

Minutes of the 21st Annual General Meeting of Friskis Aberdeen Saturday 11th April, Cults Kirk Centre, 404 North Deeside Road, Aberdeen

Present: Faye Simpson (FS), Aileen Adam, John Gregory (JG), Pauline Westwood (PW), Mary Hill (MH), Janet Hosie (JH¹), Eva Christie (EC), Stewart Christie, Pamela Robathan, Dave Curry (DC), Katie Wilde, David Graham (DG), Elspeth Graham (EG), Fiona Taylor, Jacky Hatchwell (JH²), Jenny Longhurst, Susan Cooper (SC), Maureen Collie (MC), Jill Reid (JR), Susan Rothie (SR), Joanna Ewen (JE), Kathy Findlay (KF), Oonagh Grassic, Sheena Leith, Jackie Leiper (JL), Sheena Grant (SG), Joan Mair (JM), June Gunn, Kenneth McAlpine (KMCA), Rhona Flin, Suzanne Turnbull (ST).

Apologies: Christine Richardson, Rosey Leiper, John Leiper, Leonie Jermyn, Alison Thornton, Mandy McWilliam.

1. Opening of the Meeting: Welcome and Apologies:

PW welcomed everyone to the 21st Friskis Aberdeen, Annual General Meeting. Apologies were given (see above) and PW lead a tribute to those members that had passed in the previous year – Jenny Chapman, Jenny Angus and Alan Copeland.

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

PW was appointed as Chairperson and DG was appointed as Secretary for the meeting (Proposed ST; Seconded SR).

3. Establish the Electoral Register for the meeting:

This was established as 31 present (leaders & members) with 34 online votes (note 3 online voters also in room).

4. Appointment of 2 Minute Adjusters:

ST and SR were appointed as minute adjusters.

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

It was unanimously agreed by those present that the AGM had been properly convened (Proposed ST; Seconded SR).

6. Establish the Agenda:

An agenda had been previously circulated and was unanimously accepted (Proposed SR; Seconded JL).

7. Approval of Minutes of previous AGM 2024 and Matters Arising:

There was one objection raised regarding voting procedure consistency described 2025 AGM minutes. The minutes were however approved by majority (with one dissent). (Proposed DC; Seconded SR). **Action closed.**

There was a matter arising from the previous AGM, that the leader contracts required to be updated to remove the leader fees (programme assessments by LUF) and the association paying for First Aid training. The contracts had been updated and issued to leaders. **Action carried forward to ensure leaders contracts are signed to ensure maximum benefit to leaders.**

8. Review Committee's Reports:

The Annual Report had been previously circulated. The report was presented by JG who reported a successful year with a stable membership stable currently at 379 members (with a target of 400 members anticipated). The membership trends with ~35–40 new members annually and a similar number leaving each year. The demographic of the membership was noted as a 40+ age group. JC acknowledged the volunteer contributions to the association with currently 8 exercise leaders, 11 hiking leaders – one having a dual-role leader. There is also a new leader in training (JR). In answer to a question the Viking Hiking to F&S membership was about a 30-35 to 60-65 split. The Association was

thriving in NE Scotland & Moray with classes being very well attended. The annual report was approved (Proposed SG; Seconded JE).

The Finance Report was also presented by JG. Income was ~£7,700 (mainly membership fees) with expenditure: ~£6,000 giving a surplus of around ~£1,500. The bank balance stood at around £15,500 (now £14,500 after leader training costs). Key costs were our affiliation fees, cost of publicity/marketing, programme assessment fees, first aid training and insurance. Finance report was accepted (Proposed SC; Seconded DC).

JG presented a budget for the current financial year (Jan '26 – Dec '26). There was a projected income of ~£8,000 and a deficit of ~£1,000. Major planned costs for the year would be the 21st anniversary event (£2,000), leader training and first aid training. The Associations reserves remain healthy. Budget was approved (Proposed SR; Seconded KMCA).

9. Auditor's Report:

Julie Vickers had audited the accounts and stated that the accounts were in order and there was a healthy reserve (Proposed JH¹; Seconded JH²).

10. Adopt balance sheet and Income & Expenditure Accounts:

The accounts were accepted, (Proposed JE; Seconded SR).

11, 12. Motion: Reduction of Membership Fee: Decision on Annual Membership Fee:

A motion had been received proposing to reduce the membership fee up to 50% for the anniversary year 2027. The motion was presented by MH who stated that this would be a fitting way to benefit all the membership in the Associations 21st year. Since we were a 'not for profit' organisation it would be a fitting way to reduce the strong financial reserves held by the Association.

