

Active Lifestyles
Annual General
Meeting
2015 - 2016

Committee Members

| | | |
|----------------------|---|------------------------|
| Andrene McDonald | - | Chairperson |
| Urla Rollins | - | Secretary |
| Robert Wallace | - | Treasurer |
| SK (Angie) Chong | - | Fundraiser |
| Mildred Wallace | - | Fundraiser |
| Catherine Abrahams | - | Outreach Coordinator |
| Christine Wallace | - | Membership Coordinator |
| Henrietta Richardson | - | Fundraiser |
| Jim Thorp | - | Committee Member |
| Kumaree Juggapah | - | Co-opted Member |
| Pastor Rollins | - | Committee Member |
| Sylvia Ouldaly | - | Committee Member |

Chairs Report

Our year continues to be busy with activities, trips and social gatherings to keep our mind, body and spirit active. We launched our website in 2015 and had our first charity Ball. We have taken trips to Turkey and Madeira and walking trip in London. The walking trip stemmed from Jim's weekly sponsored walk in London, covering 10 miles per month over an eight month period to raise fund for the club.

We have had a change in coordinators role with Henrietta picking up from Valerie and after a successful bid for funding from The John Althrop Charity of £11,000 we now have for the past year Catherine Abrahams out Outreach Coordinator.

Pauline continues to provide us with a delicious Caribbean meal and we almost won the dominoes tournament from Aylesbury West Indian Club; we definitely need a rematch.

In 2016 we were once again nominated for the Mayors Pride Award and this time was pipped at the post by two greatly needed groups supporting the refugee's crisis.

We have made it through another year and looking towards the future development of the club. We were blessed in 2015 and early 2016 with successful bids for funding and the added input from the fundraising team, Mille, Angie, Henrietta, Jim and others which made us comfortable. However there has been a steady decline in our general funding and reserves as there have been many club closures due to funerals, a reduction of members attending the club and I have been out of sorts for almost 9 months without a home computer so I have not been able to bid for large fundings. Therefore there is a noticeable drop in our finance. The committee has looked at ways of running the club cost effectively and we do hope to change this in 2017 and increase our funding again. The 24 June dance will be the first event to help raise money for the club. Also by more publicity for the club; and this is where you can help by telling your family and friends and others about us and the good work we do. Increasing our membership and hearing your ideas on new activities and events for us to take part.

We continue to remember our members, family and friends who have died in 2015 and 2016 and also those who have been seriously ill and unwell over a period of time. Our love and blessings are with them.

I would like to thank all of you who have given your time, energy and valued support to keep the club running; may this continue.

Blessings

Andrene

Treasurers Report

Dear Andrene, Greetings to you and all the members of Active Lifestyles. It was a wonderful year that has gone; it was also a hard year. But with corporation and love we made it. Angie, Millie and other fundraisers work very hard to keep things going and with love and corporation they achieve this. May the good lord bless them all and keep them in good health.

Note from accounts review: - We have once again made a loss, even though the factors last year, income and membership has increased, attendance at the clubs is still affected by funeral closures and a reduction in attendance numbers. However the work of the outreach worker will help in the coming year. The savings were moved to a better interest earning account, as every penny counts and the club has worked extremely hard to make sure that we still have our reserves.

R Wallace

Income and Expenditure Report

March 2015 – December 2016

Income

| | |
|---------------|------------------------------|
| Lunch Club | 7,868.77 |
| Fundraising | 4,459.00 |
| Grants | 1,700.00 |
| Donations | 400.00 |
| Bank Interest | 42.99 |
| Membership | 882.50 |
| Activities | 1216.50 |
| Total Income | <hr/> 16,569.76 <hr/> |

Expenditure

| | |
|------|----------|
| Cook | 3,945.00 |
| Food | |

| | |
|--|------------------|
| | 3,850.00 |
| Volunteers Expenses | 4,015.39 |
| Hall Rent | 4,740.00 |
| Activities | 1,900.60 |
| Organisational Overhead | 147.00 |
| | <hr/> |
| Total Expenditure | 18,597.99 |
| | <hr/> |
| <i>Loss for Year ending 2016</i> | 2,028.23 |
| | <hr/> |
| | £ |
| Bank Balance | |
| Current Account | 2,724.83 |
| Savings Account | 3,158.03 |
| | <hr/> |
| Balance as at 31 st December 2016 | 5,882.86 |
| | <hr/> |

Fund Raising Report

Fund raising remains an uphill struggle. Our sincere thanks to all who help in various ways; big and small. Thanks to a few donations which is always welcomed. The weekly raffle Henrietta runs has proved popular; our thanks goes to Henrietta and all who participate also to those who win and donate all or most of their winnings back to the club.

Jim took a group of us on 25 June 2016 on an organised walking tour through to London; he is very knowledgeable showing us all the sites. It was a very enjoyable day and we raised money for the club as we contributed £5 each for the trip, thanks Jim.

