APPROVED

Positive Steps Kemnay

Committee Meeting Minutes 20th May 2022, Held in Village Hall, Friendship Room

Attending: Rob Mackay (Chair), Hilda Hart, Anne Reid, Hamish Simpson, Mel Brown, Ian Booth

Apologies: Muriel Brydon, Madge Beattie

1. Welcome by Rob and thanks for attendance.

2. Minutes of 25th March 2022 Meeting

   One minor change, WRI should read WI when speaking about Monymusk Not WI Women's Group. The minutes were otherwise approved as accurate.

   Matters Arising

   There is the potential for a Mental Health first aid course, to promote mental wellbeing, which would be a two-day course. The PFA section also includes nature and environment, thus demonstrating the mental health benefits of being out and about. Nature backpacks are coming from PFA in due course

   Ref AOB -page 3 – Rob and Ian had attended the Monymusk Not WI group and Rob had also attended Kintore.

   Ref Kemnay Maps – it was agreed that these are still a resource, despite errors and it was agreed that Rob would re-work the wording for a sticker to be applied to each map, based on comments, and check the wording of that with Greener Kemnay on whether they will be supportive.

3. Finances / Budget

   The bank balance as of today was £3,998.37. We had received £450 from the John Adam Trust, £30 from Kintore and £26.50 from Monymusk.

   Hilda reported that the application for a community bank account is still on hold, pending the potential of a new Treasurer following the forthcoming AGM.

   There is still a sum of £41.50 available from the grant money received for the Buggy Walk group, held over from last year.

The above-mentioned John Adam Trust is a benevolent fund for the elderly of Kemnay, and their donation has been made without any conditions. It was discussed about a trip to Stonehaven, and the potential of utilising the Cycle Without Age facilities available there for the less mobile walkers. Hilda will check on availability. Toilets are also a necessity!

4. Walking Groups Updates

All walking groups have been busy as per last month.

The Gentle walks, now needs a definite division due to differing abilities. This splits up Leaders, but it was agreed that more use could be made of the walkie talkies.

The S&B group has been meeting every Wednesday in May, with a varied and interesting range of activities from Body Boosting Bingo (BBB), Qi Gong, and next week a sing song with the Ukulele Group. Comments have been received that S&B should be perhaps every second week. This will be brought up at the next Walk Leaders meeting.
There have been 4 new attendants at Health Walks in recent weeks, which is encouraging
Ian reported that he has also been asked for a BBB event for the Kemnay Tuesday Group at end June.

The Health and Wellbeing week for Health Walk and S&B sessions had attracted some additional folks.

The Thursday friendship cancer group are still meeting and walking. A Garioch Health Improvement Network (GHIN) meeting is forthcoming to discuss the situation post CLAN pulling out from this activity, so hopefully something else will come out of that in respect of a formal approach. Live Life Aberdeenshire would likely take the lead in this and would be looking for volunteers. It is likely that this would include long term health conditions and not just cancer. The friends meet for the time being but this needs to be formalised in due course

The Link Worker scheme attached to the Kemnay Practice is a link between the GP practice and Care in the Community. The Link workers have been appointed and will inform Rob of

developments. Rob reported that there is a conference 1st June, on primary care and community engagement.

Rob has had a call from the GP practice for more PSK leaflets, which is encouraging that the message is getting out.

The Buggy Group are planning to take part in the Big Toddle charity event on 25th June, through Fetternear Estate. Rob will approach people for additional volunteers to be on hand.

5. Volunteers

Tricia is now back and available for Leading walks. Hamish will include her in the rota. Claire Coutts has currently stepped back from Walk Leader of the Buggy Group. It is pleasing that other buggy walkers are being trained up, and also that Alan and Helene Henderson may be interested in training as Health Walk Leaders (HWL).
Hilda will enquire about HWL training and a first aid training course through AVA. Ian will check on the training spreadsheet.
Rob will follow up on baby first aid training.

6. AGM Arrangements

A provisional date of 17th June has been made for the AGM, for which the annual Report and Accounts are to be prepared. Hilda has intimated retiral as Treasurer. Ian offering to be Treasurer, but we would need another Secretary. Ideally, we need more walkers on the committee to bring the commitee up to 10 if possible.

It was agreed to postpone the AGM to 24th June. Rob will prepare a slip to hand to walkers, and this will be posted in the newsletter and on Facebook

7. Publicity and Promotion

The website generic email address is
info@positivestepskemnay.uk
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8. Kemnay Paths Group

Spray maintenance of the Community path is happening today! Rob reported that at Place of Origin the upper part of improving

path has still to take place by Breedon. Hamish mentioned the overgrown herb boxes at the ponds and the lack of benches there, as most are now rotten and fallen into disrepair.

8. Privacy Notice for Photos / Videos and Verbal Quotes

Some further signed privacy notices have been received.

9. Any Other Business

Three multi-coloured Chatty benches have been ordered – one for The Green and two for Alehousewells Playpark. The anchoring arrangements have yet to be confirmed, but this may have to be arranged through the Council. Ian is awaiting on approval of plaques to be mounted to the benches in due course.

10. Date of next meeting:

Date for the AGM was agreed as 24th June 2022

Friday 15th July 2022 at 1130 hours. (subsequently arranged) for next Committee meeting.