APPROVED

Positive Steps Kemnay

Committee Meeting Minutes 25th March 2022, Held in Village Hall, Friendship Room

Attending: Rob Mackay (Chair), Muriel Brydon, Hamish Simpson, Mel Brown, Ian Booth

Apologies: Hilda Hart, Madge Beattie, Anne Reid

1. Welcome by Rob

2. Minutes of 5th November 2021 Meeting

   One minor change, Ace Scotland should read Age Scotland. The minutes were otherwise approved as accurate

   Matters Arising

   In respect of the Annual Report, Rob reported that he had met with Dr Lee at the surgery and left a copy of the report. She will share with the other doctors. Other locations for copies the Annual Report could be left at the Library, Village Hall, Community Council, Health Clinic and Loaves & Fishes.

3. Finances / Budget

   Hilda had submitted a short report in her absence. This is appended to the minute. The end of year balance bank balance was £3,508.65. An application will be made to the John Adam Trust provisionally for a bus trip for walkers – possibly to Stonehaven. It is still unclear if the community bus will be resurrected.
   Hilda has held on the application of a community bank account, until after the AGM, pending the appointment of a new Treasurer. Ian intimated that he would be willing to take on this role if another Secretary could be appointed.
   Our main budget items consist of hall rental, personal expenses and perhaps bus trips.

4. Walking Groups Updates

   Rob reported that the Buggy Group continues to have good numbers between 7 and 10 per week, including around 12-15 children with three new additions in the past few months. In addition to Rob, there are two mums as Leaders and Claire

Coutts. It would be good to have another walk Leader (preferably someone with childcare experience). We could advertise on Kestrels what's app page. Rob also intimated that mini First aid training is available at £25 per person. It was agreed that this could be paid from our own funds, and the hall hire could come from the AVA grant money.

Hamish reported that the G50+ Men's Group has good numbers at around 15. They often use public transport en-route and have a programme of walks 6 months in advance.

Ian reported that Kestrels continue with good numbers – 15 - 20. Many of the woodland walks have been interrupted due to the storm damage over winter. Rob spoke of the Bennachie woods still being out of bounds until at least mid-April.

Bird flu was confirmed at Dalmadilly Ponds. A sign that was pout up to this effect had been torn down. Hamish reported that he had in the meantime repaired the hogweed sign.

There continues to be a good turnout for Health Walks, which are busy and active. The next S&B meeting id due 6th April, with a month of S& B weeks during May.

5. Volunteers

Tricia has undergone online Health Walk Leader training and can be added to the list of volunteers.
Mental health training was spoken about, and it was agreed that this a very wide subject. Mental wellbeing is more suited for our needs. Hamish related the McMillan course and mental wellbeing. Madge Beattie has previously done a 3-day course and Rob will ask her about that.
We should seek information about signposting towards professional groups.
Basically, we should keep in contact with members, listen, encourage and build trust. The PFA website has a good mental wellbeing section.

6. Publicity / Promotion

The website generic email address is
info@positivestepskemnay.uk

7. Kemnay Paths Group

Rob will continue to chase up the spray maintenance of the Community path. Rob reported that at Place of Origin there has been renewal of gravel on the most worn paths to the top. A community sign has been agreed and Rob is looking for a group of people to assist.

The maps produced last year with a number of errors are still available in large numbers. Rob has produced a draft sticker which was discussed at the meeting. It was agreed that the second sentence should be first. Rob will produce a second draft for further discussion.

8. Privacy Notice for Photos / Videos and Verbal Quotes

This should be kept active.

9. Any Other Business

Muriel asked if some S&B leaders could come along to demonstrate exercises to Monymusk not WRI Group. The consensus for this was – yes. (Since done).

In respect of any potential political refugees in our community, it was agreed that we should make efforts to reach out and welcome to our various groups.

10. Date of next meeting:

Friday 20th May 2022 at 1130 hours.

A date for the AGM was agreed as 17th June 2022

Appendix

Treasurer's Report

Report as follows -

Bank Balance £3508.65. This should be our end of year balance at 31st March as I have taken into account cheques written but not cleared through the bank as yet. I will do accounts on my return for the AGM, a date in June to be set at committee.

Grants - Buggy Walkers missed out on their AVA application due to early closure of that grant in mid-February. I will keep Rob in loop with other grants out there. Rob is also looking at a grant from John Adam Trust in the village for " old folks' ' and we discussed bus trips for our walkers - Rob will update.

Community Bank Account - form filled out but am not going to push the button on this as yet. Realised that last year pre-AGM we should really find another to take on Treasurer's role so there needs to be discussion on this. We discussed staying on committee as a coordinator but all this needs forward planning. If I am not treasurer, then the new treasurer needs to be on that form and not me. So have moved forward on form but not completed. I have set it up with my email and a password but have not submitted it yet.

Cheque Book - I can hand that on but don't think any cheques to write whilst I am away.

Our S&B in April already paid for in the last invoice from Janet.

Age Scotland - who knows re USB?? As you see another email sent today. I am home by the time we use it in May.

S&B - Organising May S&B visitors I will leave to you guys. Ian has already written to the Community bobby.

Walks - wondered what all thought of Avian Flu and Ponds??

Paths for All Guidance - I noted in Slack that there will be an update on the Network after Nicolas announcement this week and they will post on Slack when new updates are available. Someone was asking retest and trace and need to still take info, but we do that anyway as a register.