



Agenda for the 20th Annual General Meeting
Saturday 22 March 2025
Cults Kirk Centre, 404 North Deeside Rd
11am for 11:30am

1. Opening of the meeting
2. Appointment of a Chairperson & Secretary for the meeting
3. Establish the Electoral Register for the meeting
4. Appointment of 2 Minute Adjusters (to check Minutes with Chairperson)
5. Has the AGM been convened in accordance with the Constitution?
6. Establish the Agenda
7. Approval of Minutes of previous AGM 2024/Matters Arising
8. Review Committee's Reports:
 - Annual Report – including Operational Plan for 2025-2026
 - Finance Report (January 2024 – December 2024)
 - Budget for current financial year
9. Auditor's Report
10. Adopt balance sheet/Income & Expenditure Accounts
 - Approve statements concerning the Association's profit or loss as per the balance sheet
11. Agree on Annual Membership to remain at £20
12. No Motions put forward
13. Election of members of the Committee:
 - Election of Chairperson for term of 1 year
 - Election of full Committee Members (term of one or two years)
 - Election of Substitute Committee Members for term of 1 year
 - Election of members of the Election Committee for a term of 1 year, one of whom shall be elected Convenor
14. Election of Auditor and Deputy Auditor
15. A.O.C.B.
16. Closing of Annual General Meeting

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.

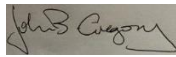
16. Closing of Annual General Meeting:

John thanked everyone for attending the meeting.

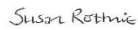
Meeting closed at 12:45pm

Signatures:

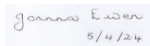
John Gregory (Chair)



Susan Rothnie (Secretary)



Joanna Ewen (Minute Checker)



Dave Willett (Minute Checker)





FRISKIS&SVETTIS ABERDEEN

ANNUAL REPORT 2024-25

Annual General Meeting Saturday 22 March 2025

Introduction - Chairperson's Report

Friskis&Svettis 2024-25

Viking Hiking Report

Education Report

Social Media Report

International News

Operational Plan for 2025/26 (Appendix 1 Attachment)

Conclusion

Chairperson's Report

Introduction

This is our 20th year as part of Friskis&Svettis and something to celebrate, especially following the challenges of recent years. Friskis Aberdeen Committee has continued the work of last year in line with Friskis&Svettis strategy for 2023-25 focusing on growth in membership and increasing volunteer engagement.

Friskis Aberdeen has continued to provide a range of fun, high-quality, low-cost exercise to our local communities. In addition we have participated in two health and wellbeing festivals; had a promotional stall at a community fayre; taken out a 6-month advertising package in the widely circulated Trend magazine; presented at a health and wellbeing session to the staff at a local offshore company; commissioned two videos showcasing Friskis for use in promotional activity; provided warm-ups at Run Balmoral for the 20th year; appeared on an STV news item on affordability of exercise classes; had an inspiring Kick Off weekend; raised money for a range of charities; and prepared for the new Friskis website coming this year. Attendance at many classes is increasing and nearly 10% of our memberships so far this year are new.

There have been changes and challenges this year. Ashwini stepped down as a leader and committee member in the summer because of a longstanding injury and increased family and work commitments. We will miss her energetic classes but look forward to welcoming her back as circumstances allow. Faye Simpson, a former leader, has returned and has re-started the Jympa class for NHS and Aberdeen University staff in Foresterhill that Katie Stott ran before Covid. Jackie Leiper stepped down as Facebook co-ordinator and education representative. Huge thanks to her for developing the Facebook page to the point where we reached 1000 followers in 2024 – a fantastic achievement. Christine Richardson has taken over co-ordinating Facebook posts

Many people have volunteered their time and energy to help run Friskis Aberdeen. Volunteers are the heart of our unique exercise association. The Election committee has sent out appeals to the membership to step forward and help with the running of the association, and it is encouraging to see some new names come forward to join committees. Huge thanks to the Committee Members, Subs and Election Committee; to John our Treasurer and Registrar; to our leaders both in Jympa and Viking Hiking; to Jackie Leiper, Christine Richardson, Katie Stott and Faye Simpson for maintaining our social media and to our members, who have continued to support Friskis Aberdeen.

