

**The Landworkers' Alliance AGM 2021**  
**Saturday 04th December 2020**  
**1.00pm - 6.00pm**

Thank you so much for booking a ticket to the Land workers alliance AGM this Saturday!!! There are over 120 people planning to attend and participate in the online event on Saturday so far. There will also be regional gatherings on Sunday and there will be over 300 Landworkers' meetings across Scotland, Wales and England on Sunday!!

It's going to be a brilliant weekend and we can't wait to welcome you all.

**Below is all the important information you need for the event.**

**1. Link to the final programme:**

**[Click here to view the programme](#)**

We have designed the programme to include lots of breaks, interactive sessions and engagement with fellow attendees, lots of exciting presentations and discussions, short film screenings etc.

If there is anything we can do to make it easier for you to attend the online AGM and support you to be there please let us know - it's not too late!

**2. Zoom link and accessing the AGM.**

We will be using the online platform Zoom to host the event.

You can join via a computer or if you download the Zoom App on your phone you can also join this way.

**All ticket holders can access the event by clicking the following Zoom link:**

**By computer:**

Join Zoom Meeting

<https://us02web.zoom.us/j/89208508387>

Meeting ID: 892 0850 8387

*Please note there is no passcode required to join.*

**If you want to join by phone you can do so by dialling in on any of the following numbers:**

**By phone:**

Dial

+44 203 481 5240

+44 203 901 7895

+44 208 080 6591

And then when asked enter:

Meeting ID: 892 0850 8387

*Please note if you join by phone you will be able to hear the audio but not see the presentations or the screen.*

### **3. When does the AGM start and when can you login?**

The Landworkers' Alliance AGM will run from 1.00pm - 6.00pm

*However we will be running a 15 minute arrivals and tech check from 12.45pm - 1.00pm so you can join in and make sure everything is working for you before we start at 1.00pm.*

### **4. Preparing to attend the LWA AGM 2021:**

Make sure your zoom is up to date. You can find out about the latest version of zoom [here](#)

**New to zoom?** If you have not used Zoom before we encourage you to familiarise yourself with the system before the AGM if you are able to. [This is a good resource and guidelines for how it works.](#)

### **5. Self care on the day:**

Over the last two years we have all had to learn a lot about sustainable engagement in online organising.

We have planned lots of breaks, energizers and refreshers throughout the online programme, and it's really important that we all keep in mind our own self care in relation to extended screen time. Here are are a few tips we have found to be helpful:

**Avoid eye strain** - Try looking into the distance for 20 seconds after every 20 minutes of viewing, and resting your eyes for 15 minutes after two hours of continuous computer use (we have breaks planned in to support this!)

**Keep moving, keep stretching!** - Try to avoid sitting in the same position for too long, at least every 30 minutes have a move about and a stretch!

**Take breaks when you need** - We have factored in lots of short breaks, but if you feel you need to take a break sooner - please listen to your own needs and take breaks whenever is right for you!

**Stay warm and stay hydrated** - Sitting still for too long can get chilly! Wrap up warm and keep moving about! It can also be really easy to forget to drink water and stay hydrated when at a zoom event as we often don't feel we are burning much energy. But it takes a lot of concentration and engagement to attend an online event, our body is still working hard as well as our minds!

**Finally....**You know yourself best, take a deep breath and check in with yourself regularly and listen to what you need!

## **6. Safer Spaces Policy and Care ‘Captain’**

**Please see our safer spaces policy [here](#)**

*In the event that a person is experiencing difficulty in any capacity, or if they feel the Safer Spaces Policy has been breached, it is up to their discretion to bring it to the attention of organisers. We guarantee privacy and confidentiality in such an event and will do our best to honour the individual’s needs.*

**Care Captain:** Throughout the whole duration of the online AGM, there will be a Safer Spaces ‘Captain’ available to discuss any needs related to or in breach of the Safer Spaces Policy. If anything throughout the event makes you feel uncomfortable there will be someone that you can get in touch with on the day.

## **7. Joining the film screening for Honeyland (Friday 3rd)**

**On Friday 3<sup>rd</sup> December the LWA filmclub will be screening the Honey Land to kick start the AGM weekend!**

To register for the film screening, please go to

<https://watch.eventive.org/lwafilmclub/play/6194094bd575870085fb017d>

and select the Tickets button - this will give you access to the screening on the night.

**The screening starts at 7.30pm**

## **8. Any questions?**

All your questions are welcome! We are here to support you. Please be in touch with us at [events@landworkersalliance.org.uk](mailto:events@landworkersalliance.org.uk) if you have any questions or need any support.

If you have any issues joining the event on the day please get in touch with Brigitte on  
**Brigitte: 07557372725**

**Very looking forward to seeing you all at the AGM on Saturday.**

**Dee and Brigitte**

**LWA AGM 2021 organisers**

[events@landworkersalliance.org.uk](mailto:events@landworkersalliance.org.uk)