Approved

Positive Steps Kemnay

Committee Meeting Minutes 14th December 2023, held in Village Hall, Friendship Room

Attending: Rob Mackay (Chair), Madge Beattie, Claire Neisham, Karen E Simpson, Hamish Simpson, Ian Booth.

Apologies: Hilda Hart, Muriel Brydon, Marie Moynagh, Sandra Collett, Mel Brown (post meeting)

1. Welcome by Rob on our last meeting of the calendar year.

2. Minutes of Meeting of 13th October 2023

   The minutes were considered as accurate and duly approved.

   Matters arising:
   The Dalmore House "land grab" planning application was still ongoing, with a site visit being planned by the planning committee. A decision should be forthcoming after that.

   The "Messy Play" (not so messy!) event had taken place on 23rd November. PSK had supported this well attended event, without any monetary impact. This was a good effort by the Health Visitor Team.

   Constitution Update: a revised version of the Constitution document had been circulated to the Committee for some "bedtime reading." This document has been sent to Aberdeenshire Voluntary Action (AVA) for their comment and advice, ahead of the document being sent off to OSCR for their perusal. Any final modifications (expected only minor tweaks as we already conform to all of the new Charities Act 2023 requirements) with then be made ahead of bringing to Committee again and then a PSK Extraordinary General Meeting for formal adoption.

3. Finances and Budget: In Hilda's absence, Ian gave a brief financial update. The bank balance stands at £4,121.66, not including a very recent further grant of £1,050 from AVA for hall hire in year 2024-25, which is very welcome. Ian and Rob had attended the Co-op to meet the Community Fund organiser and the shop Manager (both called Ryan!). In addition to promoting people to support our cause during the coming year, the Co-op can also hold a live event in the store if we require, and can offer minor funding for items (teas, cakes etc), for any events which we may hold) – it is PSK's 10th Anniversary in spring 2024.
   There is a still an outstanding decision to be made on the destination for the next bus trip (Age Scotland grant) before end March 2024.

4. Volunteers

   The First Aid training session from Dawn McLean (Madain) was held on 18th November for all Walk Leaders (apart from one). All Volunteers through this was a really well run and worthwhile refresher course.

5. Walking Groups

   The Buggy walk group will do a Christmas lights walk this coming Friday. It will also be the Buggy Walk group 5th anniversary in May 2024. They are working with Anni Stonebridge – health walk co-ordinator.

   The Friday Walk Group will celebrate their 10th anniversary in April 2024, and we will need to mark this milestone with some form of celebration. During the last 10 years the emphasis had changed from walking with cardio section to more social walking, which promotes physical and mental wellbeing.

   The Strength and Balance Group is still going strong (excuse the pun!).

   Work continues on the S&B Post project for the Village Green. We have been granted £2,000 from the Developer's Obligation Fund through Aberdeenshire Council towards this project, and Council will also carry out the installation of posts at no cost to PSK. The money from the Co-op Community Fund will also be allocated for this project with a total cost of around £5,500.

   Rob had attended a talk about local community charities at Kemnay Academy. Following that, one senior class was promoting PSK as a potential candidate to receive up to £3,500 from the Sir Ian Wood charitable trust fund. Our fingers are crossed that the class will be successful in their presentation.

   Jimmy Hay's wee book "Lucky Jimmy" is still being circulated amongst members, and those that have already read it have declared it a hoot!

6. Christmas Meal

   Everyone agreed that the Christmas Meal the previous Friday had been a great success, and the Committee expressed thanks to Marie and Sandra organisation of the event. The gratuity to Golf Club staff had amounted to £104.

7. Reminiscence Group

   Marie and Hamish continued to attend various meetings of the Kemnay Tuesday Group. Marie is looking at setting up digital historic photo library - Hamish referenced his experience at Newburgh and Fyvie. Hamish will take this forward with Marie. Hamish is also awaiting an appointment with Ivy Guyan at the Inverurie Heritage Centre.

8. Covid Memorial Project

   Please see appendix item to this effect. For note, Claudia had set up the Devron Art Project in Huntly.

9. Kemfest 2024

Please see appendix item to this effect. The 2023 event had one or two sessions which had no attendees, hence the planning for a winter event ahead of the main event in May 2024 to coincide with Mental Health week.

The winter event will run on 21st January 2024 from 11am to 2pm in the village Hall, this being subject to Rob hearing from several people before the year end. PSK agreed in principle to support this event. This could be advertised through social media outlets, schools, library, Co-op notice board etc.

Rob advised that Paths for All (PFA) have produced a new Mental Health Policy, available of the PFA website. This will added as an Agenda item for the next Committee meeting.

10. Publicity / Promotion

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

11. 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.

Hamish spoke about the potential of formation of Donside Paths Group to give a larger lobbying body when it comes to funding applications. Rob will contact Greener Kemnay again to ask for another meeting.

12. Any Other Business

In reference to the ongoing situation with Dalmore House, Karen asked about who owns what land in this area. A considerable amount is owned by Archibald Grant. Rob mention Scottish Land Agency / Registry, and also mentioned a programme on BBC iPlayer entitled "who Owns Scotland" which is well worth a look. Rob has also used a book about Scottish Rights of Way. (Rob has since sent a reference email on these items)

An event will be held on 24th February in the Bowling Club to raise funds for the Trishaw project (Cycling Without Age Scotland – Kemnay Chapter), at which local band Paradise Express will present. £15 per ticket

15. Date of next meeting:

Note the next meeting will be **Friday 16th February 2024 , from 1130.** (Ian to book Friendship room for two hours)

Appendix

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Additional Information for December Cttee Meeting.

Item 8 – Covid Memorial Project

Claudia Zieske, an artist, has put together an inspirational project that is being funded by

Aberdeenshire Council. She is walking from Braemar to Peterhead and visiting many communities on the way and in the process is creating pieces of art as a way of acknowledging the impact of Covid on all of us. In Kemnay, we are very hopeful that a unique bench made from oak will be installed on the riverside path and that renowned Deeside fiddler Paul Fiddler will come and play one of his uniquely crafted songs. It will prove to be a memorable occasion.

Item -9 - KemFest for Mental Health and Mental Wellbeing

In May 2023 a loose network of local groups and individuals came together and produced daily events over the course of a week to coincide with the Aberdeenshire Mental Wellbeing Festival. PSK was a key participant and contributor to the organisation of that week.

Agreement was reached we push on in 2024, starting with a winter event and then participating in this year's Wellbeing Festival which is taking place over the course of the month of May.

The winter event is set to take place on Sunday 21st January and will include a series of bite-sized events; so far lined up include talks on Anxiety, Diet & Mental Health, Walking & Sitting and an exciting development is that Graham , Kemnay Trishaw Project has agreed to become involved. It is hoped other events will be added to this.

The hope is that this brief event will help to inform what we may do in May – a stepping stone in a long month which can be challenging for many.

I am asking for you to support this event in January please.

Rob

13/12/2023