Some concerns were raised that it should be made clear that the reduction would be for 1 year only. Also, the future return to the current fee increases might have a negative effect on membership. Some alternative suggestions were made such as discounts for new member or a per-class discounts, but these were determined not to be feasible.

The motion was voted on with 40 votes supporting the motion (22 on-line, 18 in room) and 13 votes against (11 on-line, 2 in room. There were 2 abstentions. The motion was therefore carried for the membership fees to be reduced in 2027 to £10.00 per member.

13. Election of Members of the Committee:

Main Committee Members (5 required) -

A paper had been circulated with the election committee proposal for election or re-election for 1 year

Elspeth Graham & Suzanne Turnbull – Chairperson (shared).

Christine Richardson – Deputy Chairperson

Mary Hill & Jan Hosie – Viking Hiking reps (shared)

Susan Rothnie

Substitute Committee Members (3 required) -

Alaistair McIntosh

Rosey Leiper

Joanna Ewen

Anne Bewick

Treasurer & Membership Registrar -

John Gregory (JG gave notice that he would be standing down in 2027)

Election Committee (3 required) -

Kenneth McAlpine (Convenor)

Dave Curry

Sheena Grant

The election committee's proposal for membership of the committee was approved (Proposed SR; Seconded FS).

There was a point of order made that the leaders were not sent (by the election committee) an email to ask if they were interested in the treasurer's position since at the last AGM, JG stated that he wished to stand down. It was pointed out that such an email was sent to all members and this should have been the opportunity for any leaders or members to express an interest. KW intimated that she would discuss the matter with JG. The point of order was resolved at the AGM.

14. Auditors:

Julie Vickers

Sue Mulkerrin (deputy)

These were re-elected (Proposed MC; Seconded EG).

15. A.O.C.B.

a. Merchandise (MC)

It was suggested make available branded clothing for members. It was pointed out that F&S branded clothing had in the past been reserved as Leader Uniform and this had been extended to Association Committee Members. It was agreed that this should be possible as it would help advertise the Association. It was agreed this would be for the committee to review.

b. Safety (Defibrillator) (JM)

The Moray Viking Hikers have been attracting some participants with complex cardiac health problems. They were concerned that when hiking in remote areas that, should walkers become ill that they carry a portable defibrillator for support. It was agreed this would be reviewed by committee.

c. Event Promotion (MC)

There had been a tradition for the leaders to perform a warm-up support at the Balmoral running event. It was suggested that this could also be used to promote the Association classes. Other organisations had a promotional tent and could the Association do the same. It was pointed out a red F&S gazebo was available and it didn't have to be the leaders who manned it. It was agreed to explore improved event engagement.

16. Closing of Annual General Meeting:

The chairman closed the meeting giving thanks to JG for being interim chairman and to those who had attended the meeting

Presentations and thanks were made to John Gregory & David Graham.

Meeting closed at 12:50pm

17. Signatures:

Pauline Westwood (Chair):

Pauline Westwood

David Graham (Secretary):

David Graham

Suzanne Turnbull (Minute Checker):

Suzanne Turnbull

Susan Rothnie (Minute Checker):

Susan Rothnie

Action Table

Action	Responsible	Details	Deadline
Update and monitor new leader contracts	Committee	Ensure all leaders sign updated agreements	Ongoing
Support leader training	Committee / Treasurer	Continue funding and oversight	Ongoing
Review membership fee implementation (2027 £10)	Committee	Communicate clearly as one-off anniversary discount	Before next AGM
Recruit apprentice treasurer	Committee	Identify and onboard successor to current treasurer	Within 12 months
Explore member merchandise (e.g. t-shirts)	Committee	Assess feasibility and design options	Next committee cycle
Assess need for portable defibrillator	Committee	Investigate options, costs, and practicality for hiking groups	Next committee meeting
Improve event promotion (e.g. tents, presence)	Committee / Volunteers	Develop approach for public events (gazebo, materials)	Before next event season
Increase volunteer engagement for events	Committee	Create sign-up or communication plan for members	Ongoing
Review publicity strategy	Committee	Shift focus toward word-of-mouth and targeted promotion	Ongoing
Monitor financial reserves vs. policy	Treasurer / Committee	Ensure reserves align with not-for-profit best practice	Ongoing