trustee representative on the Marketing and Development Team and the FL Equality and Diversity Officer initiating teacher training in this area. Originally from Yorkshire I now live in Marple on the outskirts of Greater Manchester and teach classes in the area.

SERENA COULSON (for 2nd term of office)

I have a genuine appreciation of the values and benefits of the Fitness League having attended classes regularly for 10 years and when possible for the preceding 20 years.

MBA and CIPS qualified, I have 30 years work experience of executive roles in both plc and private companies as well as NED/Consultancy positions with an online retailer and publisher. I've managed a distinct business division and thus I am comfortable with the general principles of financial management and analysis. My last corporate role was as Product Development Director but I have extensive knowledge of procurement, managing external relationships and project management.

I combine my role as a self-employed business consultant with voluntary work in the criminal and family courts. My appreciation of the different dynamics of voluntary groups and of those who elect to undertake such positions is underpinned by my role as a magistrate. I regularly give presentations to schools and local community groups and am a member of the sub-Advisory Committee that interviews and recommends to The Lord Chancellor new magistrates for appointment; I am also a mentor to newly appointed magistrates.

CHRISTINE POINTER (for 2nd term of office)

I have had 25 years' experience at senior management level in leisure provision and have been Chief Executive of two borough councils. After retirement from local government I spent 4 years as a consultant advising on leisure provision in the Thames Gateway and in a consortium of 11 local authorities in Hampshire.

I have served as a national trustee of the WRVS (now RVS) and am currently working with the RVS Chief Executive and 3 other public figures as part of a small advisory group reshaping the charity to focus on "unleashing the power of volunteering". Until November 2015 I was the Vice Chair of the Attlee Foundation. I have worked with Sport England and Women's Sport & Fitness Foundation.

Through my working career I qualified as a member of the Institute of Leisure and Amenity Management, now the Chartered Institute of Management of Sport and Physical Activity. I have an MSc in Management and experience of chairing, finance, legal, charity governance, equal opportunities, the voluntary sector and fundraising.

During my 3 years as a WLHB trustee I have chaired the Governance Review. In addition I produced the draft for the WLHB response to DCMS consultation on "A new strategy for Sport" and have served on the Management Team.

JANE ROSS (for 2nd term of office)

I have greatly enjoyed my years with the Fitness League and I offered my services as a Trustee to make a contribution towards its continuing development and success. We are moving forward and I would like to continue to contribute to the momentum by serving for another term.

Specifically I bring strategic financial and management skills gained from my work as a qualified accountant and a Director of Resources at Royal Holloway college holding various directorships and a member of the SOAS Audit Committee. I have been a governor and then chair of governors for an independent girls' school; member of the School of Pharmacy Council including being Honorary Treasurer and Chair of the Finance Committee; and a Trustee of The Field Studies Council.

KIM DAVIES (currently co-opted)

Over the past 10 years I have trained and qualified as a Fitness League teacher, a Facial Therapist, Indian Head Masseur and Reflexologist and now help treat other women to improve their general wellbeing and achieve new found energy levels. I shall be starting a new Fitness League class in Mumbles in January 2017.

I am passionate about whatever activities I pursue and currently this involves the Fitness League, all kinds of walking and keeping the body moving at any age. I have been involved with the local RNLI and in that capacity have had experience in working voluntarily in the charity sector.

My skills encompass marketing, sales, social marketing, organising/managing events along with leadership and management.

Currently I represent the Omorovicza Company globally. I ensure the current distribution achieves both retail and wholesale targets through events, training, incentives and successful new product launches. I communicate at all levels between PR, Marketing, the retail buying teams and the owners plus dealing with any day-to-day matters arising to ensure the smooth running of the global operation.

My aim in the future is to move back to Wales and spend more time on active pursuits and less time in an office.

WLHB Articles of Association

Amendment to article 20.3 and 20.4

The following is the proposed wording for these Articles in respect of appointment of new Trustees.

20.3 Subject to article 20.2 the membership may by ordinary resolution appoint persons willing to act as Trustees, providing that the total number of trustees shall not exceed any maximum number fixed in accordance with article 20.1. The Board of Trustees will invite and actively seek applications usually indicating the desired skills that would be required. Any application of a person wishing to stand for election as a Trustee must be submitted in advance to the Board of Trustees as stated in the invitation. The Board of Trustees will set up an appointment panel to consider applications and make recommendations to the membership who will vote on the recommendation of the trustees

20.4 Subject to article 20.2 the Trustees shall have the power at any time to invite any person who is willing to act as a Trustee, either to fill a vacancy or as an addition to the existing Trustees, provided that the total number of Trustees shall not exceed any maximum number fixed in accordance with article 20.1. Any Trustee so invited shall hold office until the next AGM at which point, if the Trustees recommend to the membership and he/she is willing, he/she will stand for election.

For your information the following are Articles 20.1 and 20.2 to which reference is made. These Articles are not being considered for change.

20.1 Unless otherwise determined by ordinary resolution, the number of Trustees from time to time shall be not less than 6 and not more than 10.

20.2 Not more than half of the Trustees from time to time may also be Teacher Members.

The above replaces the wording in the Articles of Association approved on 22 April 2016 which stated:

20.3 Subject to article 20.2, the Association may by ordinary resolution appoint any member who is willing to act to be a Trustee, provided that the total number of Trustees shall not exceed any maximum number fixed in accordance with article 20.1. Any member wishing to stand for election as a Trustee (other than a Trustee retiring at the meeting) must be proposed by at least 2 members and written notice of that proposal signed by both of the proposing members, together with the member's consent to act, must be submitted to the Association at least 35 clear days in advance of the general meeting at which the resolution will be proposed.

20.4 Subject to article 20.2 the Trustees shall have power at any time to appoint any member who is willing to act as a Trustee, either to fill a vacancy or as an addition to the existing Trustees, provided that the total number of Trustees shall not exceed any maximum number fixed in accordance with article 20.1. Any Trustee so appointed shall hold office only until the annual general meeting of the Company next following his appointment and shall then be eligible for re-election, but shall not be taken into account in determining the Trustees who are to retire by rotation at such meeting.