

Active Lifestyles
Annual General
Meeting
2017

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
Valerie Wallace	- Committee Member

Chairs Report

It is so unusual that you are not aware of how busy you are or how much you have achieved until you look back take stock and see how far you have come. Sometimes you stumble but you pick yourselves up or someone else helps you to stand.

This club has been going for 17+ years and I have been a part of it for the past 14 years. I have seen so many changes; for example I have seen only a handful of members in a large venue and the committee worrying to pay rental, food bill and expenses. I have seen that large venue turn tiny, teeming at the seams with people and nowhere to sit. I have seen committee members stressed with organising large events arguing amongst each other and again laughing together enjoying each other's company; this is the same for all members. I have seen us anxious at not having substantial funds and then months later the tide changes and we breathe a sigh of relief. I have seen us proud at being nominated for a community award not once but twice, and I look for the disappointment in members faces because we did not win again but there were none, they were thrilled of being nominated. I have seen us support each other during difficult times either bereavement or other issues, I have seen us apprehensive at trying out new things, going on new adventures but we do it anyway. I have seen us have more activities than we can cope with and other times none at all and so it goes on.

Why am I saying this? Because we are going through yet another change, we have no substantial funds, attendance to the club has reduced, and our committee membership is less than we have had for years. However looking back I can see the club and all the help, support and happiness it has given others. Facing the club I can see those past and future members and friends helping each other up to stand.

We have had another year of activities that has kept us busy; our annual holiday in 2017 was to Austria, our successful dance in June kept us on our toes. We had a Black History theme each week during October. We continue keeping fit with Nigel and Pauline continues to provide us with a delicious Caribbean meal.

We have had interesting speakers such as Rod Wiltshire to name a few; he was speaking on prostate cancer. We supported the Saheli Tiffin Club event organised by Hertfordshire Asian Women's Association (HAWA). Members of the club also supported Faith and Cultural Enterprise event 'Celebrating our St Albans Community' and attended a 'Peace Vigil' organised by St Albans Women's Interfaith Group in aid of the terrorist attacks in Manchester and London. We also took part in the 'Older People's Day' an annual event celebrating older people locally. We had our regular activities with Angie and Peter 'Open Garden' in the September months, or Jim's quizzes and Henrietta's 'Bingo'.

We were blessed once again to receive some monies from The St Albans Community Grant Fund, £1,700 to help with the Black History events and a boost of £500 per year to help with running the club from the St Albans Fund for the Future, by Hertfordshire Community Foundation Trust.

The committee will continue to look at ways of running the club cost effectively, and to increase our funding and our membership. We would like to thank you for letting people know about the good work we do at the club, through your family, friends, churches and community groups.

We once again would like to remember our members in the past year, and their family and friends who have died in 2017 and think of those who are or have been unwell. Our love and blessings are with them.

Last but not least I would like to thank all members, friends and family who have cooked, baked, stacked and un stacked chairs, table etc. organised/sorted raffles, sold items and walked or otherwise to raise money. Those of you who have given your time, energy and valued support to keep the club running; may this continue.

Blessings

Andrene

Treasurers Report

Another year has gone for the members of Active lifestyles. My job it is very important part to do in this club. I take it very seriously; I do it with the best of my ability. I thank everyone for their faith in me to do the work. As you can see by the report you receive, things are a little bit down but as you know or understand some members come and leave before the meal and the respect of death of family and friends. We just have to hope for things to come better. Catherine is doing a good job also Angie, Peter, Mildred and most of the faithful ones. Thank you, have a lovely day.

R Wallace

Income and Expenditure Report

January 2017 – December 2017

	Income and Expenditure Account		
	1st January - 31st December 2017		
INCOME	£		
Lunch	4,119.45		
Grants	2,200.00		
Fundraising	3,658.00		
Donations	255.55		
Savings Account Interest	32.43		
Total		10,265.43	
EXPENDITURE			
Food	1,810.00		

Cook	2,180.00		
Volunteers	1,510.00		
Hall Hire	3,825.00		
Activities	865.00		
Subscription	297.63		
Total		10,487.69	
Loss		254.69	
Bank Account		2,483.17	
Savings Account		3,182.46	
Total		5,665.63	

Fund Raising Report

For the club to continue, I would like to inform everybody that we need an average of £300 each time we meet. It is to pay for all rental, food and expenses to the kitchen staff. We also pay for certain guest speakers or activity.

