

Headway East Lothian SCIO

Annual General Meeting

21st August 2019

Welcome to everyone present here tonight, I'm Jim Maryniak, Convenor of Headway East Lothian. We do appreciate you all coming out and giving up your time to support Headway East Lothian. We have one hour arranged for this meeting and the agenda is as you see in front of you, in brief we will run through the main achievements of the year, approve the annual accounts, the Board members will step down and be re-elected if they have agreed to do so or new members who have applied and been approved by the Board will be elected. We will then hold a Board meeting. I will be giving very top line financial figures, but the bulk of the details will come from the Treasurer. I will give an overview of performance in the last financial year, which is the year ending March 31st, 2019, and the reasons, both externally and internally, behind that.

I will allow questions for points of order and clarity only but there will be time for more questions at the end of the business.

I'd like to introduce you to my fellow Board members: Richard Fairbairn, Treasurer; Fiona Grant-MacDonald, Secretary; Katy Lamb, Trustee & Acting Treasurer, Caroline Cook, Christine MacLean and David Dickson.

All 3 groups are still going strong; Musselburgh, Haddington and we even celebrated the Dunbar Group's 10th Birthday with a wee party. We have welcomed new friends along although we have very sadly said goodbye to Ross Barker, John Blyth and Murdo White who all died suddenly and tragically – our thoughts are with their friends and families and we thank them for their continued support. Pauline Barker and the family sponsored our outing to the Safari Park this year in memory of Ross. Ross's daughter Justine bought Headway pin badges as favours for her wedding guests. John Blyth's sister Wilma donated the retiral fund from John's funeral towards a meal out for all his friends at Headway. Murdo White's family also donated the retiral fund from his funeral to our group. They have supported our Art Exhibition, taking home some of Murdo's work and Anna and Sarah, Murdo's daughters, are currently undertaking a cycling challenge in aid of Headway East Lothian.

Referral numbers – we have had 24 ABI survivor referrals, 2 re-referrals and 17 carers – these mainly come through the Outreach Nurse at the Astley Ainslie Hospital, Chest, Heart & Stroke Scotland, The Stroke Association and through Community based services such as GPs, allied health professionals and from the Adult Social Care Team. Our Development Officer is the point of contact for referrals and supports people to attend groups or by home visits, our outreach programme, helping them with issues such as welfare benefits, communication and goal setting along with sign posting on to other support groups and services.

Outings for this year included our Christmas events, BBQ, Burns' Supper, Dunbar Lifeboat Station trip, a day out to the Botanic Gardens in Edinburgh, a relaxing 'cruise' on the Ratho Barge and our exciting Mystery Tour, which was so mysterious even the bus driver didn't know the way!

Copies of the full Annual report are available and will be published on our Website, on the main Headway UK website and on the OSCR (Office of the Scottish Charity Regulator) website in due course.

I would like to extend out thanks to the following; you for all being here tonight; our funders, working partners, volunteers, family carers, visitors, supporters and all other interested parties including:

The Robertson Trust – for their funding towards our Development Officer post

The Elizabeth Frankland Moore & Star Foundation – for their continued support

The Corra Foundation – for their funding towards our Development Officer post

Foundation for Scotland – for their funding towards our Development Officer post

Awards for All Scotland – funding for places for the Way Ahead Conference and the BRAW event

The Imlay Foundation – for funding our Arts & crafts activities

Tesco Bags of Help – for funding our arts & crafts & exercise activities

Port Seton Centre Management Committee – for funding our Board Strategy Away Day

Walk with Scott Foundation – for funding Arts & crafts Activities and as they also provided the initial funding for the Reminiscence Pods that we regularly use we must thank them for this too.

Edinburgh Rugby Oldies Society – for their wonderful donation

Edinburgh Ladies Curling Club – also for their wonderful donation

Cycling Without Age Musselburgh – for providing the Trishaw trips on a Monday and to the pilots including our very own Fiona Grant-MacDonald.

Beyond Boundaries East Lothian – for taking us out on the accessible cycles on a Wednesday night

STRIVE – for their continued help with volunteering opportunities and governance support

Thompsons Solicitors – for Administering our Website and keeping it updated

Digby Brown Solicitors – for their support through their annual Christmas Card & Calendar Competition

Roots & Fruits – continue to provide us the opportunity to access affordable, fresh fruit & vegetables

Patricia Eckersley – for devising an exercise programme specifically for our participants

Linda McCann – our wonderful art tutor who comes along on Wednesday and Thursdays and who encouraged everyone right through to our Art Exhibition.

