

Minutes of the 19th Annual General Meeting of Friskis Aberdeen
Saturday 23rd March 2024 @ 11:30am
Cults Hub

1. Opening of the Meeting: Welcome and Apologies:

Pauline Westwood welcomed everyone to the 19th Friskis Aberdeen Annual General Meeting. Apologies were submitted from Rosey Leiper, Jackie Richardson, Jackie Leiper, Fiona Aitcheson, Elspeth Graham, Sue Callan and Sheila Lawson.

2. Appointment of a Chairperson and Secretary for the meeting:

Jenny Chapman proposed that John Gregory be Chairperson, and this was seconded by Dave Willett. Katie Wilde proposed that Susan Rothnie be Secretary, and this was seconded by Jenny C.

3. Establish the Electoral Register for the meeting:

This was established as 5 leaders and 16 members with an additional 20 online votes.

4. Appointment of 2 Minute Adjusters and Tellers:

Ashwini Rao proposed Joanna Ewen and Dave Willett, and this was seconded by Kenneth McAlpine.

5. Has the AGM been properly convened in accordance with the Constitution?

The meeting unanimously accepted that the AGM had been properly convened.

6. Establish the Agenda:

The agenda was unanimously accepted.

7. Approval of Minutes of previous AGM 2023 and Matters Arising:

Katie Wilde highlighted an error in Section 15 of the previous minutes where the proposer and seconder were the same person (Jan Hosie). This is to be amended.

The rest of the minutes were accepted as read and approved.

Proposed by Katie Wilde and seconded by Susan Rothnie.

8. Review Committee's Reports:

a) Annual Report - including the Operational Plan for 2024/25

Pauline Westwood presented the Chairperson's Report and thanked all the committee Members for their hard work and support over the last year.

Pauline and Jackie's full reports can be found on the Friskis & Svettis website. Pauline gave us some of the Highlights including -

- The big need to increase our membership and the need to future proof the association. Members are encouraged to 'spread the word' about all the F&S classes and the Importance of increasing the awareness of the association. If current members want Friskis Aberdeen to continue we need every member to encourage new participants of all ages. Chat to friends and colleagues.
- The committee have focused on publicity for F&S this past year including a couple of articles in the local P&J, one of which reported a Friskis class as being in their Top 7 favourite activities in Aberdeen for 2023.
- Another challenge this year has been the disappointment in not being able to put forward a willing member to train as a leader in Sweden. Added to this, Joan Thain,

one of our Moray leaders has decided to step down after many successful years of Jympa classes. The total number of leaders stands at 8 active leaders and 2 inactive leaders.

- Jackie Leiper, Faye Simpson and Katie Wilde were thanked for all their work in maintaining our social media including Facebook, Instagram and X (Twitter). Faye Simpson, one of our members, has reinstated X (Twitter) for us. Members are encouraged to upload photos and 'like' and share our Social Media posts.
- Friskis Aberdeen have attended a couple of Zoom meetings with representatives from Riks, Sweden this year. The F&S website is being updated to be more user friendly. This update should be completed by the end of this year. The website address will change to Friskis.com. Katie raised the fact that we need to bear this in mind when producing new leaflets and banners.
- The Kick Off was held in October 2023 and was a big success. Not only do the leaders benefit from the Swedish and Norwegian 'experts' but so do the members. These masterclasses are an Inspiration to us all.
- The Viking Hikers in Aberdeen and Buckie are doing well with the numbers in their groups. Their Nordic style walks are usually about 3.5 miles but they have done some longer ones including Dunecht Estate, Cairn William, Peter Hill and the Seven Bridges. The VH leaders also completed a First Aid course provided by the British Red Cross.
- It is hoped that if the summer weather is kind to us this year we will have some more outdoor classes at Hazlehead Park.

Other Discussions re Chairperson's Report:

- Jenny Chapman asked about our change of name from 'Friskis & Svettis' to 'Friskis Aberdeen'. Pauline explained that this format has been adopted across the international association for some years now.
- We have one 'Friskis & Svettis' banner which is usually on display at Cults Sports Complex but we do need to purchase more. Our banners have to be easily moved as we are unlike Sweden where F&S have their own gyms. Eva Christie, Dave Willett and Dave Curry who are all Viking Hikers asked about banners, rucksacks, flags or some other form of advertising suitable for their walking group to encourage new members. Two new members have recently joined the walkers because they spotted them in the park and thought they looked a 'friendly bunch'. Dave Curry feels that an emphasis should be put on the fact that the Viking Hikers employ the Nordic walking method and that the poles they use are for a more energetic workout rather than physical support. Dave Willett mentioned that some posters have been put up in supermarkets and elsewhere. It was suggested by the chairperson that the Viking Hikers should discuss among themselves what they think would work best for them regards advertising/marketing and get back to the committee with their decision.
- Mandy who runs the Friskis classes in Banff (3 classes a week) told us that her classes are very well supported but she has been trying to recruit younger members. She has visited various groups including the WI telling them about F&S and also doing some demonstration classes.
- A reminder that information about Friskis Aberdeen can be found on the Facebook page and you don't have to have a Facebook account in order to access it.
- Jenny Chapman asked about our presence on YouTube and whether that might encourage more members. Unfortunately, this would be difficult to set up mainly due to a lack of IT skills, time and lack of knowhow by the committee but also there would be a licensing issue regarding music. The leaders have to pay a license fee for the music that is played during classes.

