Approved

Positive Steps Kemnay

Committee Meeting Minutes 13th October 2023, Held in Village Hall, Friendship Room

Attending: Rob Mackay (Chair), Hilda Hart, Mel Brown, Muriel Brydon, Sandra Collett, Marie Moynagh, Karen Simpson, Hamish Simpson, Ian Booth.

Apologies: Madge Beattie, Claire Neisham

1. Welcome by Rob. Apologies to Karen regarding email mix up previously.

2. Minutes of Meeting of 31st August 2023

   The minutes were considered as accurate and duly approved.

   Matters arising: Rob explained that the "land grab" planning application at Dalmore House was still ongoing. The amended application was still being objected on a matter of principle. The Paths Group and individuals had all objected.

   Rob had attended a charities event at Kemnay Academy, which proved to be a busy time with pupils from S3 given a short time to visit all the 10 charities represented there. One of the questions was "If we had £3,000 to spend what would we do with it" Rob pitched with the project to erect strength and Balance posts in The Green, which would benefit the whole community. This was a very worthwhile event and hopefully something will come from it. Previously, Inverurie Men's Shed were recipients from a similar event at Oldmeldrum Academy.

   There has been ongoing correspondence with Health Visitors in respect of the proposed "messy play" event. We are awaiting feedback on this.

3. Finances and Budget: Hilda stated that the bank balance was £4520.43 including the latest Age Scotland grant for a bus trip before end March 2024. We await the outcome from the Co-op Community fund application, although any money would not come in until October 2024. If successful, we need to remind folks to enter PSK as their chosen charity.

   We had attended a webinar through AVA (Aberdeenshire Voluntary Action) about the upcoming Charities Act 2023 coming into force in 2024/ 2025. There will be greater transparency and accountability of charities. One significant change is that we must notify names and addresses of all Trustees (although addresses not published by OSCR). We feel that PSK are already doing everything they should be doing as no major changes required. We had posed a question about the number of volunteers who are also Trustees. The next thing we must do is re-visit our Constitution document to see if there's anything that needs to be changed considering the new Charities Act 2023

4. Volunteers

   A First Aid training session has been arranged for 18th November for all Walk Leaders. This will be from Dawn McLean, former District Nurse, who has set up her own company.

5. Walking Groups: Buggy walks continue to be successful with numbers ranging from 2-3 to 10-12. The Friday walks are hugely successful with around 12 on gentle walks and 28- 31 on longer walks. Management of large numbers remains a concern, but we are minded not to impose a restriction on numbers who can attend in any given week. We will aim to encourage more experienced walkers to become Associate Walk Leaders (e.g., without having to go through official walk leader training. We have spare hi viz blank vests whistles. Rob will distribute to walkers a summary of the Associate Walk Leaders workshop, that was held at the Annual Health Walks Conference.
   The Strength and Balance Group is meeting every Wednesday in October, with 20-25 in attendance. From November we will meet in the Friendship Room which is more cost over winter months.
   Claire Turnbull is now matching up people living with long term health conditions with available groups, so we could see further attendees.

6. Constitution:
   The terminology of Committee Members does not sound as legally "scary" as Trustees, but to OSCR, Committee Members are all regarded as Trustees. It was agreed that the Constitution document should reflect this. We should perhaps run our changes to the Constitution past AVA, along with annual accounts verification. During our discussions we had spoken about appointment of a Vice Chair in addition to the Chair / Treasurer / secretary office bearers. Our Constitution should also reflect this, even if no-one is currently appointed. We also need to consider the wording about Membership and membership of the Management Committee, although the word Trustee should clarify this. The wording around winding up also needs to be reviewed.

8. Christmas Meal 8th December 2023

   It was agreed that would be on a first come first served basis (excuse the pun!) as numbers are restricted to a maximum of 55. For those not wishing to go to the meal there will still be a Friday walk available and the community cafe. It was also agreed that this would be a non-refundable payment, and if anyone has to back out at the last minute, it would be their responsibility to find someone else who could attend. Rob will re-issue a previous note on this subject.

9. Reminiscence group developments

   Hamish and Marie have been visiting the Tuesday Group and will look at old TV shows next time, along with old photos that folks may have at

home. Contact is being maintained with the Heritage Centre in Inverurie. Hilda recommended Hamish speak with Colleen Pirie whose husband had provided all the old photos in the village hall. Also, a "show and tell" session may be useful.

9. Publicity / Promotion

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

10. Kemnay Paths Group

    The Paths Group consists of Greener Kemnay and PSK represented by Rob, Hilda and Hamish. There is a need to encourage more members and a wider remit. There has been a couple of meetings recently with PFA representative, and a public meeting early in 2024 to try and engender more interest, with speakers from outside. Paths for All will help once a project is established. Other Paths Group (e.g., Aboyne and Westhill) have received significant funding to expand paths networks and indeed Aboyne have recently won the Path Group of the year award from PFA.

    Rob reported that a request has been made to Aberdeenshire Council that a second edition of the Kemnay area Walking and Cycling Map be produced, and comments have been passed on as to the corrections that are required.

11. Any Other Business

    Nil

15. Date of next meeting:

Note the next meeting will be **Thursday 14th December from 1pm to 3pm.**