Hallhill Centre – venue for our Thursday group who are very welcoming

Bleachingfield Centre – where Joyce has her ‘office’

Musselburgh East Community Learning Centre – the staff both at the Centre and at the Café, Lorna and Charlotte, for helping us all with our orders each week

East Lothian Health & Social Care Partnership – we will soon be moving to the new Community Hospital on a Wednesday evening, 18th September so please come along and join in the activities

East Lothian Council – for allowing us to use the accessible buses for our outings

East Lothian Community Care Forum

Dunbar Town House and Museum

Colin Beattie and Iain Gray MSPs and Martin Whitfield MP have all come along to groups and events and expressed their support in the local newspapers, and in the Scottish Parliament itself

Maria Burnett, East of Scotland Networking Officer for all her help and support both for the Board and for the Development Officer.

Headway UK & the other Headway groups & branches in Scotland possibly represented here tonight – it is always good to have visitors and to get together to share our experiences.

Our finances were boosted by various fund-raising events through the year and through grants and donations. At the yearend of 31st March 2019, we had a closing balance of unrestricted funds of £20,347.51 and of restricted funds of £10,624.98 totalling a closing balance of £30,972.49 compared to the opening balance in April 2018 of £20,843.66

Individual donors who have went out of their way to raise money for the group have included Aleashia Brown taking part in a Tough Mudder, Kerry Cockburn for her Birthday Fundraiser; The Thumbs Up for Nick rugby event supporting a young local lad who had suffered a brain injury and whose family wanted to give something back to the support services in the community. We must especially thank Fiona Grant-MacDonald for all her tireless efforts to raise the profile of Headway East Lothian and thinking up so many ways to raise money for the charity and support other community groups to do so. The S5 pupils at Preston Lodge High School held a

very successful Music Festival event with Fee's support. Very special thanks must go to the team behind the Annual Golf Tournament held each year in support of Headway East Lothian – to David Dickson, Kate Dickson and Jackie Armstrong.

Those who think they are in the background must also be thanked; Robert Dalrymple for continuing to surprise us with the information in the monthly Newsletter, always looked forward to with great anticipation, especially Domino Wars and Mystery Tour leaks! Our thanks to Grace Porter for administrating and monitoring the Facebook Page and working with Thompsons Solicitors on keeping our website up to date and relevant.

Thanks to our wonderful long-standing volunteers Gordon and Dottie Wallace; they help us out in so many ways, their wise council and advice, their patience and understanding, their physical presence at groups, offering lifts, providing a venue for the BBQ, chefs for the Burns' Supper, having the awesome responsibility for the Bonus Ball and Raffle each week, supporting and taking part in Fundraising activities and events – the list is endless but we thank you for everything.

Our other volunteers who provide support at the groups and share their unique and individual skills with us; to Fiona McQuade and Teresa Martin and to Irene Carr who was with us for so long but left for pastures new. We welcome new volunteers and hope they have a long and successful time with Headway East Lothian.

My other Board members; special thanks to those stepping down, David Dickson, for all your service and don't think we won't still turn to you for advice and help! To Richard Fairbairn as Treasurer we extend our thanks and best wishes for his speedy recovery; to Katy Lamb for stepping in as acting Treasurer and for all her continued help, to Fiona Grant-MacDonald as Secretary for keeping accurate records, to Caroline Cook for being the voice for Carers on our Board and to Christine MacLean for all her advice and guidance. We must also thank Sue Bennett, our Independent Examiner, for all her help in preparing the Trustees Annual Report & Accounts and for training the team in the use of Quickbooks, our new accounting software package.

We must not forget to thank our Development Officer, Joyce Cattanach, for all her hard work, service and support over the year.

Looking forward we have another financial year already underway; a group of 10 have been down to The Way Ahead Conference in July; the BRAW weekend is coming up mid-September; there will be news soon on 'A Guid Day Oot', which will be held in Birnam, near Perth on Thursday 3rd October and a Scottish Conference on Thursday 16th April 2020 and no doubt more activities and events to keep us all busy.

I will now pass you over to our Treasurer/Acting Treasurer/Spokesperson to the Accounts for a more detailed look at the financial year.

Thank You

Walter James Maryniak

August 2019