Approved

Positive Steps Kemnay

Committee Meeting Minutes 4th October 2024, held in Village Hall, Friendship Room

Attending: Mel Brown, Muriel Brydon, Sandra Collett, John Halkett, Hilda Hart, Dorothy Mitchell, Marie Moynagh, Claire Neisham (part time), Karen Simpson (Paradise), Karen E Simpson, Hamish Simpson, Ian Booth.

In attendance: Rob Mackay

Apologies: Bill Michie

1. Welcome by Marie

2. Minutes of Meeting 2nd August 2024

   The minute was considered as accurate and duly approved.

   Matters arising: Rob has wished to attend Committee meetings and would be noted as "in attendance".

3. Finances / Budget
   Hilda stated that we had a balance at end August (awaiting Sept statement) of £5,349.04. Our contribution to the S&B post project of £1856.01 has since been paid. The posts project has been aided with £500 from Monymusk Thrift and Coffee Shop, the Coop initial sum of £766.94 with final tranche in November, £2000 from Aberdeenshire Council Developer Obligation Fund due before year end. A meeting will be held this coming Thursday with Paths for All, to go through the launch date of the post project for 6th November.
   We will be applying to AVA for another round of funding from the Communities Mental Health and Welfare Fund.
   Hilda has attended a Village Hall committee meeting. The Newsletter is not covering its own costs any longer, so from January, user groups such as PSK will be required to pay for adverts. Rob, Claire, Hilda and Ian will look at condensing down the Health Walks, S&B and Buggy Walks ads down to fit on one page per month with a total cost of £240 per annum.

4. Volunteers
   The Buggy Walks are still looking for further volunteers and Claire is looking at further notices to advertise. E.g. asking and advertising at Dan's Coffee Shop, both primary schools, and using the recently printed business cards.

5. Walking Groups
   For Friday walks we have 15 trained Walk Leaders with 6 Associate Walk Leaders. In total there were 40 walkers today!
   Strength and Balance continues strongly, with new external posts project completed and official launch date of 6th November as above.

6. EGM 27th September - Constitution
   The revised constitution was voted on and unanimously approved. A signing sheet will be sent to OSCR in due course. (Subsequent email correspondence with OSCR, and approved through email correspondence with this Committee, to make a minor change in wording, to avoid a protracted change process with OSCR.

7. Village Hall Asset Transfer

   Hilda reported that there had been 179 online submissions and 30 paper submissions of the survey that the consultant had drawn up. There was a general feeling amongst this Committee members that the survey had been poorly worded, and that no consultation with the village Hall Committee had taken place. Two public meetings are to be held on 10th and 11th October. John Gilbert Architects will look at the fabric of the Hall, while SKS consultants had been in touch with local businesses but with no responses to date.

   For our own interest the cupboard where we store things will be tidied and our items marked with PSK labels.

   Further news would be expected in January / February 2025.

8. Mountain to Sea Project
   Claudia Zeiske will visit again on 22nd November (since confirmed actually 15th November) to present her story and journey through discussion and video. Four members from PSK have been invited along to a celebratory lunch at the Arthur Grant Centre on 16th November.

9. Reminiscence Group
   The next date with the Tuesday Group is on 22nd October with the subject of "What did you do on your summer holidays", which should provide some stimulating discussion. It is still thought worthwhile to continue with the Tuesday Group, periodically, although topics and "props" are required for each session.

10. Mind Yer Mind (the 5 ways to wellbeing)
    Rob presented the attached leaflet from Aberdeenshire Public Health in relation to metal wellbeing. We should all be mindful of the Mind Yer Mind concepts!

11. Publicity / Promotion:
    Promotion / business cards for the Buggy Walks are now in the Surgery and Library. Cards for Friday / S&B groups are still being worked on. We should consider sharing Walking Groups info on All About Kemnay Facebook page. Claire is contacting Paths for All in respect of usage of their imagery.

12. Paths Group Development

No movement since last time. Rob has emailed Richard Lamplugh at Greener Kemnay in respect of getting a public meeting set up to engender more interest.

13. Christmas Meal Update

The arrangements for the Golf Club Christmas Meal are all in hand, with collection dates of 23rd October, 25th October and 1st November. £22 for two courses and £25 for three courses inclusive of £1.50 tip.

14. Any Other Business

Hilda mentioned that an event hosted by Garioch Health and Social Care was being held in the Village Hall on 24th October from 3-7 pm, and PSK will have a display table. We would need some people to attend and help man the table.

15. Date of Next Meeting

It was suggested we should hold meeting in the latter half of a month to allow for bank statements to come in.

Next meeting agreed as **17th January 2025**, following on from close of Community Café.