

DiABETES SCOTLAND

KNOW DIABETES. FIGHT DIABETES.

West Lothian Group

ANNUAL GENERAL MEETING

4 September 2021 at 3pm on Zoom

Present: May Millward (Chair), Marylin Boland (Secretary) Ian Millward (Membership Secretary) Ian Aitken (committee) Ann Lothian (Committee) Sandie Harley(committee-retiring) Abhay Kejriwal, Robert Payne, Betty Wotherspoon, Peter Mowatt, Angela Mowatt, James Harrower, Elizabeth Smart, Nan Hall, Honor Shaw-Diabetes Scotland.

Apologies: Douglas Taylor (Treasurer-retiring) Isabel Taylor (Committee- retiring) Val Williamson (Committee- retiring) David Taylor, Helen Taylor, Rory Gallier, Lynn Spraggon, Tracie Paterson, Hilda McNeish, Nada Murtic.

May welcomed everyone to the meeting with special mention to Honor from Diabetes Scotland. May explained that this was the AGM covering 2020 which would normally have been held in March/April 2021 but had been postponed until a face to face meeting was possible. As the Covid restrictions are still in place we decided that we should just go ahead online.

Aims

Our aims were confirmed as -

- Provide support and information to all our members
- Raise awareness of diabetes and how the group can help
- Raise funds for Diabetes Scotland and for the local group

Treasurer's report

May gave the report on behalf of Douglas due to his continued ill health. May went through the annual accounts line by line and explained the sources of income and where the funds were being spent. She noted that whilst donations had been greatly reduced from the previous year probably due to Covid restrictions , grant funding had increased and overall there had been a 22% increase in income. Expenditure had fallen by 57% due to the cessation of face to face activities because of Covid. At the end of the year the balance in the bank was £6919.08 , an increase of 30% from the start of the year.

Bob asked if we were required to pay the excess over £3000 to Diabetes UK and May explained that that this was not required as most of the funds (£ 5389.64) were committed to specific ongoing projects.

Chair's Report

Membership had risen from 166 in 2019 to 194 which was felt to be a great achievement while virtually no face-to-face activities were taking place. New members came from website 6, GP referrals 5, Retinopathy flier 5, DIAT 3, Diabetes Scotland 3, Word Of Mouth 2, Personal Best 1, Easyline 1, Facebook 1.

Group Activities

At the start of the year we had two monthly meetings focusing on Diabetes and Travel and Diabetes and Dental Health and then we moved to weekly online Saturday chats on Zoom. These were attended by up to 20 members and provided real support during lockdown. Newsletters continued to be sent each month.

The Website and Facebook and in particular the private Facebook page for group members also kept members in touch.

Lifestyle Project

Personal Best exercise sessions were twice weekly throughout January -March. From April -July they were provided by Zoom videos and from August there were weekly live online sessions.

Easyline seated exercise sessions were provided weekly throughout January – March. They were then replaced by a weekly online Seated Exercise, Tai Chi and Relaxation session.

Nutrition Group was face to face from January to March then continued online.

Walking Group had limited walks because of weather through January – March There was one small walk in July but then the group was suspended because of Diabetes UK Covid Restrictions. Towards the end of the year we trained two further walk leaders and registered for Health Walks under Paths for All which would have allowed us to resume one hour walks however the winter Covid restrictions prevented us from taking this up until early in 2021.

Additional Activities

Reiki – monthly online sessions began in September.

Monthly Quiz - monthly from June.

Members agreed that all of these activities made a positive impact on people's physical, mental and social well being during the Covid restrictions.



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Diabetes Information and Awareness Tables (DIAT)

13 tables were provided from January to early March but were then suspended.

Know Your Risk

We held one session in January for staff at St John's Hospital which was very well received. We completed 53 assessments and referred 17 to their GP as they were at moderate or high risk of developing Type 2 Diabetes. Other planned sessions were cancelled because of Covid and Diabetes UK have now asked us to discontinue this activity.

Diabetes Awareness Talks Several talks were cancelled but we did do one online talk to OPAL volunteers which was very well received.

Fundraising

Grants - Funds were received from the Robertson Trust Wee Grants, Coop Community Fund and West Lothian Covid 19 Fund.

Easyfundraising - funds on online purchases continued and perhaps benefitted slightly from the increase in online purchases.

Million Step Challenge – members Marylin Boland and David Taylor took the challenge to raise funds for Diabetes UK..

Virtual Kiltwalk – members Marylin Boland and Ian Aitken (not to mention Copper the dog!) undertook the virtual Kiltwalk to raise funds for Diabetes UK.

Committee election

Retiring from the committee: -Douglas Taylor, Isabel Taylor, Valerie Williamson, Sandie Harley.

May thanked all retiring members for their years of service.

Proposed new committee members: - Peter Mowatt, Angela Mowatt, Robert Payne. All were elected unanimously using a Zoom Poll with Robert Payne agreeing to undertake the Treasurers post.

The year ahead

It was agreed to continue with all our online activities and look forward to getting back to face to face activities when the time is right.

May asked if there were any questions, Sandie thanked May for chairing the meeting, Peter thanked Honor for the help she had given him in getting onto Assemble. May closed the meeting.