I would like to thank all who volunteer and help with different events. Thanks for the raffle prizes and the table top items. Special thanks to Mohini for her lovely samosas, Henrietta continues to do her best with the weekly raffles, thanks. Milli, Alithea and Rafina did the sponsor walks and raised funds, thanks.

On 24th June 2017 we held our 3rd annual fund raising dance at Redborne Rugby Club, Harpenden. It was a success and a lot of hard work went into it, thanks to all the helpers; we raised £1143.00

Mr Wallace makes lovely chilli sauce to sell and I continue to bake curry puffs and cakes to sell, thanks to all my regular customers.

On 8th September 2017, Peter and I opened our garden to raise funds. It was our 4th year, the weather was against us but thanks to those who braved it and came, we managed to raise £540.00 there were some kind donations.

Angie and Millie

Outreach Coordinator Report

Programme: continue to help to source speakers and activities for club members, and run the club meetings including booking speakers on some of the help available in the St Albans area for the over 60s.

I attend the club every week and work with committee members to ensure meetings run smoothly and keep members up-to-date with what is going on, both within the club and outside by notifying them of any external activities that might be of interest such as Celebrating Older People Day and the St Albans Old People's Trust.

During 2017, I have invited a variety of speakers to the club. Some have given us useful information about Hertfordshire Libraries, prostate cancer, Domestic Abuse, Hertfordshire Wellbeing Service and using computers from Computer Friendly. Some are just for fun, including 2 visits from Rafina's ukulele group, crafts with

Kumaree and a chance to have a go at bowls. We also have regular exercise classes with Nigel, as well as games and quizzes.

I have produced short forms for members 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.

Newsletter: continue to produce a quarterly newsletter containing a mix of reports written by members and club news, as well as useful information. I need information sent to me on a regular basis to keep the newsletter going. You can send your news, poems, community group / church information etc. to me at outreach@activelifestyles.org.uk or in person at the club.

Website: the website is updated on a regular basis so if you have access to the internet, remember to take a look. There are lots of photos and more details about our activities on www.activelifestyles.org.uk

Outreach: continue to contact both former members of the club to encourage them to come back, as well as current members who are unable to attend. Attendance at various events for the voluntary sector has afforded opportunities for sourcing new speakers, and creating links with other clubs.

I continue to publicise the club and its activities in the St Albans area at conferences, and with other groups or individuals in the area. I had another year of running a stall at the "*Celebrating Older People in St Albans*" event run by St Albans District Council in October 2017 and continue to sit on the "*Stronger Together Partnerships*" organised by the Community Central – St Albans.

Funding: Researching sources of funding is on-going and I regularly review information for new funding opportunities. I was successful in bidding for funding from Hertfordshire Community Foundation where we will receive a grant of £500 for five years.

Best wishes

Catherine

Jim's Report

This has been a relatively quiet year from my point of view punctuated by periods in which I have had health issues. I have nevertheless been able to compile material for one or two quizzes for members, help regularly with setting up the dinner tables and chairs as well as safely storing them again afterwards, and generally interacting with new members to make them feel welcome. It was not possible to arrange a fundraising historical walk this year due to closures of the club at the only time this would have been realistically feasible.

Regards

Jim

Membership Report

Unfortunately Christine our membership organiser has been unwell so Angie and Kumaree took up the job.

So far we have 62 members on the register. We have 3 new members and we are hoping that more people would like to renew or become new members so we endeavour to spread the word; members please do the same.

Kumaree has kindly print the membership list and Catherine is going to give members a note on confidentiality and data protection.

We are hoping to advertise our club in many ways for e.g. handing out information about AL in different locations in super market or functions at the arena etc. Please suggest any ideas.

Thank you's

Townsend Tennis and Bowling Club

The Ukelettes

Janet, Val, Sue, Helen, Linva, Margaret,
Jan, Steve, Chris and club member
Rafina

Faith and Cultural Enterprise (FACE)

June 2017 Dance

All those who took part, attended,
supported and donated

Ultimate Sound

DJ Harry and Michael

Domestic Abuse Helpline Penny Williams

Hertfordshire Wellbeing Service Emma Paisley

St Johns First Aid

St Albans Old Peoples Trust

Computer Friendly

Rod Wiltshire

Speaker on Prostrate cancer

Hertfordshire Community Foundation Trust

Black History Month activities

All those who performed,
supported, attended

The Oxford Puzzle Company

Community Central – St Albans

Community Grant Fund

Hertfordshire Libraries

Phyllis Chase

Johane and Amara from Luton's Carnival Arts