POSITIVE STEPS KEMNAY

ANNUAL REPORT

Year 1st April 2023 to 31st March 2024



Charity contact information

Positive Steps Kemnay

Scottish Charity Number: SC048370

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Facebook ‘Positive Steps Kemnay’

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Charity Trustees

1. Madge Beattie
2. Ian Booth
3. Mel Brown
4. Muriel Brydon
5. Sandra Collett
6. Hilda Hart
7. Rob Mackay
8. Marie Moynagh
9. Claire Neisham
10. Hamish Simpson
11. Karen Simpson

Charitable Objectives :

1. To advance the health of adults in the Kemnay and District area through walking for health activities
2. To provide a recreational walking programme within the Kemnay and District area thereby promoting physical activity and encouraging positive health and well-being

Activities used to achieve Objectives:

1. Provision of supported Health Walks to four groups of people
2. Information and encouragement provided to enable people to pursue an active lifestyle and positive well-being.
3. The identification of appropriate and suitable walking paths in the Kemnay and District area

The context for our activities:

The Health Walking project (later to become Positive Steps Kemnay) in Kemnay was first established in April 2014. Three Kemnay people interested in walking and the health benefits attended a Walk Leader training course in Inverurie in January 2014. This course was provided by Paths for All and hosted by NHS Grampian Public Health. Aware that no such group existed in Kemnay we placed an advert in the Community Newsletter and that drew a good response for our first Health Walk. That healthy response established there was a community need for a Health Walk group.

Structure, governance and management.

Positive Steps Kemnay is an unincorporated association that is guided by our Constitution. We have been registered as a Scottish Charity since 10 May 2018.

The management committee consists of up to fifteen Trustees that meet regularly to receive both Financial and Walking Group reports. This is the policy and decision-making body. The Chair of the management committee is currently Rob

Mackay. The Trustees get involved with the work of the charity and help out where they can.

There is a Publicity Sub-group which took on the responsibility for designing a leaflet and poster to advertise the Friday Health Walks. In a similar way a leaflet to advertise the Buggy Walk Group was produced. Our Secretary, Ian Booth, took on the considerable task of designing and maintaining our website that has been running for the past two years. The Chair, the Treasurer and the Secretary are all volunteers and do a considerable amount of work behind the scenes.

There is also a volunteer walk leader support group that meets to take a closer look at what is happening with the walking groups and to decide on training priorities. Then on a day-to-day basis we have two voluntary project co-ordinators, Hilda Hart and Rob Mackay; they take a keen interest in all aspects of the project and do the nitty-gritty tasks e.g., publicity, registers. The other Health Walk leaders are willing volunteers who help out with other tasks; for example, Hamish Simpson organises the monthly rotas of Health Walk Leaders on a Friday.

The use of volunteers is an integral aspect of the project and currently there are 12 active volunteer Walk Leaders. This is divided between ten volunteers who support the Friday Health Walks and the Strength and Balance group and two who support the Buggy Walk group.

The role of the Walk Leaders is literally to lead our walkers on a safe and enjoyable route. On a Friday morning at the moment, we organise and lead two walking groups, the Gentle Walk group which is supported by three volunteers and two longer Health Walks which are each supported by two volunteers. More recently we have a small pool of Associate Walk Leaders (experienced walkers who have not undergone official Walk Leader training) to help with the longer walks due to the numbers in attendance. The Strength and Balance group is supported by a group of five Walk Leaders, and this requires a minimum of three Walk Leaders per Wednesday session. The training for Walk Leaders is provided through Paths for All.

This is what Claire Neisham said about her experiences as a Walk Leader with our Buggy Walk group:

Becoming a leader - many reasons I wanted to help sustain the buggy walk as I view it as a valuable local group with benefits far beyond physical exercise. Another regular leader was needed for relief for Rob and also practically for splitting faster buggies and slower toddlers. I also wanted to volunteer and challenge myself to develop new skills that I could gain from being part of leading a group such as this - and I have achieved that and am still learning. I was a bit worried at the start but actually a lot of it was more of the same as before but now I also look out for the whole group and help plan the route.