The Committee

Pauline Westwood (Chair), Christine Richardson Vice Chair), Ashwini Rao (resigned August 2024), Elspeth Graham (from August) Susan Rothnie, Joanna Ewen (VH Rep) and John Gregory (Treasurer).

Substitute Committee

Alaistair McIntosh, Rosey Leiper, Elspeth Graham (until August 2024)

Treasurer and Membership Registrar

John Gregory

Election Committee

Kenneth McAlpine (Convener), Dave Curry, Sheila Lawson,

Other Roles

There are a variety of roles undertaken across the Association these being:

Viking Hiking Co-ordinator - Dave Willett

Website Manager - Katie Stott

Facebook Co-ordinator - Jackie Leiper until Sep 2024, Christine Richardson from Oct 2024

X (Twitter) posts - Faye Simpson

Programme Check (LUF/Update) Record - Pauline Westwood

Publicity Group - Vacant

Education Officer - Vacant

Membership

Membership for 2024 increased to 388 from 361 in 2023.

Leaders

There are currently 8 active and 1 inactive Exercise Class leaders who offer Jympa, Jympa Soft, Jympa Soft with Bands, Multi-training, Dans, and Coreflex classes across the week.

Leader Training 2024-25

No new leaders were put forward for training.

Kick Off

Our Kick Off was held 21/22 September 2024 and was run by sisters Beata and Lovisa Hanner from Sweden. This energising event was well attended with 80 people signing in across all the classes offered over the weekend. Ten new people found the event from a range of advertising sources. Beata and Lovisa led master classes in Jympa and Jympa soft as well as a joint Dans class. Jackie Leiper had a LUF for Dans on the Saturday and Rosey Leiper had a LUF for Jympa on the Sunday morning. Beata and Lovisa also ran training for the leaders on coaching and collaboration whilst giving us a refresher on strength and stretching. In their down time the sisters enjoyed some of the sights of Aberdeenshire, including a whisky distillery, Kiltswihae, Forest farm and a walk from Stonehaven to Dunottar Castle. It was a very energetic and enjoyable weekend. A big thank you to Beata and Lovisa; everyone who contributed to organising the event and to all those who attended.

Operational Plan 2025-26

The operational plan is in a separate Appendix 1.

Viking Hiking

Viking Hiking continues to provide 4 one-hour fitness walks every week at Hazlehead Park and one long walk per month. The fitness walks contain 3 exercise sessions and a 3.5 mile Nordic walk during the hour. The resilience of this program is due to the excellent leadership provided by our enthusiastic volunteers. This year some leaders have been absent with health issues, but their duties have been reliably carried out by deputies. We provide over 200 walks per year which is down to excellent and reliable leadership. Each session ends with a coffee which helps to build lasting friendships. Membership attendance is good on these walks with 10 to 20 people on most days. Our long walks have varied between local treks and further afield to Mormond Hill, the Honka Hut and Drumtochty Glen. This year in May, Viking Hiking will participate in the 2025 Grampian Wellbeing Festival on May 16th. Our Xmas lunch on December 24 was enjoyed by 30 members which again took place at the Deeside Golf Club. A good time was had by all.

Dave Willett

The VH group in Buckie led by Joan Thain also continues to go well. They have a few keen helpers and are hoping to recruit some newcomers.

Education Report

Kick Off provided an interesting training session for the exercise leaders in September 2024. See separate report on the Kick Off.

