**Approved**

Positive Steps Kemnay

Committee Meeting Minutes 5th April 2024, held in Village Hall, Friendship Room

Attending: Marie Moynagh (Chair), Madge Beattie, Muriel Brydon, Sandra Collett, Hilda Hart, Claire Neisham, Karen E Simpson, Hamish Simpson, Ian Booth.

Apologies: Rob Mackay

1. Welcome by Marie, and welcome to Marie as acting Chair.

2. Minutes of Meeting of 16th February 2024

   The minutes were considered as accurate and duly approved. Proposed by Hilda and seconded by Muriel.

   Matters arising: No matters arising.

3. Finances and Budget: At cut off on 31st March, year-end the bank balance was £4,366.76. This does not include any money taken in at the 10th anniversary party, and the Co-op Community Fund interim payment of £766.94, which will be in the new financial year. We are also expecting a further grant of £350 from the John Adam Trust.

   Yvonne Moir will independently examine the accounts this year before bringing to Committee and then OSCR. We had approached AVA for this service, but they required £100, and it was considered this too expensive and onerous for our type of account.

4. Volunteers

   We have 13 trained Walk Leaders. Cards had been put on tables at the community café to request feedback on the two-walk system for the long walk. Comments received included that one walk could be made slightly shorter for those that desired that, which also staggers the two groups getting back to the café. There was also a comment about walkers, walking in twos giving way to other pavement users. This seems a natural and polite thing to do.

   There is an appeal for more trained walk leaders. At present everyone does about 3 walks in the month. However, during Easter holidays next week we only have 4 leaders available form a requirement of 7, not including Associate Walk Leaders. This was felt unsustainable, particularly at holiday periods, and could lead to cancellation if insufficient leaders available. Our numbers keep growing – victims of our own success! This will be discussed again.

5. Walking Groups
   The 10-year anniversary of the Friday walks party last week was a great success, with a huge turnout, and the cake was very good! The beautiful

cake cost £30, and the hard back photobook cost £39.76. Soft cover A5 size books could be purchased for around £20, but these would be ordered on demand. Ian will look at putting all of the photos on our website.

It is 5th anniversary of the Buggy Walk Group, and a separate celebration will be held on 16th May, during Kemfest week, also with cake! Anni Stonebridge our local Health Walk Co-ordinator from Live Life Aberdeenshire will also attend. The Buggy Group also need more Walk Leaders, with Rob and Claire being the only regular Walk Leaders.

The Strength and Balance group are meeting every Wednesday through April, and again, more Leaders would be advantageous. In respect of the S&B posts project for the Village Green, there was a meeting with Kayleigh from Paths for All (PfA). We have the funds from the Co-op Community Fund (£766.94 already plus at least £1,000 in November), also £2,000 to be claimed form Aberdeenshire Council Developer Obligation Fund, and PfA have stated that they will donate more money to the project. The project will cost £5-£6,000 in total. PfA would have their nominated contractor install the posts and Ian Mitchell from Aberdeenshire Council is ok with this.

6. Village Hall Asset Transfer

Presently the hall is leased from Aberdeenshire Council, who would maintain the hall wind and watertight, while all other costs are down to the Hall Committee to organise through rentals. From June 2025 the Council would divest themselves from any obligations and asset transfer the hall. This puts a huge management responsibility on the Hall Committee. Grants should be available to the organisation, which are not available under the current arrangement. A feasibility study costing £18,000 (funded through Aberdeenshire Council) will be carried out to look at the hall and carry out a skills audit of Committee members and prepare a business plan. The company appointed to carry out this feasibility study was thought not to be the best offer available for the work, but seemingly was the only one on the Council's approved supplier list! There will be a need for more skilled people on the Hall Committee. A notice will be in next month's Kemnay Newsletter.

7. Wellbeing and Positive Mental Health Update

Please see appended sheet for detail. This item will be referred to a full Health Walk Leader meeting for further discussion. While everyone is generally supportive of being open with people with mental health issues, there is a fine balance between being aware of people's issues and effectively labelling people if we intrude too much. Being aware is a good thing.

8. Reminiscence Group

Hamish will be conducting the next group meeting this coming Tuesday. He stated that you definitely need to have a theme and script and then the conversation flows reasonably well. It is also considered to

look through old newsletters for conversation topics, and perhaps ask folks to bring along something from home and recall what it means to them – rather like "show and tell" at school.

9. Publicity / Promotion

Nothing to report, other than advertise for more Health Walk Leaders.

10. Kemnay Paths Group Developments

There was a recent article in the Kemnay Newsletter, advising that there would be a public meeting in the near future to try and revitalise / expand the Paths Group.

11. Any Other Business

Kemnay Community Minibus – an article appeared in the Kemnay Newsletters to garner interest in bringing a community bus back into operation. A meeting has been arranged with Aberdeenshire Council to discuss matters further.

KemFest week is 13th to 19th May with a varied programme of events both in the village hall and round about. A copy of the programme will be appended to the minute.

12. Date of next meeting: The next meeting was agreed on **Friday 17th May at 1130** hours or as soon after Community Café closes.

Vote of thanks to Marie for standing in as Chair.

# Item 7

Update on Mental Health & Dementia Developments

Since the last Cttee. meeting I have made a conscious effort to make contact with people and meetings relevant to the above topics.

*Mental Health:*

A. I met with Brian Harrison from Aberdeen Health Walks as they run a closed HW group for people with lived mental health experience; I learnt this group is run by experienced volunteers and they have not had specialised training.

