POSITIVE STEPS KEMNAY

TRUSTEES ANNUAL REPORT

YEAR 2021 - 2022



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. Mel Brown
4. Muriel Brydon
5. Hilda Hart
6. Rob Mackay
7. Anne Reid
8. Hamish Simpson

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.

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 eight 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 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, Ian Booth has taken on the considerable task of designing and maintaining our website that has

been up and running this year. 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., publicity, registers. The other Health Walk leaders are willing volunteers who help out with other tasks; for example, Hamish Simpson organises the monthly rotas of Health Walk Leaders on a Friday and 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 13 active volunteer Walk Leaders. This is divided between ten volunteers who support the Friday Health Walks and three who support the Buggy Walk group. Over the past year we said goodbye to Sharita Mohammed, and welcomed the following people as new Walk Leaders:

Liz Mackay, Lindsay Adam, Trisha Murray & Elaine Bates

The 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 two walking groups, the Gentle Walk group which is supported by two volunteers and a longer Health Walk which is supported by two volunteers. 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 over the past year this has been on an online basis.

This is what Lindsay fed back about her experiences with Positive Steps Kemnay:

> Joining Positive Steps Kemnay as a walk leader has been an easy pleasure. The walkers are so grateful and always stress how much they enjoy the walks. Even more, they value the company, particularly those living alone.
>
> As a leader I gain as much as they do. I have met new people, heard their stories, and been impressed by their individual fortitude and commitment.
>
> Long may it last.

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 criterion.

We currently support 5 walking groups:

a. Strength & Balance group has been meeting monthly on a Wednesday morning.
b. Buggy Walk group. Meets weekly for parents, babies and toddlers on a Thursday morning. Communication by WhatsApp.
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.
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 and What's App.

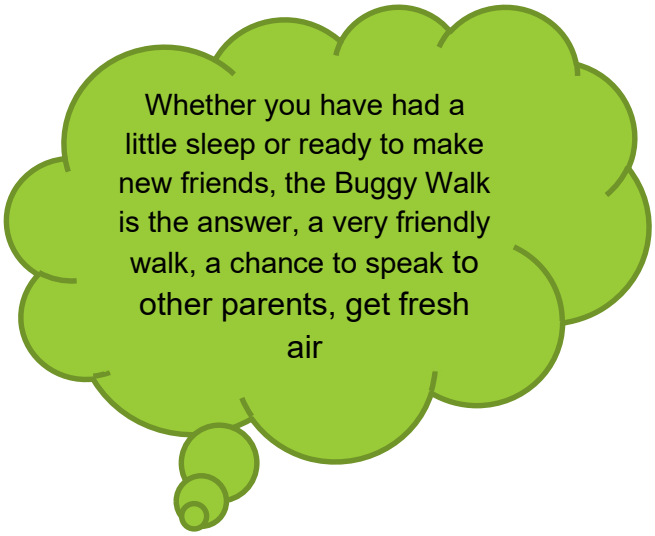
Following training by Paths for All we have been designated a Dementia Friendly Health Walk. We are also a Cancer Friendly Health Walk following a Macmillan Volunteer training for some of our Health Walk leaders. This ensures people living with cancer are supported to become physically active both, before, 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.

<u>Our walking activities during 2021 – 2022</u>

This year has been one of recovery from the impact of Covid, the lockdowns and the periods of social isolation we all experienced. All of the walking groups resumed walking outside in March 2021 with the exception of the Strength and Balance group. This group resumed in August 2021 with an outside meeting and since then have met monthly at Kemnay Village Hall. During the month of May 2022, we have met weekly, and the walkers have enjoyed a varied programme of Body Boosting Bingo, Qui Gong, Mental Well-being and a Sing-Song involving the Kemnay Ukulele Group. The number of walkers has steadily grown over the year, suggesting that people in Kemnay are recovering well from the impact of the lockdowns. It also indicates we are reaching our objectives. The following comments are representative of the comments we receive from walkers:





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

- Reduces isolation and build friendships
- Shared experiences create 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:
  - 54 persons, 95% are 65 years and older
  - Ratio of 3 Female: 1 Male

  There are 7 new walkers.

The Buggy Walk Group has attracted the interest of 23 walkers over the past year and each week we are normally seeing 6 – 8 buggy walkers + a range of prams, trikes and baby carriers! There are 4 new walkers.

The Buggy Walk group managed to attract funds last summer from the Scottish Government through the Get Into Summer project; this resulted in running a successful activity play afternoon at Kembhill Park on 22nd August.

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 Aberdeenshire Voluntary Action (AVA), Grampian Public Health, Live Life Aberdeenshire, Kemnay Medical Group, 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 Paths for All. Thanks to both for their information and support.