Rosey and Pauline attended the Friskis FSD conference in Oslo in October 2024. It was a great opportunity to train and network with lots of people from other Friskis & Svettis associations. We experienced many different classes and training such as yoga, multi-training and Jympa. We met one leader from an association with 50 members and 2 leaders, so we are not as small as we think. We felt very welcome and there were requests for more representatives from Friskis Aberdeen to attend the next one!

There has been an official tour in Sweden of a training programme on "attracting and recruiting" as well as "support and development". The workshop is primarily aimed at people involved in recruitment and induction as well as support and development of functionaries in the association. This would also be useful for non-Swedish associations, and worth exploring for the future.

The committee looked at different options for Basic Life Support training and agreed to fund up to £60 towards the cost of emergency First Aid training for leaders who request it. Exercise leaders access training from a range of providers. Sport Aberdeen provide training in the City. Other leaders get access to training through their employment. The Viking Hikers have opted for another session from the British Red Cross.

Friskis Go

Friskis Go is an exercise App that gives you access to lots of Friskis & Svettis classes and exercises in Swedish. It is great for when you can't get to a class, and a good source of inspiration for the exercise leaders. It is free for all Friskis Aberdeen members. You can download the app from Itunes, Google play store etc and members receive a code to log in.

Social Media Report

Our followers on Facebook are continuing to grow. We were delighted to reach over 1000 followers on Facebook this year which is a fantastic achievement. Particular thanks to Jackie Leiper for manning our account until last autumn. Christine Richardson is now keeping us posted and managed to post our new jympa video to help demonstrate what a class looks like. Remember Social Media is the best way for us to share information about news, events, class photos, Viking hiking walks, fundraising and particularly to notify members of any last minute class changes or cancellations. Liking, commenting and sharing posts is vital to help us spread the word about Friskis Aberdeen and bring in new members. Please help us by sharing your photos from classes or walks or commenting on our Facebook page. Every 'hit' on our social media really helps

<http://facebook.com/fsaberdeen>

@friskisaberdeen

www.instagram.com/friskisaberdeen

Christine Richardson

Friskis continues with its presence on X. It tends to be a different audience to Facebook and I'm hopeful we have attracted some new faces at our classes. Please tell your friends, family and colleagues to look us up and start following us to keep spreading the word.

<https://twitter.com/FriskisAberdeen>

Faye Simpson

International News

Friskis Aberdeen participated in a Zoom meeting on the new Friskis website. It will be simpler than the existing site. Riks, the Friskis&Svettis headquarters will prepare all the core pages for European associations in English. This will be an improvement to our existing website which was written in Swedish and translated using AI. The new address for the English language sites will be Friskis.com/En. Search engine optimisation should be better with this new website enabling people searching for "fitness" or "exercise" classes to find us. Many thanks to Katie Stott who has prepared local content for Sweden and the plan is to go live in March 2025. If any members have any expertise in websites and have some time to help the association with this new site, we would love to hear from you.

We are entering the final year of the 2023/25 Strategy. We are encouraged to think about how we want the future to look for our association. Preparations are now being made to develop the strategy for 2026/29.

"Workplace" run by Meta, is used as an internal communication channel throughout Friskis. It is how we keep in touch with Sweden and all the other Friskis associations. In May 2024, Meta announced its decision to shut down Workplace as of September 2025. The project to find a replacement for Workplace started in 2024. At the time of writing there has been no further update on what will replace it.

The Friskis Sweden AGM will be held on 15 March 2025.

Brian van den Brink is the new head of training development and at Friskis headquarters. He is a group training instructor, personal trainer and educator. He highlights Friskis as one of Sweden's strongest public health players and that Friskis' offer of enjoyable and accessible exercise for everyone is highly relevant. A recent survey of Swedish people stated that almost 20% never or very rarely exercise. (In Scotland the Scottish Health Survey showed that 35% of the adult population do not meet the recommended levels of physical activity, with 22% reporting very low levels of physical activity.)

