POSITIVE STEPS KEMNAY

TRUSTEES ANNUAL REPORT

YEAR ENDED 31st MARCH 2021



Charity contact information



Positive Steps Kemnay

Scottish Charity Number: SC048370

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Facebook ‘Positive Steps Kemnay’

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Charity Trustees

1. Madge Beattie
2. Ian Booth
3. Muriel Brydon
4. Hilda Hart
5. Derek King (resigned October 2020)
6. Rob Mackay
7. Suzanne Forbes- Murray
8. Anne Reid
9. Hamish Simpson
10. Pam Wheatley

Charitable Objectives:

1. To advance the health of adults in the Kemnay and District area through walking for health activities
2. To provide a recreational walking programme within the Kemnay and District area thereby promoting physical activity and encouraging positive health and well-being

Activities used to achieve Objectives:

1. Provision of supported Health Walks to four groups of people
2. Information and encouragement provided to enable people to pursue an active lifestyle and positive well-being
3. The identification of appropriate and suitable walking paths in the Kemnay and District area

The context for our activities

The Health Walking project (later to become Positive Steps Kemnay) in Kemnay was first established in April 2014. Three Kemnay people interested in walking and the health benefits attended a Walk Leader training course in Inverurie in January 2014. This course was provided by Paths for All and hosted by NHS Grampian Public Health. Aware that no such group existed in Kemnay we placed an advert in the Community Newsletter and that drew a good response for our first Health Walk. That healthy response established there was a community need for a Health Walk group.

The presence of the COVID 19 virus has severely impacted on our activities and we have strived to place the health and safety of our walkers and volunteers at the heart of our endeavours. This has involved following the legal restrictions imposed by the Scottish Government and the professional guidelines circulated by Paths for All. At the time of producing the Annual Report for 2019/2020 no walking groups were taken place due to the first national lockdown. The restrictions were eased on 28th August and walking groups with the exception of the Strength and Balance group resumed under controlled conditions. These continued for the remainder of the year quite successfully. However, the second national lockdown was announced on 4th January 2021 and all the walking groups were cancelled. This state of affairs lasted for a further three months and then in late March 2021 the restrictions were eased and the walking groups could resume again. At the time of writing this report there are six walking groups meeting on a weekly basis but not the Strength & Balance group.

Structure, governance and management

Positive Steps Kemnay is an unincorporated association that is guided by our Constitution. We have been registered as a Scottish Charity since 10 May 2018.

The management committee consists of nine Trustees that meets regularly to receive both Financial and Walking Group reports. This is the policy and decision-making body. The Chair of the management committee is Mr Rob Mackay. The Trustees get involved with the work of the charity and help out where they can. There is a Publicity Sub-group which took on the responsibility for designing a leaflet and poster to advertise the Friday Health Walks. In a similar way a leaflet to advertise the Buggy Walk Group was produced. Our Secretary, Mr Ian Booth took on the considerable task of designing and initiating a brand- new Website that is up and running. The Chair, the Treasurer and the Secretary are all volunteers and do a considerable amount of work behind the scenes.

There is also a volunteer walk leader support group that meets to take a closer look at what is happening with the walking groups and to decide on training priorities. Then on a day to day basis we have two voluntary project co-ordinators, Hilda Hart and Rob Mackay; they take a keen interest in all aspects of the project and do the nitty-gritty tasks e.g. rotas, publicity. The other Health Walk leaders are willing volunteers who help out with other tasks; for example Mr Hamish Simpson organises the monthly rotas of Health Walk Leaders on a Friday and Mr Rob Mackay does a similar job for the Buggy Walk group.

The use of volunteers is an integral aspect of the project and currently there are 10 active volunteer Walk Leaders. This is divided between eight volunteers who support the Friday Health Walks and two who support the Buggy Walk group.

The key role of the Walk Leaders is literally to lead our walkers on a safe and enjoyable route. On a Friday morning at the moment we organise and lead three walking groups, the Gentle Walk group which is supported by two volunteers and another two longer Health Walks which are each supported by one volunteer. On a Thursday morning each week the Buggy Walk takes place and normally there are at least two out of the three Walk Leaders. The training is provided through Paths for All and our most recently approved Walk Leader (Clare) went through the online training in May 2020.

This is what Clare fedback about her experiences with Positive Steps Kemnay:

> I volunteer to help out with the Kemnay Buggy Walk group on a weekly basis.
> The training was really interesting and helped me to understand more about what it takes behind the scenes for the health walks. We recently opened another addition to our group – a toddler walk – for those with little ones who prefer to walk. We start and finish at the same place as those in buggies, but take the wee ones a shorter walk.
> This makes sure everyone is included and we all get the best of the walks we can.
> We love our Thursday mornings. It is like another friendship group.

Achievements and Performance

Our activities are designed to provide free and friendly walks around Kemnay and District. There is not a specified group of persons nor is there a referral criteria.

