



**Peers Connections Group (for learning disabilities)
AGM Meeting minutes of 05 June 2017, 10am
Emerald Suite, Open Door, Albion Street**

Welcome

The Chairman, welcomed those in attendance at the AGM, which started at 10:00 am.

He mentioned to those in attendance about the housekeeping rules, (fire safety procedures, toilets, refreshments, bags, sticks and mobile phones).

Attendees

Phillip Dumbrell, Ronald Bull, Stephen Blackburn, Alfred Dumbrell, John Marsh, Susan Rope, Christina Hanson

Apologies

Robert Dumbrell, Hazel Abey, Sebastian Turkington, Pauline Long, Verena Harris, Barry Jones, Mick Inkson, Nona Inkson, Kenneth Loraine, Mary Loraine,

Minutes of previous meeting

Chair handed out the minutes from the last meeting dated Thursday 06 May 2017. The minutes was proposed by John and seconded by Steve.

Amendments

There were no amendments required at present.

Matters arising from previous minutes

No matters arising at present.

Guest Speaker

The guest speaker at the meeting was Christina Hanson, who is a retired Psychiatric nurse. She has many years of experience in the mental health sector and has worked alongside mental health charities, including Navigo.

She used to hold an open self-help group for females who have mental health problems.

The reason that she wants to help the Peers Connections Group, is because she has a son with mental health issues. And she also would like to set up a male version of the self-help group. Further discussions to this project was discussed after the AGM.



Break Time

The group had a small break for 10 minutes. This was from 10:50am – 11:00am.

AGM

The chair handed out copies of the Annual report for 2016 to 2017.

The annual report contained the following contents-

- Chairman's Statement
- To Our Members
- Who Are the Peers Connections Group and What do they do?
- Aims of the group
- Mission Statement
- Members Meetings
- Activity Achievements-Outreach
- Easy Read Literature
- Annual General Meeting (AGM)
- Strategic Highlights
- Group Activity Events and Projects
- Financial Highlights
- Total Volunteer Hours Since June 2016
- Looking Ahead (The Future of the Group)
- Contact / Company Information

Election for new secretary

Nobody at present wishing to take on the role as secretary, due to Sara Noding departed company from the group to move to Lowestoft.

Election for Treasurer

No one at present membership at present to take on the role as Treasurer.

Therefore, the Chair will also take on the role as Administrator (Secretary and Treasurer).



Committee Members

As according to the constitution, committee membership lasts for at least 5 years. Bu AGMs are run on an annual basis. The committee members were happy to continue the roles as follows:

- **Chair**-Phillip Dumbrell
- **Vice Chair**-Ronald Bull
- **Secretary**-Phillip Dumbrell (Acting)
- **Treasurer**- Phillip Dumbrell (Acting)
- **Events Organiser**-Alf Dumbrell
- **Events Assistant**-John Marsh
- **Researcher**-Pauline Long
- **Health and Safety Assistant**-Susan Rope
- **Risk Assessor**-Kelly Chester
- **Volunteer Coordinator**-Stephen Blackburn
- **Public Relations**-Verona Inkson
- **Communications Assistant**-Verena Harris

Volunteers Hours

Since June 2016, the volunteer hours are based on the following table:
The months are gridded up as follows:

	Total Hours	Hourly Rate	Grand Total
Information Centre	2,964	£8.50	£25,194.00
Outreach Venues	198	£8.50	£1,683.00
Consultations / Meetings	456	£8.50	£3,876.00
Events	172	£8.50	£1,462.00
Secretarial	1,560	£8.50	£13,260.00
Research	104	£8.50	£884.00
Grand Total	5,454	£8.50	£46,359.00



Projected Financial Running Costs

Running Costs of Peers Connections Group

Basic

Description	Per Month	Half Yearly	Per Annum
Forum	£20.00		£120.00
Minutes for Forum including hand-outs	£12.00		£144.00
Committee Minutes	£1.20		£14.40
Annual Reports £3.75 each x 50	£0		£187.50
Advertising Inc. posters, and flyers	£30.00		£360.00
Advertising Inc. banners	£0		£120.00
Expenses-Car park & bus fare	£20.00		£240.00
Volunteers Expenses (6v x 3d x 4w x 12m)	£360.00		£4320.00
Total	£443.20		£5,438.40

Basic

Description	Per Month	Half Yearly	Per Annum
Events x 3	£150.00		£450.00
Event Transport -x 3	£100.00		£300.00
Advertising-Event Posters, Flyers	£35.00		£420.00
Business Expenses, car park	£1.20		£14.40
Website	£0		£720.00
Computer/Laptop Administration	£0		£160.00
Administration	£30.00		£360.00
Total	£316.20		£2,424.40

Financial Status

The bank account will need to have some donations and other funds to help the project to continue.



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Men's Mental Health Support Group

There was a discussion of how this was going to be formatted. So, the ways that it can be formatted are as follows:

Firstly, the group discussed about the self-help support group. For instance, the group discussed the type of self-help support group sessions. It started off being male, then both. Phillip mentioned that as the group started out as a Learning Disability group and those who have LD also suffer with Mental Health problems. So, I came to be that the group is set out as a 'Mental Health Support Group' for all.

The next part of the support group was the open forums. Whether it is weekly, fortnightly, or monthly. It was suggested to start weekly. But as because there is little finance available, then it may have to start monthly, then progress on a weekly basis.

Then it was mentioned about sports, leisure, fitness and group activities for those who want to take their mind off their mental health issues. Here are some that are as follows:

Sports Activities	Leisure Activities	Fitness	Group Activities
Croquet	Walking	Aerobics	Art
Cricket	Skateboarding	Cardio Machines	Sewing
Archery	Dancing	Core Fitness	Music
Basketball	Fishing	Gymnastics	Knitting
Bicycling	Roller Blading	Martial Arts	Wood working
Bowling	Roller Skating	Running	Craft work
Canoeing	Running	Swimming	Cooking
Badminton	Hiking	Yoga	Pottery
Curling			Gardening
Fencing			
Fishing			
Football			
Golf			
Gymnastics			
Horseback Riding			
Ice Hockey			
Ice Skating			
Martial Arts			
Pool			
Rugby			



Running			
Snooker			
Squash			
Swimming			
Table Tennis			
Tennis			
Volleyball			
Weight Lifting			
Wrestling			

Groups that are available that take on these activities are as follows;

Care Plus Group	Positive Activities
Foresight	Centre 4
Weelsby Road Riding School	Oasis Leisure Centre
Unit 5	Cleethorpes Leisure Centre
Lincs Inspire	Rock Foundation
Warehouse	Care 4 All

Other local organisations are available.

Other Projects needed for Mental Health Support Project

There are many things that will need to be done to help this project along. For instance;

- Flyers
- Posters
- New Banner
- Advertising-through the media including; Newspapers, radio, Facebook, Twitter, GP Surgeries, Community Centres,
- Lottery bid

A.O.B

Alzheimer's Society

Phill handed out latest information from the Alzheimer's Society.

Meeting Closed

Close of meeting 11.30 am

Dates, Times and Venue of next meetings

03 July 10am Emerald Suite, Open Door, Albion Street, Grimsby

07 August 10am Emerald Suite, Open Door, Albion Street, Grimsby

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