Conclusion

As I step down as chair, I want to thank all the members, committee colleagues,

and exercise and VH leaders for their support. We may not have the reach of 5% of the population as they do in Sweden, but it is important to remember our role in improving health and wellbeing. I encourage members to consider stepping forward to help our cause in any way they can – it is very rewarding. I am proud of the resilience we have shown following the impact of the pandemic, and I look forward to seeing Friskis Aberdeen continue to thrive.



Operational Plan 2025/26

Action	Progress	Outcome 2023/24
1. Publicity – this function has been taken on by the committee		
Facebook	Ongoing	Christine Richardson is Facebook Co-ordinator with Katie Stott as her backup. Encourage all to provide content.
X (twitter)		Faye Simpson has re-established the X page.
Website development	Ongoing	Katie Stott has provided information to Riks for the transition to the new website which is due to be launched in March 2025.
Advertising	Ongoing	Advertising package for 6 months in Trend magazine. Videos produced of Friskis at Run Balmoral and of a Jympa class. Kick Off was widely advertised using Facebook, Eventbrite, Posters, NHS staff noticeboard. Merchandise (tote bags) and leaflets for display at events.
Events	ongoing	Stalls at Inchgarth Community Centre Fayre, and Aberdeen Health and Wellbeing Festival and participated in Grampian Wellbeing Festival 2024 and signed up for 2025. Presented to staff at a local business as part of their Health and Wellbeing programme.
2. Friskis&Svettis Strategy 2023-2025. Translate and implement elements relevant to Friskis Aberdeen		
Premises and branding	ongoing	Encouraged leaders to display banners during classes. Another teardrop flag has been purchased. To purchase more banners 2024/5
Increase volunteer engagement	ongoing	Some members have volunteered for committee roles.
Offer classes in other places	ongoing	New class has started in the Foresterhill site of Aberdeen Royal Infirmary for NHS and University staff.
Friskis Go	ongoing	Members emailed with new access code. Friskis Go highlighted when classes were cancelled in adverse weather conditions
Growth of member numbers	ongoing	Membership has increased from 2023.
Digital communication with members	ongoing	Facebook and now X used regularly. Email used regularly by Viking Hiking.
Members recommendation of Friskis to others	ongoing	Data not collected.. Word of mouth has traditionally been the source of our new members.
Membership base should better reflect the local population.	ongoing	Increased advertising of Friskis to reach wider population

Appendix 1

Volunteers should reflect member base	ongoing	Communication with membership in 2024/5 to engage more volunteers
3. Training – New Leaders – encouraging potential new leader training whether that be Jympa or Viking Hiking.		
Train new Viking Hiking leaders	Ongoing	
Training new Jympa Leaders	Ongoing	No new leaders this year
3. Training – Existing Leaders		
Organise Kick Off event	Complete	Successful event – approx. 80 people signed into classes across the weekend.
4. Jympa and Viking Hiking – completion of CPR training leader in keeping with insurance requirements		
Agree numbers requiring CPR training	Ongoing annually	Agreed to help funding of First Aid training for leaders. Information provided on the Sport Aberdeen courses. Viking Hiking leaders to organise British Red Cross training.

FRISKIS ABERDEEN

INCOME & EXPENDITURE ACCOUNT FOR THE YEAR ENDED 31ST DECEMBER 2024

	2024 Accounts			2023 Accounts
	2024 £	2025 £	Total £	£
INCOME				
Membership Fees	5,500	2,680	8,180	7,700
Leader Fees	260		260	360
New Leader Training	-		-	-
Leader Dev. & Training	365		365	-
Sale of Equipment	16		16	-
Class Levy	5		5	-
Donations	1		1	30
Total Income	6,147	2,680	8,827	8,090
EXPENDITURE				
F&S Affiliation Fee	2,225		2,225	2,237
AGM Expenses	84		84	129
Printing/Publicity	2,562		2,562	837
Website	46		46	-
Charity Donation Red X	-		-	50
Kick-Off Weekend	780		780	2,336
Viking Hiking Insurance	280		280	281
New Leader Training	-		-	-
Leader Training / Dev.	996		996	202
Bank Charges	30		30	30
Audit Fee	135		135	105
Gifts / Prizes	27		27	52
Total Expenditure	7,165	-	7,165	6,259
				1,831
Surplus for Year			1,662	1,831
Represented by:	£			£
Opening Bank Balance	12,491			10,660
Closing Bank Balance	14,093			12,491
Cash	60			
Net Increase in Funds	1,662			1,831

