

AFFA SAIR AGM (2023) 22ND MARCH 2024

AGENDA

1. Welcome and adoption of [previous minutes](#)
2. Chairman's Report
per attached report
3. Treasurer's Report
per attached report
4. Secretary's Report
5. Appointment of Trustees
6. Current Position to Date
7. AOCB

AGM REPORTS FOR YEAR ENDING 30TH NOVEMBER 2023

Welcome and adoption of [previous minutes](#)
SG recommended and MG approved

Chairman's Report

The year to 30/11/23 was certainly the busiest and most time-consuming year for Affa Sair so far. The launch of the Social Prescription Scheme resulted in a massive change to our activities. It has been a difficult year personally with health and family matters taking up a lot of time and energy and I want to pay tribute to the constant support and advice I received from Mark and Joe in helping me navigate all the problems that arose. Despite their tragic loss, Mike and Senga have continued to offer helpful advice and support and of course my wife continues to support and listen to me every day. Though I'm usually the voice and face of Affa Sair, our achievements are truly due to a group determination.

Social Prescribing Scheme

Thanks to the Alliance funding of £14,960 being sent as soon as approved, we were able to start the Scheme while waiting for the Section 10 funding to come through.

The start of the Social Prescribing Scheme was unfortunately very stressful due to unnecessary financial problems brought about by the Section 10 Funding division. Despite us giving them our banking details 3 times, plus in the original application form, the funds were not received till 22 November 2023 despite the Grant being awarded on 14 June 2023. This resulted in us having to

ask the Hydrotherapy Pool to pay their bill of £4,000 in two parts. The chaos of the Section 10 division has made me very wary of applying for Section 10 funding again.

There has been a slow uptake on the activities partly due to the winter period and bad weather. I hope that numbers will increase as the weather improves. At date of writing (March 2024) the scheme has expanded to include Hydrotherapy, Qi Gong, Art Therapy, combined Craft and Art Therapy, Wellness and Meditation, Walking, Seated Exercise, Boxfit Exercise and Zentangle.

I personally think the success of any Social Prescribing Scheme for chronic pain sufferers is the ability to get participants to actually turn up to any events. Events in real life are particularly difficult to populate and extremely difficult in an area such as ours with bad infrastructure, lack of public transport and a history of people staying in their own town. My expectations for the numbers of participants has had to be drastically lowered. For an organisation like ours, it would have been better to have been able to employ a physically fit coordinator.

Social Coordinator Appointment

Long-time member Fiona Manclark became our Social Coordinator and has made a huge difference to our presence in the real world rather than just our online presence. Fiona has also brought in £1790 in funding from activities like a Murder Mystery Night, Disco and Bingo Night and raffles.

This year's involvement with the design students from the Glasgow School of Art Campus at Altyre just outside Forres was a tremendous success. The four students from China designed an innovative system to allow easy and efficient monitoring of chronic pain patients by clinicians. Their design has now been nominated for a global design award. I was also able to meet and help other students with their projects too. This all made for a very pleasing and fun year working with inspiring youngsters and also raising the worldwide profile of chronic pain sufferers.

GSA Student Projects

This year was the best so far for our involvement with design students from the Glasgow School of Art Highland Campus. The project designed by four students - Lexie, Ciel, Nia and Lara - designed a device which can be used as a way for patients to record their pain levels and other emotions. The device allows the data to be uploaded directly to clinicians so that consultations can be more efficient. The device allowed patients to record their pain levels using pressure sensors. The higher the pain levels, the greater pressure the patient put on the device. The pain levels could also be recorded in different layers of the body, skin, muscle, organs and skeleton. The design has been nominated for a global design award from UX Design Awards.

European Pain Federation

Joe and I were invited back by the European Pain Federation to front an hour-long online discussion on chronic pain streamed throughout Europe. I also gave an online presentation to the Scottish NHS Pain Consultants which, I am told, was well received.

I continue to have articles published by the British Pain Society and was even invited by the editor to be his guest at a dinner reception in Glasgow. Unfortunately my own pain meant I was unable to make the trip.

Scottish Government Chronic Pain Taskforce

Chris continues to represent Affa Sair on the Third Sector Network of the Scottish Government's Chronic Pain Taskforce. He has made a good connection with Stuart Stephen from Inverurie who has become the Implementation Lead for the Taskforce. Stuart was formerly an A&E Nurse at Aberdeen Royal Infirmary and our north-east background has certainly helped us connect. Chris is still finding the Third Sector Network section of taskforce frustrating as it seems to have little influence and appears distanced from the overall scheme. The other members of the network

are very friendly and supportive but I do question the support of other sectors and our position in the taskforce. I think we could be far more influential in a Lived Experience role.

JP congratulated CB for the report and having all the material written helps identify all that has been achieved and we should be proud of the work done.

SG and MG agreed with report.

Treasurer's Report

Accounts for the year ended 30/11/23 have been audited and passed to OSCR.

Fiona Manclark, as social coordinator, has been responsible for a large increase in fundraising from £174 to £1,790. Donations rose from £104 to £1,155 mostly from donations in remembrance of Iain Grant.

Two Grant awards totalling £13,207 from Scottish Government Section 10 and £5,456 From The Alliance Self-Management Fund gave a total Social Prescribing Budget of £18,663.

