Approved

Positive Steps Kemnay

Committee Meeting Minutes 17th May, held in Village Hall, Friendship Room

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

Apologies: Claire Neisham

1. Welcome by Rob, and thanks Marie as acting Chair for the last meeting.

2. Minutes of Meeting of 5th April 2024

   The minute was considered as accurate and duly approved.

   Matters arising: No matters arising.

3. Finances and Budget: Hilda submitted the Annual Accounts and Treasurer's Report for consideration and approval (copy appended to this minute). The accounts had been examined carefully by Yvonne Moir and thanks to her for that service. The committee approved a gift of flowers and wine for Yvonne. The accounts were duly approved and are to be submitted to the AGM in June. Proposed by Rob and seconded by Marie. Rob will now pull together the Annual Report for the AGM.

   Current balance id £6,066.94, including £500 from the Monymusk Thrift Shop (for S&B Post project), and £350 from the John Adam Trust.

   The AGM will be held with all members present on 28th June at 0930 hours (with a shorter walk on that day).

4. Volunteers

   Three new volunteers (Jessie, Bill, and Maureen) have come forward and Anni Stonebridge will carry out training for these three and refresher training for all other available Walk Leaders on 22nd June, in the Friendship Room.

5. Walking Groups
   We have been operating successfully with two (on the day appointed) Assistant Walk Leaders including Bill, Colin, Jessie, Joyce, and Karen. It is planned to have another short meeting with these five to go through things. A Walk Leaders meeting will be held in early July.
   The Buggy Walk Group 5th Anniversary took place and was a great success, also with cake! There was a best dressed buggy competition, and use was made of the Millenium room at the Church centre following the buggy walk. (As a side, it looks like new manager(s) have been appointed for the Loaves and Fishes, which is good news). Anni Stonebridge also attended the event as did Heather (?) from AVA, whose

evaluation report is attached. There are 24 members listed in the Buggy Walks What's App group, which is great to keep in touch.

The S&B posts project for the Village Green is gathering momentum and Paths for All (PFA) have confirmed that they will make up the shortfall of funds to allow us to complete the project, once we have secured the funds previously mentioned (Monymusk Thrift Shop £500, 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), which is indeed good news. PfA would have their nominated contractor install the posts and Ian Mitchell from Aberdeenshire Council is ok with this. We need to finalise the posts that we need and add-ons like, logo / QR code etc.

6. Constitution

   A revised Constitution document had been distributed was tabled for discussion. This document agreed in principle and OSCR will now be informed as per a notification sheet from Hilda.

7. Village Hall Asset Transfer

   The Village Hall committee had a zoom meeting with SKS, the consultant who will carry out the feasibility study, once the funds for this have been approved by Aberdeenshire Council in June. The Milestone end of rental is still June 2025. However, the Community Asset Transfer could take 2-3 years to complete! First there will be a feasibility study, followed by a Business Plan. Thanks to Hilda for continuing to be our representative on the Village Hall Committee, and we as a committee should support all efforts that are made to secure the Hall for the Community.

8. Mountain to Sea Project

   Claudia Zeiske will walk from Ben MacDhui to Peterhead and visit each of the communities where a bench is to be placed. The Kemnay bench will be on site and placed in early June in time for Claudia to visit. Invites have been extended to walk with Claudia on parts of her journey, in particular from Alford to Inverurie on 5th and 6th of June.

9. Wellbeing Update

   KemFest is in progress this week. Rob has produced a review form for completion by all those running events during KemFest. This year the funds have come from Monymusk Thrift Shop and Kemnay Church. Rob is looking at a barrier banner for next time.

10. Reminiscence Group

    This is rolling along, with learning on both sides as progress is made. The Tuesday Group has regular attendance of 12-15. It was agreed that we need more feedback. The next session will be on a "show and tell" basis with items from childhood memories. There is a large collection of photos and newsletters available in the hall stores, but this needs time

and dedication to sift through. Thanks to Hamish and Marie for work with the group thus far.

9. Publicity / Promotion

Nothing to report this month.

10. Kemnay Paths Group Developments

A public meeting is required to gauge interest and to organise a committee to take things forward. There is a definite need for more people to be involved.

11. Any Other Business

Hilda spoke about receiving a further £350 from the John Adam Trust which was agreed to put towards our next bust trip. (since agreed to do this on 19th July to Footdee in Aberdeen.

12. Date of next meeting: The next meeting was agreed on **Friday 2nd August at 1115** hours or as soon after Community Café closes.

Item 5

AVA report on Buggy Walk Group

Positive Steps Kemnay is a walking group based in Kemnay, Aberdeenshire. It was established ten years ago by Rob MacKay and Hilda Hart, local residents who spotted a need in the community for a social walking group.

"PSK" as Rob affectionately calls it, has an active membership and now incorporates several weekly walking groups and a strength and balance class. Their Friday group can have up to 40 walkers at times, most of them in the over 60s age range, and the weekly class in the village hall provides walkers with exercises to help them maintain their strength and balance to support their walking.

Through the group's affiliation with Paths for All, the walk leaders receive the relevant training they need, such as strength & balance, dementia friendly training and guidance on relevant policies and procedures.

I spent a Thursday morning with the Buggy Walk group, now in its fifth year and still going strong. We had a lovely walk in Fetternear woods, followed by a cuppa and chat at the Church Centre. Some of the mums have been involved with the Buggy Walks for several years, joining with their first baby and coming back again with their second, or more! For the Buggy Walk group, Rob is supported by walk leader Claire, a mum who was a member of the group herself when her children were little.

I checked my step tracker after the walk and realised we had clocked up nearly 5,000 steps – how great for the little ones to be getting all that fresh air and movement while having fun!

From chatting to the mums, it was clear how much they and their children enjoy the group. Not just because of the fresh air and walking, but the social connections too. Being a mum of young children can be an isolating time, and having a weekly organised event like the Buggy Walk is a great way to get parents and young ones together.

These were the words from a member of the Buggy Walk group: "If I had to name something that I have taken from the group it would definitely be the importance of **pushing yourself to get up and get out the door**, no matter how tired or weak you may feel; something that many mums can relate to!"

I asked Rob what he thought the secret was to Positive Steps Kemnay's success: 10 years and still going strong is an incredible achievement! He said that the key to it all was **consistency**. Right from the beginning a walk leader has always been there, every week, so that people in the community know there will be a walk available if they want to go. And although he wouldn't say it himself, I also suspect that Rob and Hilda themselves have been a huge part of the group's success story. Their passion for building a healthy, connected community is clear, and the time and commitment they have put into the group has no doubt made it what it is today.

Six volunteers help to run Positive Steps Kemnay, but the group needs more volunteers to keep their walks safe and accessible to everyone who wants to join them. If you are interested in volunteering with Positive Steps Kemnay, please contact Rob for information.

Positive Steps Kemnay received funding from the Communities Health & Wellbeing Fund, administered by AVA in partnership with the Scottish Government.