FRISKIS ABERDEEN

Financial Report for the year ending 31st December 2024

I have prepared the Income & Expenditure Accounts on the basis of information supplied to me from the Society's records.

It is the responsibility of the Committee to ensure that proper accounting records are maintained in accordance with acceptable accounting practice.

My review included examination, on a test basis, of evidence supplied of relevance to the amounts and disclosures in the financial statements.



F&S INDICATIVE BUDGET FOR 2025

INCOME

1. Membership Fees	£8,020 ⁽¹⁾
2. Other Income	£ 100 ⁽²⁾
Total	£8,120

EXPENDITURE

3. RIKs Affiliation Fee	£2,370 ⁽³⁾
4. KO Weekend / Masterclass	£1,600
5. Leader Training	£ 0 ⁽⁴⁾
6. Leader 1 st Aid Training	£ 600 ⁽⁵⁾
7. AGM Expenses	£ 100
8. General Administration	£ 250 ⁽⁶⁾
9. Publicity	£1,000
10. Insurance (VH)	£ 320
11. Other	£ 100
Total	£6,340

NOTES

1. Based on an estimated 400 x 2025 Members plus Non-Members income
2. Fund raising events / Quizzes / Donations
3. Based on 388 (actual) x 2024 Members @ 80 SEK per person
4. No candidates identified for 2025, but sufficient funds available for the future
5. Based on 10 leaders x £60 contribution (actual cost of Sport Aberdeen Course)
6. Includes Auditors fee

FRISKIS ABERDEEN

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It is the responsibility of the Committee to ensure that proper accounting records are maintained in accordance with acceptable accounting practice.

My review included examination, on a test basis, of evidence supplied of relevance to the amounts and disclosures in the financial statements.

In my opinion the Income & Expenditure Accounts give a true and fair view of the state of the Association's affairs as at 31st December 2024.

Increase in Funds

Accumulated reserves increased by +£1,662 during 2024.

Membership

2024 figures include 134 memberships paid in advance for 2025 @ £20 each.

During 2024 £5,500 fees were collected for the year, to be added to the advance subscriptions of £2,220 that were collected during the previous year.

After accruing fees to the correct years, during 2023 there were 349 paying members. Paying members for 2024 totalled 386 so numbers increased by 10.6%. I.e. 386 paying members for 2024 compared to 349 for 2023.

The Association is mindful of the need to maintain numbers by promoting their classes - for example at Well-Being festivals, by placing magazine advertisements, and by leafleting. The Association invested £2,562 in promoting their classes during 2024 and this has paid off.

Expenditure

Total expenditure for 2024 amounted to £7,165 compared to £6,259 for 2023.

Costs include paying for publicity, Leader Training & Development, and Kick Off Weekends. Numbers are growing and there is healthy investment in future activity.

Affiliation fees paid in January 2024 amounted to £2,225 compared to £2,237 for 2023.

Reserves

There is a healthy reserve now of £14,093 which is equivalent to two years expenditure.


.....
Julie Vickers

Date 8th February 2025

On behalf of the committee I confirm that to the best of my knowledge all relevant accounting information has been made available for review.