We have been active in local groups over the past year, including the Phoenix Fund Committee that was given a small sum of money to bring improvements to the village following the lockdowns; we have been especially active in enabling the purchase of three recycled plastic benches that will be placed in areas lacking in such resources with a clear mental health message - Happy to Chat Benches.

Another forum we have been active in for many years is the Kemnay Path Group and during the past 12 months this group has been active in:

- Consultation on a proposed new cycle and pedestrian path
- Responding to Aberdeenshire Council on the publication of a new Walking & Cycling map for Kemnay
- Exercising shared responsibility with Greener Kemnay for the community path at Dalmadilly
- Consultation with Breedon Quarries on the upkeep of paths at the Place of Origin

Review of past year

This has been another year, in which through the combined efforts of the Walk Leaders, the Coordinators, members of the Management Committee, the Office Bearers and the Walkers themselves we have managed to introduce a feeling of normality' in spite of the continued presence of Covid.

There have been moments of joy spent in each other s company and an appreciation that when on walks it is less about cardiac exertion but creating the space when we can all stop and appreciate the wonders of nature and each other s company.

Favourite moments of the year:

We wish to pick out two separate moments that highlight the joy that comes with sustaining relationships through difficult times.

The first of these concerns an elderly gentleman, Mr. JH, who initially attended our Strength and Balance group along with his wife who had a long-term illness from which she later died.

Mr JH. has a background of playing the accordion for many years in Scottish dance bands and is adept at putting words associated with the Strength & Balance group to well known tunes using our local Doric dialect. Here is his latest -

"Fin ye'r auld & stiff & scunnered

An dinna ken fit tae dae,

Just look out the leaflet

Ye got fae the S & B

A'thing in it is easy

Ye' dae it sitting doon

It's exercise is fit ye' need

An a' dean in a room"

The other favourite moment came about on Sunday 22nd August last year, when Kembhill Park was full of the sound of small children laughing on the bouncy castle and the murmur of conversations with mums and dads catching up with their friends.



FINANCIAL REVIEW

Treasurers Report to Accompany the Annual Accounts

1st April 2021 - 31st March 2022

This report will be submitted to OSCR by 31st December 2022 along with the Independent Examiners Statement signed and dated.

Receipts and Payment Account 1st April 2021 to 31st March 2022

RECEIPTS			2022
Grant Funding - AVA grant			1200.00
- Early Years Scotland			500.00
Other Income - donation			20.00
Total Receipts			**1720.00**
PAYMENTS			
Hall Rental			183.00
Secretarial Expenses			35.91
Sundry expenses - card / flowers			20.15
Equipment Purchase - name badges			48.25
Catering - Strength and Balance Group			16.86
Advertising - logos /posters / health cards/annual report			34.00
Website			138.26
Buggy Group Spending			459.49
Total Payments			**935.92**
Surplus / (Deficit) for year			**784.08**

Statement of Balance 1st April 2021 to 31st March 2022

	2021	2022
		£
Opening Balances of Funds	3192	2725
Add : Surplus / Deficit for year	-467	784
Balance of Funds at Year End	2725	3509
Represented by :-		
Bank and Cash in Hand		
Positive Steps Kemnay - RBS	2725	3509
Cash in Hand	0	0
Total of Funds Held at Bank	**2725**	**3509**
Approved by the Office Bearers and signed on their behalf		
Rob Mackay, Chairperson		
17th June 2022		

In July 2021 our Buggy Group successfully applied to Early Years Scotland for a grant of £500 which was spent on a Summer Fun Day held in Bogbeth Park. This was indeed a "Fun Day" and brought many families together. There is still £40.51 of the grant left to spend by this group.

We also applied for grant funding from AVA (Aberdeenshire Voluntary Action) through their Communities Mental Health and Wellbeing Fund. This was established to provide grants to small, grassroots community groups and organisations. This funding was in response to the mental health need arising from the pandemic and the intended outcome of the fund is to develop a culture of mental wellbeing and prevention within local communities and across Scotland with improved awareness of how we can all stay well and help ourselves and others.

Positive Steps Kemnay was successful in receiving a grant of £1200 in December 2021 to help with costs of hall rental in running, in the main, our Strength and Balance group in the Kemnay Village Hall but also other activities where hall rental is incurred by our groups.

Our payments consist of secretarial expenses, sundry expenses, and ongoing website expenses.

This leaves us with a bank balance at 31st March 2022 of £3508.65. This is a healthy balance, and we welcome the return to our full activities.

Future Plans

The intention is to continue with our best efforts over the coming year and contribute to the health and wellbeing of the community. In particular:

- To contribute to the siting and installation of the ‘Happy to Chat’ benches in Kemnay
- 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