APPROVED

Positive Steps Kemnay

Committee Meeting Minutes 4th February 2022, Held in Village Hall, Friendship Room

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

Apologies: Madge Beattie

1. Welcome by Rob Mackay for this meeting in the Friendship Room

2. Minutes of 5th November 2021 Meeting

   The minutes were approved as accurate

   Matters Arising

   Rob has arranged for 12 copies of the Annual Report to be printed and bound with an acetate cover at W. Peters, Turriff. These will be used for hand out and promotion. Cost was £28.

   Some issues with the generic website email address not picking up some emails from Claire Turnbull. It was thought this could be an issue with some attachments. This to be further checked our by Ian. (since checked with Jim Buchan who could find no problems with email settings)

3. Finances / Budget

   Hilda intimated that the bank balance was £3,726.70, which has been boosted since last time with the AVA (Aberdeenshire Voluntary Action) grant for Communities Mental Health and Wellbeing – in particular to fund the hall hire for Strength & Balance sessions, and other hall hires. The £1200 grant was most welcome, and Ian was thanked for the successful application.

   There is £40.51 remaining of the £500 grant Rob received last year for the Buggy Group activities. Rob has checked that this can be carried over.

   AVA now has a phase 2 grant application scheme out, which could pay for a one-off event. Rob is awaiting confirmation if we could apply. Applications close 15th March (in actual fact they closed very early, due to huge response).

   Hilda is still investigating the Community Bank Account, which will be carried over.

4. Walking Groups Updates

There continues to be a good turnout for Health Walks, which are busy and active. The S&B meeting had been held this week with 14 attendants. Hilda reported that the Age Scotland Body Building Bingo software is still awaited and she will chase this up – this should help add more fun and exercises to the S&B programme. Peggy Fraser also joins S&B when she is available and adds a Tai Chi element to the exercises.
Hamish reported that the G50+ Mens Walking Group meets with 12-20 in attendance and a new programme has been prepared for the next few months. Hamish stated that this group is important for mental health and some members are talking of their cancer journey.
Kemnay Kestrels are still busy, and this demonstrates the ladder approach to all sections of PSK. We regularly have 20+ walkers with a varied membership.
Rob reported that Buggy Walks have between 4 and 12 walkers, with some of the older bairns on scooters now. Members have also been meeting up at Loaves & Fishes, and there is a thriving Whats App group.

5. Volunteers

There was a Walk Leaders meeting the previous week, where lots of issues were discussed. One particular thing was road crossings, where some members were not paying enough attention, and relying too much on the Leader(s). Rob had highlighted this at the start of this morning's walk. The changes to the Highway code more in favour of pedestrians and cyclists, may help here. Mel mentioned that a whistle for Leaders may be beneficial to get attention (to stop the blethering for a few moments!). This may also benefit Kestrels.
Tricia Murray had applied for Walk Leader Training on 8th March to find that this course was full up. Claire Turnbull is aware of this training requirement.

6. Publicity / Promotion

The website generic email address of info@positivestepskemnay.uk is being disseminated to other public bodies as the main point of contact for PSK.

The email situation – as reported above

Annual report copies – as reported above

Ian will review the text on the website to take some of the old stuff off (since done)

Communications in general was discussed in particular relation to potential weather problems.

7. Kemnay Paths Group

Rob reported that the spraying maintenance of the Community path will be carried over to spring time. Hamish asked that the whins also be cut back. Hilda mentioned that there is a Paths for All back pack for trimming and clearing of vegetation, cleaning of signs, etc., which may be beneficial to carry during the growing season.

Active Travel Routes (Kemnay to Kintore and Inverurie) have been approved by Committee at Aberdeenshire Council, and two routes are to be further developed. The Kemnay report was included in submissions, but we are not clear as to what exactly has been approved. This will be followed up with Sue Wainman if possible.

Rob re-iterated that the Kemnay Maps, of which we have many, are full of errors. Do we bin them? It was felt that we should still use them, as they are better than nothing. Possibly add a sticker to the maps? Rob will organise a form of wording and discuss with Greener Kemnay. Communications with Council is currently flawed in respect of replacement maps. This will be resurrected if possible.

8. Privacy Notice for Photos / Videos and Verbal Quotes

This should be kept active, and Rob submitted some completed forms from the Buggy Group.

9. Any Other Business

Hamish mentioned the very clear mental health benefits of walking and talking. Perhaps a training update may be possible. It was stated that there are useful publications on PFA and SAMH websites.

Hilda mentioned the PFA Step it Up programme, with expert lectures on health walks. The theme is Walking Environment /Everyone – inclusion and diversity / Every Day – 14 to 60. This

programme run by Nanette Murtie, a PFA Director, with emphasis not just on health but on enjoyment and social aspects. Hilda will circulate a link.

10. Date of next meeting:

Friday 24th March 2022 at 1100 hours.