.....
John Gregory, Treasurer

Date 10th February 2025

F&S Income Account January - December 2024																		
Month	Description	Cash	Bank	Membership 2024	Membership 2025	Non Members	Kick Off W/E	New Leader Training Contribution	New Leader Fund Raising	Leader Training & Development	Leaders Uniform	Leader Fees	Stick Hire / Sale	Donations	Misc.	Totals	Monthly Totals	Month
January	Membership Fees (148)	2,240.00	720.00	2,960.00												2,960.00		
	Donation: Christine Richardson	1.49												1.49		1.49		
	Leaders Fees (1)		50.00									50.00				50.00		
	Cash deposited to bank		2,240.00													0.00		
																	£3,011.49	January
February	Membership Fees (81)	1,180.00	440.00	1,620.00												1,620.00		
	Leaders Fees (2)		60.00									60.00				60.00		
	Cash deposited to bank		1,160.00													0.00		
																	£1,680.00	February
March	Membership Fees (27)	460.00	110.00	570.00												570.00		
	Leaders Fees (2)	50.00	50.00									100.00				100.00		
																	£670.00	March
April	Membership Fees (8)	160.00		160.00												160.00		
	Leaders Fee (1)		50.00									50.00				50.00		
	Sale of F&S Tote Bags (8)	16.00													16.00	16.00		
																	£226.00	April
May	Cash deposited to bank		685.00													0.00		
	Membership Fees (6)	40.00	80.00	120.00												120.00		
																	£120.00	May
June	Membership Fees (2)		40.00	40.00												40.00		
																	£40.00	June
July	Membership Fees (1)		20.00	20.00												20.00		
																	£20.00	July
August	Membership Fees (3)		60.00	60.00												60.00		
																	£60.00	August
September																0.00		
																	£0.00	September
October																0.00		
																	£0.00	October
November	FSD24 Attendance: Pauline & Rosey		365.02							365.02						365.02		
	Members Fees (76)	520.00	1,000.00		1,520.00											1,520.00		
	Cash deposited to bank		561.00													0.00		
	Class Fee for Katie: Gwen Smith		5.00												5.00	5.00		
																	£1,890.02	November
December	Members Fees (54)	660.00	500.00		1,160.00											1,160.00		
	Cash deposit to Bank		600.00													0.00		
																	£1,160.00	December
Totals		5,327.49	8,796.02	£ 5,550.00	£ 2,680.00	£ -	£ -	£ -	£ -	£ 365.02	£ -	£260.00	£ -	£ 1.49	£21.00	£ 8,877.51	£8,877.51	
												Cash in Bank 31st December 2023				£ 12,490.63		
																£ 21,368.14		