We currently support 5 walking groups:

a. Strength & Balance group, sadly has not been meeting at all due to the restrictions on inside meetings. Normally it meets on a Wednesday once a month.
b. Buggy Walk group. Meets weekly for parents, babies and toddlers on a Thursday morning.
c. Gentle Walk. Meets weekly on a Friday morning and caters for our less able walkers who require a shorter walk on the flat.
d. Health Walk. Meets weekly on a Friday morning and offers a longer walk that lasts around 60 minutes with a brisk element to it.
e. Kemnay Kestrels is an out and about walking group that is part of the Grampian 50+ Network. They meet weekly on a Wednesday and the walks are communicated by e -mail. During this period there usually has been two separate walks.

Following training by Paths for All we have been designated a Dementia Friendly Health Walk. We are also a Cancer Friendly Health Walk as part of the Macmillan Move More Scotland Programme following Macmillan Volunteer training by some of our Health Walk leaders. This ensures people living with cancer are supported to become physically active both, before, during and after their treatment. We are also committed to Disability inclusion with some of the Walk Leaders having undergone Disability Awareness training.

Individual walkers are encouraged to make use of all these groups with the exception of the Buggy Walkers, so there is effectively a “ladder” system in operation. In other words, somebody who starts with the Friday walks can also opt to join in with the Kemnay Kestrels that meet on a Wednesday. Then if a walker is finding the Kemnay Kestrels a bit too strenuous can opt for one of the Friday

Walks. All these walks are free and available to all who live in the Kemnay and District area.

All the above groups have continued to grow in numbers over the year so this suggests strongly we are reaching our objectives. The following comments are representative of the comments we receive from walkers:

The Friday walks are good for us older people; fresh air, exercise, catching up with other people, tea and we leave with that good feeling and a bit fitter

Whether you have had a little sleep or ready to make new friends, the Buggy Walk is the answer, a very friendly walk, a chance to speak to other parents, get fresh air



The success of all the groups in bringing people together shows the impact that walking together has:

- Reduces isolation and build friendships
- Shared experiences creates strong bonds
- Physical activity and positive mental health
- Shared information about what is happening in the community

What do we know as to who takes part in the walking groups?

- We know from our records that the registered membership of 3 of our Health Walk groups for older people (Strength & Balance, Gentle Walk, Health Walk) consists of:
  - 73 persons, 95% are 65 years and older
  - Ratio of 3 Female: 1 Male

The Buggy Walk Group has attracted the interest of 30 walkers over the past year and each week we are normally seeing 6 – 8 buggy walkers + a range of prams, trikes and baby carriers! Most of the walkers are parents and also there are a couple of grand-parents that come along.

Role of volunteer Health Walk leaders:
We have been very fortunate with the dedication of our volunteer Walk Leaders throughout this challenging period and the Trustees thank each of them.
Very sadly one of our Walk Leaders, Shirley Milne died after experiencing a long illness and we wish to pay tribute to her and wish her family all the best. There are currently eight active Health Walk leaders that support the Friday Health Walks and two active Health Walk leaders that support the Buggy Walks. (one walk leader does both!)
We undertook an analysis of the walk leader hours for November 2020 and found that the total walk leader hours were over 37 hours for the month. This included hours spent in leading walks as well as administration and links with other groups e.g. Kemnay Path Group, Age Scotland, Clan and Kemnay Kestrels. On average this represents each volunteer committing 1.85 hours per week. A useful exercise and one to repeat in the future.

Our Partnership Work with other Groups and Agencies
A key part of the role of the Co-ordinators (Hilda and Rob) is to encourage our presence in the community through partnership with many groups and agencies. We link when we can with Public Health, Aberdeenshire Council, Kemnay Medical Practice, District Nurses, Health Visitors and the Community Midwives. More particularly, Hilda is our representative on Grampian Health Improvement Network (GHIN) and Rob sits on the Kemnay Local Learning Community Partnership.
Our core partnership is with Paths for All and we work closely with the local Health Walks co-ordinator Claire Turnbull and with Helen Wilson, Development Officer, Walking for Health. Thanks to both for their information and support.

Review of past year:
This year has seen the walkers and volunteers all experience the pressures of coping with a world pandemic and during the two periods of lockdowns to miss out on the enjoyment of walking in groups and having to contend with a more solitary lifestyle. This undoubtedly has had an impact on all of our physical and mental health. The management committee and the volunteer Health Walk leader group have done our best to respond to this challenge by continuing to communicate with our walkers in a number of ways.
We have used e-mail messages with walkers who have e-mails to keep them updated as to the latest guidance. For those who don't have e-mail facilities we devised a rota of phone calls, by which some of the Walk Leaders took on the responsibility of 'phoning small groups of walkers. We also used our Facebook group, 'Positive Steps Kemnay' to share public health messages and also video-based exercise programmes. Our Facebook Group currently has 107 members.

We used the opportunity presented by the Lockdowns to review our policies and to update some of them e.g. Privacy and Data Protection.
A dedicated website has been developed and is now fully operational. This is an exciting development and enables us to reach a far wider group of people and contacts (https://positivestepskemnay.uk/). The Trustees thank our Secretary Mr Ian Booth for his excellent work in developing this resource.