Restricted Funds Spending Breakdown

To year end we spent:

Allotment	£	23
Art & Craft Therapy	£	879
Exercise Classes	£	2,440
Hydrotherapy	£	<u>4,130</u>
	£	7,872

Year-end Balance

Unrestricted funds at year end	£	2,984
Restricted funds at year end	£	<u>11,194</u>
Total funds at year end - 30/11/2023	£	14,178

Disappointment of lower numbers will include the benefit of not spending as much money as proposed. Experience from the GP scheme has been disappointing when they promised 150 and actual to end of March is 29. A learning point to take forward and is being shared with the funder.

Secretary's Report

Appointment and re-appointment of Trustees (MM, Secretary)

In accordance with [constitution](#)

- **In accordance with Constitution, one third of existing trustees retire (can be invited back on), who retires can be random.**

Rosie Bridgeford emailed her resignation;

Please accept this email as my resignation from Affa Sair as a Trustee. I have enjoyed being part of the Board however am finding work commitments mean I cannot give the Charity the time it deserves.

I wish the Board and Charity the very best for the future.

Thanks

Rosie Bridgeford

- **In accordance with Constitution, all office-bearers stand down and a chair, a treasurer and a secretary are required to be elected**
 - Chair: Propose CB for Chair by JP, seconded by MG, carried.
 - Secretary: Propose MM for secretary by JP, seconded by CB, carried.
 - Treasurer: Propose Mike Grant for treasurer by CB, seconded by MM

- **Appointment of New Trustees**
 - MM update [Trustee Register to reflect elections](#)

As a helpful reminder for us all, I include a link to the OSCR webpages which contain valuable information about being a [Trustee](#).

JP suggests we approach Mollie Powney as a possible new Trustee. She is supporting the Social Prescribing Scheme and providing an excellent service to the members. She may not need to hold a post but support through being a trustee.

Fiona Manclark is also interested in becoming a Trustee. It would result in seven Trustees while the constitution states having six.

ACTION: MM will investigate on OSCR website, how to increase permitted number of Trustees.

ACTION: JP will speak with Molly

ACTION: CB will speak with Fiona

CURRENT POSITION TO DATE

Members:

Membership numbers have increased from 706 to 794.

Newsletter Subscribers

Subscribers have increased from 139 to 204. A weekly calendar of social prescribing activities is also sent to subscribers.

NHS Inform and Task Force Newsletter

Chris was perturbed to see that we have not been included in the Scottish NHS Inform page on Chronic Pain despite some English-based charities being there. Joe, Mark and Chris took part in a Teams call with Stuart Stephen the Lead Implementation Officer for Chronic Pain and Moira

Nelson (Team Leader) from the Clinical and Priorities Department, immediately before this meeting. We asked how to be included on the NHS Inform webpage and also provided constructive feedback of the Taskforce Newsletter designed to be passed to chronic pain sufferers. The newsletter is very much in “Government Departmental” speak and not at all easily understood by the general public.

Moira and Stuart welcomed the feedback and will speak with the ‘manager’ of the website and also very grateful for the newsletter feedback and ideas as they are keen to make the communications work.

RGU – Peer to Peer Support Group Workshops

Chris has been involved in workshops led by Physiotherapy Student Tom Herbert from Robert Gordon’s University in Aberdeen. To date they have held two very interesting, lively and enjoyable workshops lasting 4½ hours. Tom produces workbooks for the meetings and also in-depth reports following each meeting. The ultimate aim is to develop a plan for creating peer to peer support groups (like us) for people with chronic pain. We certainly have plenty of experience to offer in this regard.

Scottish Pain Consultants - September 2023

Chris was invited to give a talk to a meeting of Scottish Pain Consultants. By all accounts his presentation as well received with the consultants keen to hear directly from chronic pain sufferers.

NHS Highland

Fiona Main from the NHS Highland Diabetes Institute got in touch about the social prescribing scheme and has asked Chris to talk to a group of various clinicians from NHS Highland. It is hoped Joe can join him in the presentation providing his physiotherapy studies permit. Affa Sair can’t lead a social prescribing in Highland but give support from side and would recommend they have a paid admin to run it.

Financial Position to date

We have an unrestricted balance of £2,871.

We have spent £9,378 to date of the social prescribing budgets leaving £9,285

Social Prescribing Scheme

We have added in monthly Zentangle Classes led by Irene Baird from Aberdeen. An average of 6 attend.

Seated Exercise Classes have an average of 4 people attending fortnightly.

Qi Gong is very poor with 2 at most attending weekly. One person going every week and if they are gaining benefit it is enough reason to run them.

Crafty Art Sessions had an average of 8 attending weekly till they paused in the middle of December.

Meditation and Wellness Session started in February with an average of 8 people attending weekly. Going very well. Another copy has been added to her website. Looking at live streaming to Facebook Group.

Art Therapy at Findhorn is poorly attended with only 2 people on average.

Boxfit – online delivered by Louise Fay in her wheelchair, boxing for people with limited physicality, tailors the events to pain community. Numbers not yet received.

Walking – several new members from the pain community.

Hydrotherapy – a slow start but now full bookings of 10 every week. It is turning into a friendship group with some repeat attendees.

Possibility of underspend in £hundreds. Lesson learned is time of the events being winter has been a hindrance. Key findings can be shared, current thinking is Social Prescribing has not worked with rural pain community, perhaps the spread out of workshops has proven too challenging for the audience.

AOCB

Nil.