

East Kilbride & District

## DEMENTIA CARERS GROUP

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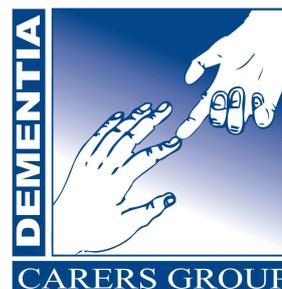
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### Minutes of Annual General Meeting – 20<sup>th</sup> August 2012, in 157 Pine Cresc, Greenhills, East Kilbride

#### Present

Liz Craig, Susan Bennie, Margaret McNab, Janette Sime, Carole Richards, Cllr Archie Buchanan, Sadie Young, Bill Craig, Bill McSporrn, Brian Doig, Mary Doig, Mary Bradley, John McShane, Linda Fabiani MSP, Alan Cunningham (Alexander Sloan).

#### 1. Welcome

John Vance welcomed everyone to the 20<sup>th</sup> Annual General Meeting and ensured that those present had received a copy of the previous year's Minutes. He thanked all committee, staff and associates for their hard work and commitment over the past year.

Before proceeding further, a list of apologies was given:

Rev John MacKinnon, Roger Davidson, Margaret Dowie, Liz Gallacher, Beth McAteer, Donna Liddiard, Sarah Boyd.

#### 2. Minutes of Annual General Meeting, 2011

The Minutes of the Annual General Meeting held on 22<sup>nd</sup> August 2011 were approved by A Buchanan and seconded by S Young.

#### 3. Matters Arising

There were no matters arising.

#### 4. Chairperson's Report

John Vance spoke of his thirteen year association with the group; the highs and lows; the difficult decisions faced; and the challenges presented. He saw his involvement not as a pastime or hobby, but as a way of life; a passion... just like everyone else working for or on behalf of the Group... we have a group of achievers.

“Our objective is not complicated. In its simplest term, it is to care for people and make them happy, which although sounding easy, requires skill and dedication to do day after day.” John paid tribute to our team of staff and volunteers, saying that he had never worked with such a dedicated team of people.

John commended the work of his colleagues on the Management Committee. Year on year the responsibility increases as the financial challenges get greater whilst the margin between success and failure decreases. The passionate commitment to do what we can to make a difference in the quality of life for so many people is the common bond, and John stated that the Management Committee members willingly give their time to ensure this continues for many years to come.

John spoke briefly about our need for a new minibus, which had been ordered in faith and anticipation of raising sufficient funds to pay for it!

John went on to thank a number of people, groups and organisations for their fantastic support. He included in that list Alan Cunningham of Accountants Alexander Sloan, who was present at the meeting.

Chairman John Vance read through the key points contained in the 2012 Annual Report, which had been distributed at the meeting. Referring to our standards of care, John tellingly stated, *“If we can't do it right, we won't do it at all. Our commitment to providing trips and outings remains paramount. People with dementia should remain an active part of their community.”*

John invited questions from those present at the meeting, but none were fielded.

## **5. Co-ordinator's Report**

Brian Doig opened by sharing a story called Animal School, by George Reavis.

"Once upon a time the animals decided they must do something heroic to meet the problems of a "new world" so they organized a school. They had adopted an activity curriculum consisting of running, climbing, swimming and flying. To make it easier to administer the curriculum, all the animals took all the subjects.

The duck was excellent in swimming. In fact, better than his instructor. But he made only passing grades in flying and was very poor in running. Since he was slow in running, he had to stay after school and also drop swimming in order to practice running. This was kept up until his webbed feet were badly worn and he was only average in swimming. But average was acceptable in school so nobody worried about that, except the duck.

The rabbit started at the top of the class in running but had a nervous breakdown because of so much makeup work in swimming.

The squirrel was excellent in climbing until he developed frustration in the flying class where his teacher made him start from the ground up instead of the treetop down. He also developed a "charlie horse" from overexertion and then got a C in climbing and D in running.

The eagle was a problem child and was disciplined severely. In the climbing class, he beat all the others to the top of the tree but insisted on using his own way to get there.

At the end of the year, an abnormal eel that could swim exceeding well and also run, climb and fly a little had the highest average and was valedictorian.