As a leader since Aug 23, I have been impressed with the enthusiasm of fellow buggy walkers walking in almost all weathers to be rewarded by pancakes and a chat in a cosy room at Loaves and Fishes. I enjoy the morning walks as it breaks up my day and I get exercise and socialise with wonderful people. The children love it and its nice to see. The children love being outdoors too on the walk and notice when we avoid the park or go a new way. Walkers have said its good to get out and meet others. This is something that is mentioned again and again. I also have experienced those newer to the village or surroundings who have made contacts and friends with other walkers which has been lovely and really positive.

Achievements and Performance

Our activities are designed to provide free and friendly walks around Kemnay and District. There is not a specified group of people nor is there a referral criterion.

We currently support 5 walking groups:

a. Strength & Balance group has been meeting monthly on a Wednesday morning, and weekly during the months of April and October, where invited guests give some alternative exercise routines and entertainment.
b. Buggy Walk group. Meets weekly for parents, babies, and toddlers on a Thursday morning. Communication by WhatsApp.
c. Gentle Walk. Meets weekly on a Friday morning and caters for our less able walkers who require a shorter walk on the flat.
d. Health Walks. Meets weekly on a Friday morning and offers now, two longer walks that last from 45 – 60 minutes.
e. Kemnay Kestrels is an out and about walking group that is part of the Grampian 50+ Network. They meet weekly on a Wednesday and the walks are communicated by e-mail and What's App.

Following training by Paths for All we have been designated a Dementia Friendly Health Walk. We are also a Cancer Friendly Health Walk following a Macmillan Volunteer training for some of our Health Walk leaders. This ensures people living with cancer are supported to become physically active both, before, during and after their treatment. We are also committed to Disability inclusion with some of the Walk Leaders having undergone All Ability Awareness training.

Individual walkers are encouraged to make use of all these groups with the exception of the Buggy Walkers, so there is effectively a "ladder" system in operation. In other words, somebody who starts with the Friday walks can also opt to join in with the Kemnay Kestrels that meet on a Wednesday. Then if a walker is finding the Kemnay Kestrels a bit too strenuous can opt for one of the Friday Walks. All these walks are free and available to all who live in the Kemnay and District area.

<u>Our walking activities during 2023 – 2024</u>

This year has been a very busy and successful year of Health Walks. On a Friday morning we have had on average 39 walkers per session, who have enjoyed walks around Kemnay and then finishing at the Village Hall to enjoy the delights of scones, raisindrops, coffee and tea is an essential part of the Friday morning experience – many stories are shared around the tables in the aptly-named Friendship Room! Many thanks to Liz, Vera and all the volunteers who are part of that team.

The greatly increased number of walkers caused us pause for thought because sometimes we had 25 – 30 people wishing to do our Longer walks and the feedback was that this was too many on one walk and a big responsibility for the Walk Leaders. So, two actions were taken to address this:

1. We created two Long Walk groups and allocated 2 Walk Leaders per walk.

2. We created the role of Associate Walk Leaders in February and appointed 8 experienced walkers- so each of the Long Walk groups has an Associate Walk Leader to act as the 'eyes and ears' and support the walk leader.

It is worth saying the Gentle Walk group always had 3 trained Walk Leaders, so in total we have in recent months had 7 trained Walk Leaders supporting our Health Walks every Friday.

The Strength and Balance group has been attracting 20 – 25 walkers per session in the Village Hall. In October 2022 and April 2023, we put on a monthly programme with weekly meetings and external speakers brought in to create a range of activities, such as Seated Yoga, Podiatrist chat, Singsong of popular songs, Body Boosting Bingo etc.