We continued our commitment to work with all our partners both locally and nationally. Locally we had the interesting experience of advising Kemnay Academy as to suitable walks that could be fitted within a 55 minute period.

An achievement by the Buggy Walk group has been to develop the ability to accommodate the needs of toddlers who have outgrown prams and want to do some walking, as well as parents who have young babies who are in prams that require pushing!! Sometimes the group will walk as one and other times there will be two groups walking but then they may meet up in the park or at a local café.

Favourite moments of the year:
In general, the joy of walking together was re-kindled on the two occasions when the restrictions were slightly eased and the various walking groups could cautiously come together and starting walking together in a socially distanced manner. Even under those restrictions what was clearly shown on people's faces was the resumption of some normality and the opportunity to meet with old friends and chat. It was joyous!!
However, we wish to pick out two separate moments that highlight the joy that comes with sustaining relationships through difficult times and over time.

The first of those concerns an elderly gentleman, Mr JH, who formerly attended our Strength and Balance group along with his wife who had a long-term illness from which she later died.
Mr JH. Had a background of playing the accordion for many years in Scottish dance bands and we got into the routine of asking him to play a marching tune to get us started for every session of the Strength and Balance group. Sadly, once the Covid -related restrictions started the Strength and Balance group sessions had to cease and we could only maintain contact with Mr JH. through phone calls. However, Mr JH. continued to play his accordion sometimes outside and sometimes he would post a tune on his Facebook page. It was noticed that occasionally he would post a tune with a reference to his walking friends and on this wonderful occasion that touched our hearts he made mention of the Strength and Balance group. He has given permission for this link to be included so all readers of this report can share in the joy:
https://www.youtube.com/watch?v=u9m0RaxDMl0

The other favourite moment (for the writer of this report) came about in the recent visit by the Buggy Walk group to the historic village of Monymusk and undertook the circular walk around Clyan's Dam. For the toddlers this represented quite a walk and this photo illustrates the joy of that particular day:



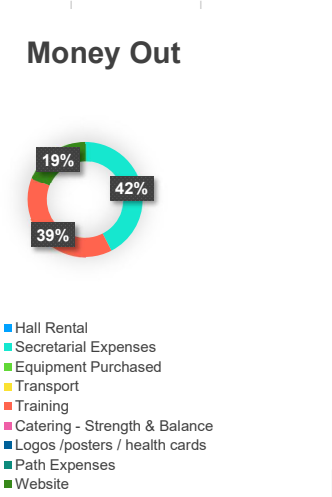
The little girl, Miss O., at the head of the group holding the Walk Leader's hand has been coming along on these walks with her mother and grand-mother since she was 3 months old – and now she is 2 ½ years old. Miss O. has progressed from being in a baby carrier to walking herself and that is quite a privilege to witness.

In spite of the age difference between Mr JH., & Miss O., (probably 80 years) what they both share is the enjoyment of coming together to not only walk and exercise but to share companionship and fun with others.

FINANCIAL REVIEW

Receipts and payment account 2020-2021

MONEY IN	
Grant Funding	0
Catering Income	0
Total Income	**0**
MONEY OUT	
Hall Rental	0
Secretarial Expenses	198
Equipment Purchased	0
Transport	0
Training	180
Catering - Strength & Balance	0
Logos /posters / health cards	0
Path Expenses	0
Website	89
Total Expenses	**467**
MONEY LEFT OVER	
Income minus expenses	**-467**



P.S.K. TREASURERS REPORT 2020 - 2021

This report will be submitted to OSCR by 31st December 2021 along with the Independent Examiners Statement signed and dated. The year has obviously been very different due to Covid 19 and this is reflected in the accounts with very little movement. We did apply for further grant funding from the Co-op Community Fund in the Spring to help with ongoing costs to setting up our new website but found out in the October that we had not been successful. We did not feel at that point that further funding was required as no real outgoings over the year. So in fact there were no receipts into our account throughout the year. Our payments consisted of secretarial expenses. ongoing website expenses and training for two to do their refresher Midas community mini bus training as they are the designated drivers for our group when we use the mini bus - a total of £467 47. This leaves us with a bank balance at 31st March 2021 of £2724.57. This is a healthy bank balance with the slow return to our full activities. As yet we are unable to restart our Strength and Balance group which incurs the added expense of hall rental.

Future plans

The intention is to continue with our best efforts over the coming year and there are certain events we look forward to participating in:

- Working with Aberdeenshire Council and our local partners to develop a Map and Information Board to be sited in the centre of Kemnay Village
- Applying for grant funding with particular reference to developing an Interpretation Board at the Dalmadilly Ponds
- To contribute to the development and siting of ‘Happy to Chat’ benches in Kemnay
- Setting out policy on the use of volunteers
- Developing plans as to how we record and analyse the impact of our activities

Many thanks and best wishes to all the walkers, volunteer Walk Leaders and members of the Management Committee for their interest and enthusiasm over the past year.

Declaration

Signed on behalf of the charity trustees:

Print name

Designation

Date