F&S Expenditure Account January - December 2024																			
Month	Description	Cash	Bank	AGM	Affiliation Fees	Stationery Stamps Etc	Publicity	New Leader Training	Leader Training & Devt	Kick Off W/E	Leader Forum	Website	Viking Hiking	Bank Charges	Misc	Totals	Monthly Totals	Month	
January	To Fi Barker: Refund of double membership fee		20.00												20.00	20.00			
	To Aberdeen Leaflet Delivery: Leaflet drop		56.00				56.00									56.00			
	To Howdens: VH Insurance (by Direct Debit)		280.73										280.73			280.73			
	To Christine Richardson: Business Cards	21.49					21.49									21.49			
	To RIKS: Annual Levy		2,239.65		2,224.65									15.00		2239.65	2617.87	January	
February	To Julie Vickers: Audit of 2023 accounts		135.00												135.00	135.00	135.00	February	
March	To Ashwini Rao: Refund of overpaid memb fee		30.00												30.00	30.00			
	To ACVO: Renewal of membership		25.00												25.00	25.00			
	To Joanna Ewen: Biscuits for AGM		7.00	7.00												7.00			
	To John Gregory: Rosey LUF (Maddan)		37.88						37.88							37.88	99.88	March	
April	To Cults Parish Church: Hire of Hall for AGM		77.25	77.25												77.25			
	To Various Leaders (6): Leaders Fee Refund		260.00												260.00	260.00			
	To Jackie Leiper: Meta Facebook Ads		20.00				20.00									20.00			
																	357.25	April	
May	To Aberdeen Leaflet Delivery: Leaflet order		67.20				67.20									67.20			
	To Stuart Ross Media: Balmoral Run Video		100.00				100.00									100.00	67.20	May	
June																			
	To Jackie Leiper: Meta Facebook Ads		20.00				20.00									20.00			
	To John Gregory: JackieR LUF (Maddan)		49.75						49.75							49.75			
	To John Gregory: Mandy LUF (Christina)		49.43						49.43							49.43	119.18	June	
July	To Christine Richardson: Leaders Hoodies		249.95				249.95									249.95			
	To John Gregory: Beata Hanner Airfare		226.81							226.81						226.81			
																	476.76	July	
August	To John Gregory: Lovita Hanner Airfare		238.20													238.20			
	To Sport Aberdeen: KO Weekend Hall Hire		137.50							238.20						137.50			
	To Christine Richardson: Fiona's Champagne		27.00							137.50						27.00			
	To John Gregory: Pauline's LUF (Kristin)		48.30						48.30							48.30			
	To John Gregory: Rosey's LUF (Christina)		48.22						48.22							48.22			
	To Mearns & Gill: Health & Wellbeing Festival		90.00				90.00									90.00			
	To John Gregory: Article / Ad in Trend		600.00				600.00									600.00			
	To Jackie Leiper: Expenses		43.00				43.00									43.00			
	To John Gregory: Jackie L's LUF (Emma)		49.48						49.48							49.48			
																	1281.70	August	
September	To Pauline: Eventbrite Fee for KO Weekend		19.00							19.00						19.00			
	To Christine: Website / Address Expenses		45.60									45.60				45.60			
	To Pauline: Meal Expenses for KO Weekend		128.30							128.30						128.30			
	To Stuart Ross Media: Jympa Class Video		400.00				400.00									400.00			
	To John Gregory: Jackie L's LUF (Beata)		49.00						49.00							49.00			
	To John Gregory: Rosey's LUF (Lovisa)		49.00						49.00							49.00			
																	690.90	September	
October	To Jackie L: FB Advert for KO Weekend		29.75							29.75						29.75	29.75	October	
November	To Trend Publications: Magazine Advert		300.00				300.00									300.00			
	To Norges Fleridrettsforbund: FSD24		365.02							350.02				15.00		365.02	665.02	November	
December	To Katie: Class Fee from Gwen Smith		5.00												5.00	5.00			
	To Trend Publications: Magazine Advert		300.00				300.00									300.00			
	To Aberdeen Leaflet Delivery: Leaflet order		75.60				75.60									75.60			
	To Pauline: Purchase of tote bags		193.74				193.74									193.74			
																	574.34	December	
Totals				£ 84.25	£ 2,224.65	£ -	£ 2,536.98	£ -	£ 731.08	£ 779.56	£ -	£ 45.60	£ 280.73	£ 30.00	£ 502.00	£ 7,214.85	£ 7,214.85		



Election Committee Proposals for 2025/26

Main Committee

Susan Rothnie, Chairperson 1 year election

Christine Richardson, Deputy Chairperson-1 year re-election

Elsbeth Graham -1 year re-election

Mary Hill/Jan Hosie -Viking Hiking representative 1 year election

Suzanne Turnbull – 1 year election

Substitute committee members

Alaistair McIntosh -1 year re-election

Rosey Leiper -1 year re-election

Kevin Devine – 1 year election

Joanna Ewen – 1 year election

Anne Bewick – 1 year election

Treasurer& Membership Registrar

John Gregory 1 year re-election

Auditors

Julie Vickers 1 year re-election

Sue Mulkerrin(deputy) 1 year re-election

Election Committee

Kenneth McAlpine (Convenor) 1 year re-election

Dave Curry 1 year re-election

Sheena Grant 1 year election