The Buggy Walk attracts a regular group of 3 – 8 parents and 5 – 10 children; the latter is made up of babies and toddlers. The equipment range includes slings, buggies, scooters, and bikes. We do well to accommodate a good range of walking/toddling/biking speeds! We always finish at the Loaves and Fishes café (Kemnay Church Centre), where a spacious room is laid aside for the group's use. This allows the transformation into a baby and toddler group, where the children have the opportunity to play with each other and interact with the other adults. A lovely space that builds relationships and connections.

There are two Walk Leaders that support this group every Thursday morning.

The following comments and suggestions came out from a 'bodymap' exercise that was carried out by Anni Stonehouse (LLA) so thanks to her for her time and expertise.

The first one is a collection of comments made by some of our Friday walkers at our 10th Birthday Party on 29th March 2024:

- Great company, walks & snacks. Really lucky to have so many helpers giving up their time.
- I started walking during COVID. It's so special.
- So well run. Walk leaders are exceptional. Groups are always full of stories (gossip).
- It's all about folk! And chat! Not what they are, it's who they are!

The second set of comments come from members of the Buggy Walk group at our 5th Birthday event on 16th May (as part of KemFest):

- Could help village cohesion "we're lucky, we have quite a lot."
- "A wee achievement getting out."
- A safe space with other mums for the first time out with a new baby
- Spending time afterwards at Loaves & Fishes | accessing the space in L & F is critical.

The success of all the groups in bringing people together shows the impact that walking together has:

- Reduces isolation and build friendships.
- Shared experiences create strong bonds.
- Physical activity and positive mental health
- Shared information about what is happening in the community.

What do we know as to who takes part in the walking groups?

- We know from our records that the active membership of 3 of our Health Walk groups for older people (Strength & Balance, Gentle Walk, Health Walk) consists of:
  - 71 persons, 95% are 65 years and older.
  - Ratio of 3 Female: 1 Male

We have attracted 13 new walkers over the past year to the Friday morning walks.

The Buggy Walk Group has attracted the interest of 24 walkers over the past year and each week we normally see 3 – 11 buggy walkers + a range of prams, trikes, and baby carriers!

The Buggy Group WhatsApp group currently has 24 members and of those a number have had to return to work or moved away, so currently there is a core group of 6 mothers and 8 children. We have attracted 3 new members over the past year.

The coach trips we have run over the past year have been much appreciated and provided us all with a bit of change from our usual walks on a Friday morning. Thanks to the organisers for doing such a great job and to note we have not lost anybody – so far!

Our Partnership Work with other Groups and Agencies

A key part of the role of the Co-ordinators (Hilda and Rob) is to encourage our presence in the community through partnership with many groups and agencies.

We link when we can with Aberdeenshire Voluntary Action (AVA), Aberdeenshire Community Transport Forum, Grampian Public Health, Live Life Aberdeenshire, Kemnay Medical Group, District Nurses, Health Visitors, and the Community Midwives. More particularly, Hilda is our representative on Grampian Health Improvement Network (GHIN) and the Village Hall Cttee. Rob sits on the Kemnay Local Learning Community Partnership and Paths for All Mental Health Advisory Group. We have developed a link with Kemnay Academy, starting with our participation in the Charities event and the YPI project.

Our core partnership is with Paths for All, and we work closely with the local Health Walks coordinator Anni Stonebridge and with Paths for All. Thanks to both for their information and support.

We also participated in the organizing group of the Kemnay Festival for Mental Health & Wellbeing (aka KemFest) in May. This managed to run 19 events during the week, making use of four venues in the village and ran a busy Facebook page. This included 37 posts of events resulting in 116 likes – this page has 146 followers. Thanks to our volunteers and walkers for supporting these events.

Another forum we have been active in for many years is the Kemnay Path Group and during the past 12 months this group has been active in exercising shared responsibility with Greener Kemnay for the maintenance of the Dalmadilly Path. There have been a series of meetings about the future of this group and how its membership can be expanded.