- Pauline reminded all members that we are always looking for volunteers so if you have any skills that you think Friskis Aberdeen would benefit from please do not hesitate to make yourself known to any of the leaders or committee. For example one of our members now runs our X (Twitter) account.
- Pauline also reminded members about the Friskis Go app. This app can be downloaded From iTunes, Google Play Store, etc and is free. All members receive a log in code when they renew their membership. It gives you access to a number of different classes (mostly in Swedish but this should not be a problem for doing familiar classes such as Jympa) and other things like balance and stretching workouts at your desk. The app icon is a white square with a red 'Go'.

b) Finance Report (January 2023 - December 2023)

Our treasurer, John Gregory presented the Financial Report and as usual was very clear and concise. He mentioned, that as expected, most of our income came from membership fees. In 2020 our members numbered 526, in 2021 they were 273, in 2022 they were 347 and in 2023 they were 361. Numbers are gradually increasing and John updated us to say there were now in fact 371 members. He is hopeful that this number may reach 400 this year. He also mentioned that our publicity budget this year was more than usual but Pauline quickly pointed out that this was totally justified because of the concern of our drop in members. Overall, the finances are good with a healthy balance.

c) Budget for the current financial year

Our main income will come from membership fees. Each leader also contributes £50 per year each plus their membership fee. This £50 is to pay for an annual check (LUF) by a Swedish/Norwegian expert on each of their exercise programmes. Non-active leaders pay £10 per year. If the leader does more than one type of class then a further £50 per type is paid. About £8 of the £20 membership fee goes to Friskis Sweden. It is thought that further publicity will be required but there are sufficient funds to support this.

Other discussions re finance:

- Stuart Christie asked why the leaders have to pay the £50 per year per check? This led to quite a discussion with the members and committee resulting in the rules of the constitution being investigated by Christine Richardson. She fed back to us that this payment was not evident in the constitution. She then read the Leader Contract and the payment of £50 is mentioned there. The majority of the members present felt that this payment should in fact be paid from the Friskis Aberdeen account especially as the account is very healthy and it is us members who benefit from the excellent quality of the leaders. It is important to have this quality assurance. This was put to a vote and the Affirmed Vote resulted in 14 for the change and 1 against. Leaders did not vote. This amendment to the Leader Contract will be reviewed by the committee.
- John emphasised that it is very important that the leaders are not out of pocket for running a class. He also gave the leaders a big thank you for their commitment and quality of service which he and we feel equals the master classes that are provided by Sweden.
- Kenneth asked if some of our surplus budget could be used to the benefit of the members. It was highlighted by Pauline and John that we do need to have a reasonable amount of money in the account in case of training a new leader (costs around £2000) and payment for the visiting Swedish experts/reviewers.
- The hire of the halls and venues for the classes varies and this is why the cost of a class has increased to £5. This is still thought to be good value for a quality exercise class.

9. Auditor's Report:

Julie Vickers has audited the accounts and has done another splendid job of summarising our annual budget. There were no questions from the members regarding the accounts.

10. Adopt balance sheet and Income & Expenditure Accounts:

The accounts were accepted.

Proposed by Kenneth McAlpine and seconded by Dave Curry.

11. Decision on Annual Membership Fee:

The annual fee is to remain at £20 for the coming year.

Proposed by Kenneth McAlpine and seconded by Jenny Chapman.

12. Discussion and vote on motion put forward:

No motions submitted.

13. Election of Members of the Committee:**Main Committee Members -**

Pauline Westwood - Chairperson - 1 year re-election

Christine Richardson - Deputy Chairperson - 1 year re-election

Ashwini Rao - 2nd year of re-election

Joanna Ewen - 1 year re-election

Susan Rothnie - 1 year re-election

Substitute Committee Members -

Alaister McIntosh - 1 year new election

Elspeth Graham - 1 year new election

Rosey Leiper - 1 year re-election

Treasurer & Membership Registrar -

John Gregory - 1 year re-election

Election Committee -

Convenor - Kenneth McAlpine - 2 years new election

Sheila Lawson - 1 year re-election

Dave Curry - 1 year re-election

The Main Committee is to remain the same.

These elections were proposed by Kenneth McAlpine and seconded by Dave Curry.

14. Auditors:

Julie Vickers - 1 year re-election

Sue Mulkerrin (deputy) - 1 year re-election

15. A.O.C.B.

- A request has been made to have the AGM papers available earlier so they can be displayed in class.
- The subject of the leaders having a card reader for payments was discussed again. Once more it was decided that this is something each leader should decide upon. The issue of network connections/signals was again raised as a possible problem in some locations/venues.

- John Gregory has given notice of his retirement from the post of Treasurer. He will remain in post until the AGM in 2026. Meanwhile, he encourages anyone interested in taking his place to come forward and he will gladly instruct them over the next couple of years. He says that the job is not difficult or in any way onerous once you are shown the ropes.
- Pauline will be resigning from the post of Chairperson next year and so there is another plea for anyone interested in this post to make themselves known to Pauline who will happily show them what the post entails.

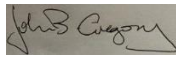
16. Closing of Annual General Meeting:

John thanked everyone for attending the meeting.

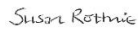
Meeting closed at 12:45pm

Signatures:

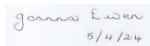
John Gregory (Chair)



Susan Rothnie (Secretary)



Joanna Ewen (Minute Checker)



Dave Willett (Minute Checker)

