**APPROVED**

Positive Steps Kemnay

Committee Meeting Minutes 15th July 2022, Held in Village Hall, Friendship Room

Attending: Rob Mackay (Chair), Hilda Hart, Madge Beattie, Muriel Brydon, Sandra Collett, Marie Motnagh, Ian Scott, Hamish Simpson, Mel Brown, Ian Booth

Apologies: Anne Reid

1. Welcome by Rob at this first meeting since the AGM with a new Committee.
2. Rob welcomed new members, and described how the operation works, making decisions based on the Constitution. We also wish to review the Constitution, and it was agreed that Rob, Hilda and Ian would review this and bring it back to the Committee for approval. Rob also explained about Office Bearers, and Committee agendas, which contains standard items and new items as appropriate. Committee meeting minutes are prepared and circulated as a draft for approval at a subsequent meeting, pending any changes.

3. Minutes of 20th May 2022 Meeting

   One minor change, Monymusk not WI should read Monymusk Not WI Women's Group. One small typo in item 6 Committ, should read Committee. The minutes were otherwise approved as accurate.

   Matters Arising

   Discussion on the Walking Map which was wrongly printed by Aberdeenshire Council. There are around 1000 maps. Do we bin them? The consensus is that these should be retained, and a draft wording of an appropriate sticker should be altered by taking out the words "unfortunately" and the 2nd "their". Ian will produce another draft and arrange for these to be printed. These will be placed on the map side of the brochure underneath the name of "Kemnay".

   A first aid course aimed at treatment of under 5's has been held in two sessions run by Maureen Teague.

   The Happy to Chat benches purchased through the Phoenix fund have been delivered and Aberdeenshire Council will

install these (two at Alehousewells Playpark, and one at The Green) free of charge. Thanks to Ian Mitchell of the Council for organising this. Happy to Chat plaques will be installed in due course with phone numbers and QR codes for two local mental health charities.

Rob reported that Nature Backpacks have been received from Paths for All (PFA). These include binoculars, I.D. charts for birds, plant etc. the other pack has a litter picker, collection bags and wipes. It was agreed that these should be incorporated into walks where appropriate.

Ian S stated that it would be useful to have refresher training on use of the various Defibrillator kits in the Village. Rob will contact Sue Wainman about the potential to set up a session / course.

4. Annual Report

The report for 2021-22 has been completed and issued by Rob. This includes a summary of our activities and annual accounts. The submission od accounts to OSCR has not yet been done since the AGM. Hilda described this process and how we now have a new log-in with OSCR.

5. Finances / Budget

The bank balance as of today was £3,719.98, including a donation of £20 from the Kemnay Tuesday Group.

Hilda reported Isobel Ross had been thinking about taking on the role of Treasurer but has since declined by email but to finally confirm. Muriel suggested that Gabby Stevens (Greener Kemnay) may consider helping out, and she will be approached in due course.
Hilda also mentioned that the application for a community bank account is still on hold.

6. Walking Groups Updates

Ian S mentioned that while the community café is closed that we should encourage walkers to use Loaves and Fishes at the Church Centre, which would be good business for them. It was stated that Gentle walkers could struggle, and also no promise of how many people would attend. In reality the community café is closed for three periods of school holidays of 2 weeks at a time in April July and October. (setting aside the closure during covid lockdown periods). As long as volunteers were willing to come to the Village Hall and make

teas and coffees when the café is closed, it was agreed that we should continue to look after our own folks.

All walking groups have been busy as per last month.

Muriel suggested that we should introduce silent sections of walks again, so that folks take more interest in their surroundings for a short spell. Marie mentioned the Flower of the Week, courtesy of Fairley Taylor, which is on Facebook (and website), and that these could be looked for while on walks. It was agreed that these should go to once per month and be more seasonal.

Sandra spoke about us having three walking groups during the lockdown period, and asked if consideration be given to having 3 groups once again. She was very grateful to all the efforts of the walk Leaders. It was agreed that we should discuss this with the volunteers at the next Walk Leaders meeting, particularly since the Gentle walks now has a natural split.

Future of cancer related Health Walks - Hamish had attended (in Hilda's absence) a recent GHIN meeting with 15 people in attendance. The main discussion topics were Mental Health & Wellbeing, Fuel Poverty, Health Walks. Hamish had approaches after the meeting from Shirley Buchan, a local councillor, who is interested in maintaining contact. The meeting was hosted by CLAN. CLAN stated they also offer Health Walks and now have a recently appointed Health Walk Leader. (this following on from previously dropping the Cancer Health Walks that Hamish, Hilda and Peggy were involved with). Peggy will not be going back to CLAN and Hamish reported that they continue with their previous cancer journey walkers, as a friendship walk.
Everyone was reminded that PSK is a cancer friendly Health Walk. Live Life Aberdeenshire (LLA) has taken on the role of long-term health conditions including cancer. Referral / signposting would come from LLA. Hamish stated that he wished to continue to look at progress with CLAN. Rob had attended the Kemnay Local Learning Community Partnership (LLCP) meeting, where Hamish's contribution at the GHIN meeting had been well received. Well done, Hamish.
PSK may also get signposting from the Link Workers who are attached to the local GP practice. Claire Wright (LLA) had

mentioned that LLA could give refresher training on long term health conditions. This is to be followed up.

Purchasing of Equipment - Hilda stated that we need to purchase more hi-viz vests for new Walk Leaders. Midge Manson has been in touch with the Thomson Partnership to get up to date prices for fleeces.
Two sets of walking poles are located in the store cupboard for use by walkers on appropriate walks (e.g., Place of Origin).

Coach Trip to Stonehaven 22nd July – Rob reported that so far 31 seats have been filled on the 35-seat coach. This was confirmed that there is no cost to any of the walkers, as there were rumours going around to the contrary. Masks should be worn while on the bus for everyone's protection. Return time should be by 1pm.

7. Volunteers

We now have 14 volunteers as Walk Leaders, including 3 Leaders with the Buggy Group. The local PFA worker Claire Turnbull is our main contact person with PFA. Health Walk Leaders will require refresher first aid training, although it was stated that the Red Cross app for mobile phones is very comprehensive.

8. Publicity and Promotion

The website www.positivestepskemnay.uk has a generic email address of info@positivestepskemnay.uk

As last year 12 copies of the Annual Report will be produced for local distribution.

Copies of Welcome Packs for new walkers are retained in the store cupboard at the Village Hall

We continue to have free publication of PSK activities in the Kemnay Newsletter.

9. Kemnay Paths Group

Spray maintenance of the Community path has been completed and looks good. Previously reported giant hogweed at the Ponds

has been sprayed. Breedon have responsibility for the Ponds and the upper paths at the Place of Origin.

10. Privacy Notice for Photos / Videos and Verbal Quotes

Some further signed privacy notices have been received.

11. Any Other Business

Carrying of Health Cards will be discussed at the next meeting

Rob mentioned the PFA awards scheme. Claire Turnbull has approached Rob about submission of an application for PSK. Hilda mentioned about the success of the Buggy Group This was agreed, and Rob will speak to Claire.

12. Date of next meeting:

Friday 16th September 2022 at 1130 hours for next Committee meeting.