Review of past year

This has been another year, in which through the combined efforts of the Walk Leaders, the Coordinators, our Trustees, the Office Bearers and the Walkers themselves we have managed to not only “keep the show on the road’ every week but also to experience a real community feeling. We have adapted to having much greater numbers on a Friday and introduced the role of an Associate Walk Leader. This has been a positive move and helped us to make use of the skills and commitment of a few of our most experienced walkers.

There have been moments of joy spent in each other’s company and an appreciation that when on walks it is less about cardiac exertion and more about creating the space when we can all stop and appreciate the wonders of nature that are on our doorsteps in Kemnay. Good for our bodies and sense of wellbeing.

Increase in numbers – we have significantly increased our income thanks to our success in making grant applications. We have doubled the number of grants received compared to last year – thanks to the good work by Ian Booth. These grants have helped to pay for the rental of halls and coach trips.

Sadly, in September 2023 we said goodbye to one the stalwarts of Positive Steps Kemnay. Doug Barclay passed away at the grand age of 98 years following a short illness. Doug was the epitome of what PSK is all about, turning up every single week, ready to take on challenges and always ready with a smile and stories about this week and his varied life. We shall have fond memories of Doug; may he rest in peace.

Favourite moment of the year:

What stands out is our 10th Birthday Celebrations held on Friday 29th March at Kemnay Village Hall, at which there was a very large turn-out of present and past walkers and all the Walk Leaders.
There was fantastic cake made for us with decorations along the lines of walking and tasted delicious. A photo book had been commissioned with a selection of photos of past and present walkers that created a lot of reminiscing and laughter. Thanks to Hilda Hart and her daughter Lorna for creating the Photobook and ordering copies of it.
This was followed up on 16th May (as part of KemFest week) with the 5th anniversary of the Buggy Walk group- there was a super cake and the judging of the best decorated buggy by Maureen Teague, Kemnay Health Visitors team.

FINANCIAL REVIEW

Treasurers Report to Accompany the Annual Accounts

for Period 1st April 2023 to 31st March 2024

This report will be submitted to OSCR by 31st December 2024 along with the Independent Examiners Statement signed and dated.

We started off the year with a balance of £5272 and ended the year with balance in the bank of £5134 giving us a deficit over the year of £138. No cash held in hand.

Our **Income** came from generous grants throughout the year –

John Adam Trust Fund £350 in July 2023 to be spent as we wish on our groups.

Age Scotland UK - Keeping the Doors Open Fund £380 in September 2023 which was spent on our bus trip tom Haughton Park at the end of March 2024.

AVA - Communities Mental Health and Wellbeing Fund £1050 in December 2023 - Hall rental for our Strength and Balance Group and other meetings, training and volunteer expenses. This to be spent between 1st April 2024 and 31st March 2025

Coop Community Fund February Payment £766.94 in February 2024 - this is an interim payment, and the final amount will be paid in October 2024. This funding is going toward our project to install Strength and Balance Posts in the Village Green which is ongoing but will be completed by the end of this year.

KemFest May 2023 - we held £500 (grants / donations) in account for payment of hall rental and printing for the running off this event in May 2023. There was a deficit of £34.95 which was paid back into our account by Spectrum Singers in lieu of hall rental in July 2023. A spreadsheet was held to show monies spent. This is now at nil and therefore closed.

Our main **Expense** continues to be Hall Rental £865 followed by our website £142.75 Secretarial expenses - includes printing of last years Annual Report and the Walk Leader booklets of walks, compiled by Hamish. Transport - cost for our three bus outings throughout the year, was covered completely by grants from Age Scotland UK, some of which came into last years accounts. Training - First Aid course that we put on for all Walk Leaders in November 2023 Equipment - includes First Aid supplies, walkie-talkie batteries and whistles for walk leaders.

Clothing - Our Beanies and Buffs sold well last year and covered the cost of purchase. We still have stock of 7 neck buffs which can be sold for £5 each.