The prairie dogs stayed out of school and fought the tax levy because the administration would not add digging and burrowing to the curriculum. They apprenticed their children to a badger and later joined the groundhogs and gophers to start a successful private school."

Brian continued by asking "Does this fable have a moral? We talk of personalised care... We see Service Users and Carers very much as individuals... But what about US? The care providers? The staff, the volunteers, the Committee?"

WE need to look at our strengths and focus on what we CAN do too. Each of us can and does contribute in our own way. By trying to 'fit in', we run the risk of becoming no better than the rabbit or duck!

Human nature so often has us looking at and working on our weaknesses... but I say it is time to look at and build upon our STRENGTHS!

OTHER people are depending upon us to do just that, and we can continue to push boundaries; to make a positive difference.

I want to thank the Management Committee for their leadership, support and encouragement. I want to thank the staff and volunteers for their dedication, selfless attitudes and for simply doing what they do to the best of their abilities! That is all that anyone can ask for, and to work with a committed team which does that daily is a privilege."

Brian closed by taking another look at The Eagle from the Animal School... but one that faced the fears...

### **Even Eagles Need A Push by David McNally**

The eagle gently coaxed her offspring toward the edge of the nest. Her heart quivered with conflicting emotions as she felt their resistance to her persistent nudging.

"**Why does the thrill of soaring have to begin with the fear of falling?"** she thought. This ageless question was still unanswered for her.

As in the tradition of the species, her nest was located high on the shelf of sheer rock face. Below there was nothing but air to support the wings of each child. "Is it possible that this time it will not work?" she thought. Despite her fears, the eagle knew it was time. Her parental mission was all but complete. There remained one final task - the PUSH."

**Co-ordinator's Report (cont.)**

"The eagle drew courage from an innate wisdom. Until her children discovered their wings, there was no purpose for their lives. Until they learned how to soar, they would fail to understand the privilege it was to have been born an eagle. The push was the greatest gift she had to offer. It was her supreme act of love. And so one by one she pushed them, and they flew!"

Brian concluded by saying "**Why does the thrill of soaring have to begin with the fear of falling? I don't know... but I do know that it is time to soar! And I do know that there are Eagles among us!**"

**6. Treasurer's Report**

Alan Cunningham presented the Treasurer's Report for the year 1<sup>st</sup> April 2011 to 31<sup>st</sup> March 2012. This was prepared by Accountants Alexander Sloan, of which Alan is a representative.

Alan introduced himself and stated that he has an affinity with the EK Dementia Carers Group, both professionally and personally. He sees it as a privilege to be at the AGM and involved with the Group.

The Annual Accounts have been prepared, approved, and submitted to the relevant regulatory bodies (Companies House and O.S.C.R.). The Charity sector is the most regulated area of the financial sector, and he has ensured we comply with the plethora of regulations.

The accounts presented are the first set of accounts for a full financial year relating to the new Company Limited by Guarantee. Alan explained that the comparison figures on the right hand column of the accounts referred to the previous set of accounts which covered only a six month period.

Alan then gave an overview of income and expenditure for the period 1<sup>st</sup> April 2011 to 31<sup>st</sup> March 2012. He stated that it had been a remarkable achievement to maintain that level of income in the current financial climate and that despite a turning financial tide throughout the voluntary sector, "the sandbags are in place" and the passion running through the Group was evidenced in the accounts.

The accounts showed a surplus of £18,734 but £18,000 of this was designated for a replacement minibus, leaving the Group with an operating surplus of £734.

Alan concluded by stating that it was very encouraging to come through such a difficult and challenging year so well, but that it was important to "keep soaring". He commended the set of accounts submitted to him as being of a very high standard.

**7. Resignation of Existing Committee**

At the AGM in August 2010, all members were elected to serve for a 3-year term under the new Memorandum and Articles of Association.

**8. Election of Committee**

The Group is keen to recruit new blood onto the Management Committee and invited nominations, but there were no new nominations to join the Management Committee.

**9. Any Other Competent Business**

Linda Fabiani MSP stated that over the years she had seen the Group grow and go from strength to strength. She congratulated the Group for its work and achievements, and hoped it would continue to do as well in the future.

John Vance closed the meeting and a social time followed.