B. I took part online with the SHWN Mental Health Advisory Group that is tasked with taking forward the Walking & Wheeling Policy (discussed at our last Cttee. meeting) & these were my reflections that I emailed to the Chair:

"As a first-time attender I agree it was a very positive and constructive meeting - thank you for being open as the chair to allow the conversation to flow.

I have reflected on that meeting and have a sense of the following issues:

- Language is important and the very words "Mental Health" carry a stigma that acts as a barrier to inclusion and for people with lived experiences to come and join a Health Walk group. There is an example locally of a closed Health Walk group that is supported by volunteers and appears to work well.

- I feel the expectations we have of volunteers and staff members are different and training approaches can vary to meet these range of needs and existing knowledge.

- We heard at the meeting of the value of scenario-based exercises to engage volunteers in the process of thinking through the issues for people with lived experiences; this needs to be encouraged.

- We all agree that keeping volunteers engaged with Health Walk projects is incredibly important and so we need an encouraging approach to think about 'mental health' is needed and not a scary one.

- There needs to be a choice of training providers and not get stuck with one approach.

- A recognition that Mental Health Week although it has common theme each year is open to interpretation by the many various Public Health partnerships across Scotland."

There are further meetings of this Advisory Group coming up in June & September.

C. I met in Kemnay with Brian Johnston, Team Leader with SAMH's Prevent Suicide Team that has been put in place since last year across Aberdeen, Aberdeenshire & Moray due to the high number of suicides that take place. There is a very good app 'Prevent Suicide" and leaflets which Brian left me with. During the Wellbeing Festival his team are hosting a number of Eventbrite online events to offer information about Suicide and KemFest is going to publicise the one that will be taking place on Thursday 16th May and details can be found on:

https://www.eventbrite.co.uk/e/wellbeing-festival-introduction-to-suicide-prevention-training-tickets-866370847527?aff=oddtdtcreator

Brian is a retired cop with good local knowledge and a good contact to have made.

*aboutDementia age Scotland*

The aboutDementia held a workshop in Inverurie on 21st March to raise awareness of dementia, to ask what are the components of a dementia friendly community and to promote membership of the Scottish Dementia Friendly Communities Network. There is no formal membership but appears to be a good way to share information and ideas. Colin McBriarty is the Community Development Officer. A report will be forthcoming.

I suggest we should consider joining this Network.

Colin spoke about a new Scottish Government policy that is just launching this April:

file:///Users/robertmackay/Downloads/Everyone's%20Story%20Delivery%20Plan%202024-26.pdf

Good contact has been made with the Alzheimers Scotland support group that meets every month in Kemnay Library

# KEMFEST May 2024

## MON 13

6.30 pm - 7.30 pm Jog Scotland Kemnay, Bowling Club Carpark Open Session. Free. Message 07900444981.

5.45 pm - 6.45 pm Jazzercise with Alicia at KVH. Arrive 10min early. Cost: Approx £7 - £8. Contact: Facebook Jazzercise North East Scotland.

7 pm - 8.30 pm Kemnay Ukulele Group. Free open session, all welcome. Friendship Room, KVH.

## TUE 14

10 am - 11 am Qi Gong, with Lorna Main Hall, KVH. Free. Contact: findingqiinme@gmail.com

9.30 am - 12.30 pm Free. Garioch Men's 50+ Walking Group open session. Start: Fetternear Car park, 4 mile circle route. Dress appropriately and bring snack/water.

7.30 pm -8.30 pm/8.45 pm Exploring the 'Treasure Trail of Kemnay' Meet at Carpark on Fyfe Park. Free All welcome.

## WED 15

12 pm – 2 pm Free Spring Health Watch, Kemnay Library/Live Life Aberdeenshire.

2 pm - 3 pm Body Boosting Bingo KVH Free. A fun game with gentle exercise. All welcome.

## THU 16

10 am outside KVH. Kemnay Buggy Walk. Open session. All welcome. Free. 5th Anniversary celebration 'Dress up' your buggy/trike/carrier competition!

6.15 p.m. Jog Scotland Aquithie Free. Meet: Arquithie Rd, Kemnay Car Park. Open Session. Contact 07846 711063.

7.15 pm - 9 pm Local Vocals choir – Free Church Centre Kemnay. Open Rehearsal session. All welcome for singing, a cuppa and fine piece.

7 pm - 8pm Marjon Yoga – Yoga session at Gym 83. Free. Contact 07788962434.

## FRI 17

9.15 am - 11 am Little Lambs of Kemnay, Church Centre (Age 0-5) £2 suggested donation.

9.30 am at KVH. Health Walks Open Session all welcome. Free. Positive Steps Kemnay, KVH.

2pm – 3.30pm Printmaking workshop 7 Victoria Tce Kemnay. Free. Contact rodrick.scottART @gmail.com

7 pm Kemnay Movie Night, KVH. All welcome. Film and age rating circulated localy due to licencing. Small donation. Refreshments available.

## Sat 18

10.30 a.m - 12pm Printmaking workshop 7 Victoria Tce Kemnay. Free. Contact rodrick.scottART @gmail.com

## Sun 19

1.45 pm - 3.45 pm Spectrum Singers Community Choir (Tea/fine piece included) Free. Open Session All Welcome. Church Centre Kemnay.

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Promoting Wellbeing and Participation

Full details on Facebook KemFestAB51