We continue to look at Grant Funding for any future Projects bearing in mind that all grant money received must be evaluated and reported back as to how it has been spent. Our current Project is to install Strength and Balance posts into the Village Green for use by all the community. This will happen in the current financial year and reported on then. There was a small deficit in the years spending of £138 due to some grant funding appearing in last years accounts but spent in this year. However, we end the year with a healthy bank balance going forward.

Hilda Hart Treasurer Positive Steps Kemnay

15th May 2024

Receipts and Payment Account 1st April 2023 to 31st March 2024

RECEIPTS		2023	2024
Award / Grant Funding			
- AVA grant. Mental Health & Wellbeing Fund		1400.00	1050.00
- Early Years Scotland		0.00	00.00
- Paths for All Award		250.00	0.00
- Age Scotland Keeping the Doors Open		780.00	380.00
- John Adam Trust Fund		450.00	350.00
- Bargain Box Donation		200.00	0.00
- Coop Local Community Fund		0.00	766.94
Kemfest Income		500.00	34.95
Fundraising		0.00	0.00
Other Income - donation		196.50	0.00
Bank Interest		0.00	0.00
Path Expenses		48.00	0.00
Transport, P.f.A. Awards Ceremony		460.00	0.00
Catering Donations (rental)		0.00	405.45
Clothing - Beanies / Buffs		0.00	330.00
Total Receipts		**4284.50**	**3317.34**
PAYMENTS			
Hall Rental		835.00	865.00
Secretarial Expenses		145.19	183.60
Sundry expenses - card / flowers		0.00	0.00
Bank Fees		0.00	0.00
Catering		50.64	257.18
Equipment Purchases – name badges		157.49	106.39
Training – Health Walk Leaders		135.00	100.00
Transport – Minibus hire - Awards ceremony		 296.85 460.00	 960.00 0.00
Advertising - logos /posters / health cards/annual report		0.00	0.00
Clothing – beanies / buffs		155.81	305.77
Buggy Group Spending		40.51	0.00
Path Expenses		96.00	0.00
Website		148.66	142.75
KemFest Expenditure		0.00	534.95
Total Payments		**2521.15**	**3455.64**
Surplus / (Deficit)		**1763.35**	**(138.30)**

Our Gallery of 2024









Chairperson's concluding thoughts

The four photos in our Gallery tells the story of our year – supporting all sections of our community from the very young to the very old; through encouraging the Kemnay Trishaw project to take off we are opening up another possibility for people to enjoy the outdoors.

The photo of Kemnay Covid Memorial bench is a reminder that the person in the photo - Claudia Zieske – spearheaded this project locally and formed a strong bond with Positive Steps Kemnay. The "Remembering Together" initiative is

commissioning artists in all 32 Local Authority areas in Scotland ian collective statement of society working together to create a Covid memorial for each region.

We look forward to having fun and active walks with all our groups of walkers and that these help to build connections, reduce loneliness and promote mental wellbeing. Looking to the coming year, the installation of the Strength and Balance posts in the Green later in the year will be an exciting and telling moment – not only will this be the first time in Scotland that a community location has been used for this purpose but also as a resource this will be something that all of our walk groups can use on a regular basis.

After a year that has focused our energies on not simply offering our five walk groups, we have also reached out and engaged with other community groups in Kemnay and other partners. The commitment of our volunteers and Trustees to making a difference to the lives of the folk of Kemnay has been outstanding. It could be said that whilst we are a small charity, we make a positive impact on our community.

Many thanks and best wishes to all the walkers, volunteer Walk Leaders and members of the Management Committee for their interest and enthusiasm over the past year.

As I step down from the Committee after 10 years, my belief is that during this period, we have helped to create the awareness that walking side by side in a group is a positive and enriching experience that touches all aspects of our lives.

Walk for Physical Health

Walk for Mental Health

Walk for Social Health

Walk for the Environment

Walk Every Day

Paths for All

Declaration

Signed on behalf of the charity trustees:

Print name	Robert Mackay
Designation	Chairperson
Date	30th June 2023