I continue to bake curry puffs and cakes to sell, thanks to all who buy and enjoy them and thanks to members who bring in items for table top sale and club raffle.

After the August break on the 1st Friday on return to the club, once again for the third time, Peter and I opened our garden to raise funds. Thank God the day turned out brilliant and sunny. There was a good turn-out, lots of laughter, good food and good quality plants to sell for the club and we raised £531. Thanks to my group of volunteers who helped to serve food, sold cakes and plants. Peter Yong was brilliant at collecting the entrance fee at £2 per person and free for children. You get a cup of coffee, tea or juice and a piece of banana cake. Thanks to everyone who came!

Thanks go to Millie and Alithea who continue to do the sponsor walk to help towards the club funds.

Lastly, can I kindly ask members to try to come to the club as much as possible. Also to try to bring friends and family to have lunch and see what we have to offer at the club.

Thanks to Pauline and team for their continued endeavour to cook and feed us.

Angie and Millie

Outreach Coordinator Report

I have really enjoyed meeting members and getting to know them over the past 10 months. I have helped to source speakers, activities and run the club meetings; as well as joining in the fun! I am pleased that I could provide useful information for members, such as Celebrating Older People Day, the St Albans Old People's Trust

and the free "Because You're Worth it" lunches for over 70s in St Albans District. All of which, some members have benefitted from.

The website is updated regularly and there are now additional features such as a noticeboard for the latest information and a link for useful information and online copies of the newsletter.

I have tried to encourage members to become more proactive by introducing short forms to complete when we hold our members' meetings, this gives useful feedback to the committee on what members want from the club, and what they particularly enjoy. The re-introduction of the newsletter contains a mix of club news and reports written by members have proved popular, although I would like to see more contributions from others.

As members get to know me it is becoming easier to carry out my outreach duties by contacting both former members of the club to encourage them to come back, as well as current members who are unable to attend. I hope next year some members will welcome a visit from me!

I have publicised the club and its activities in the St Albans area at the Centre for Voluntary Service (CVS) conference, and by direct contact with other groups or individuals in the area. I ran a stall at the "*Celebrating Older People in St Albans*" event run by St Albans District Council in October 2016. I am part of the "*Stronger Together Partnerships*" organised by the CVS, which gives groups providing services for the elderly to look at how we can be stronger together and develop ways in which to effectively work as a partnership in the future.

The club now has its own laptop which I bought and set up and which is taken to club meetings to show pictures, the website etc. which is especially relevant for members who do not have computer or internet access.

Best wishes

Catherine

Jim's Report

I have organised several quizzes over the last year, usually with a topical theme in mind, but sometimes of a more general character. An innovation this year was a visual quiz in which club members had to try to identify the location of buildings, artefacts, doorways etc. that they are likely to have walked past in St Albans city

centre. This proved popular and I aim to offer a similar quiz within the next few months.

The Saturday morning walk in the City of London which I organised last summer was well attended, and I hope to hold another walk In London following a different route later in 2017.

Regards

Jim

Membership Report

I am pleased to report that we have approximately 73 members renewed or became members in January 2017.

Membership is still £10 to join for the year, the annual renewal date is from 1st January but new members are pro rata if they join at different times in the year. As a member you will receive a regular newsletter informing you of events and activities, you celebrate your birthday and are privilege on member's only mystery trips. As a club you can get involved in activities, come to learn something new, socialise or enjoy a delicious Caribbean meal.

My thanks go to Melda Libird and Angie for their help with membership over the past year.

Christine

Thank you's

Bretherton Law

Solicitor on will writing

Momocaz

local councillor

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|------------------------------------|--|
| <i>Cllr Salih Gaygusuz</i> | <i>Mayor</i> |
| <i>Fire Brigade</i> | |
| <i>Fiona Harrall</i> | <i>on Dementia</i> |
| <i>Sandy Walkington</i> | <i>County Councillor</i> |
| <i>Roma Mills</i> | <i>County Councillor</i> |
| <i>Paul Smyth</i> | <i>St Albans Old Peoples Trust</i> |
| <i>Rob Prowse</i> | <i>County Councillor</i> |
| <i>Chris White</i> | <i>County Councillor</i> |
| <i>Aislinn Lee</i> | <i>County Councillor</i> |
| <i>David Isenberg</i> | <i>Professor of Rheumatology (UCLH)</i> |
| <i>Annie Brewster</i> | <i>Mayor</i> |
| <i>Janet Churchard</i> | <i>Mayor</i> |
| <i>Nikki Casey</i> | <i>Because You're Worth It</i> |
| <i>Kumaree</i> | <i>Making Christmas cards</i> |
| <i>Nigel Rushton</i> | <i>Keep Fit</i> |
| <i>The John Apthorp Charity</i> | |
| <i>University of Hertfordshire</i> | <i>Centre for Research in Primary and Community Care</i> |