



FRISKIS&SVETTIS ABERDEEN

ANNUAL REPORT 2017

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The Association wishes to acknowledge and thank Stena Drilling for undertaking printing of all our paperwork free of charge.

1. Introduction – Chairperson’s Report

This has been an incredibly quick year and I am grateful for the opportunity to work with and learn from others within the organisation. I wish to thank Faye and her Committee for all that was achieved in her tenure. She introduced many processes which has really benefited the Association this year and will continue to do so in the future.

Our official membership numbers submitted to F&S Riks at end of December was 691 which shows a small decline, the previous two years being as follows:

2016 = 696

2015 = 735

Membership at the time of writing this report is 514 with our new membership sitting at 63. Memberships are still to come in from some areas therefore we know our total is still to increase.

Viking Hiking in Aberdeen have 55 registered members of which 39 attend Viking Hiking only i.e. no Jympa, with the Buckie Group having 19 members registered.

Our largest membership group continues to sit in the 66+ age group (314) followed by 41-65 (187) with small numbers sitting in groups 26-40 and 15-25.

The Committee has met on 5 occasions this year of which only 2 have been attended by the Main Committee which of course meant the Substitute Committee was called upon. Special thanks to John Gregory for stepping in twice at extremely short notice due to illness. My thanks go to Jill Callender, Rachel Charlton and Joanna Ewen for being on the Substitute Committee. Our meetings continue to last on average 2.5 hours with there being lots of fruitful discussion, always focussed and productive. Thank you to Kirsty Drew, Katie Stott, Pauline Westwood and Dave Willett for their support, enthusiasm, help and advice in this challenging year. Whilst not in attendance at our meetings, our Treasurer, Jim Wilson has continued to excel in his role of keeping us up to date on all financial business with his work always of a high standard. Since 2007 Jim has been diligently keeping the books but he feels it is now time to step down as Treasurer. The Association thanks him for the significant contribution he has made over the last 11 years. Although he is no longer Treasurer he will continue to be part of the Association as a member of Jympa Soft classes.

The Committee has continued with Faye’s approach of keeping a record of all publicity events as it worked really well. It is a good way of reflecting on the year gone by whilst also demonstrating the efforts of all involved, particularly given there is no Publicity Group at present, something I hope will change in the future. Appendix 1 shows the Publicity Plan developed at the start of the year with details of all that has been achieved. My sincere thanks go to everyone involved in it’s development and delivery particularly leaders who have given up their time throughout the year - without you these events would not have been possible. And not least a big thank you to all members who have continued to support our events.

To give something back to our Senior Members charismatic leader Guro Martens from Oslo came over from the 15th to 18th September 2017. She led the Saturday class as a Jympa Soft class followed by a Jympa Special class for Leaders and Hosts. On the Sunday Guro joined the Viking Hiking walk, on the Monday morning she took the Jympa Special class at Cairncry Community Centre and in the afternoon she took the Jympa Soft Class at Holburn West Church. Thank you Guro for inspiring us and for your sense of fun and enjoyment leading the classes.

One of our biggest events of the year has to be our Annual Kick-Off Weekend which was held on the 7th/8th October 2017 with Emma Jönsson from Sweden. Our Association is indebted to Emma for all the support she has given us over the years as without her help it would have been difficult for us to keep up to date with all developments in Sweden. The weekend saw Emma lead a Basic Masterclass which was very well attended and enjoyed by all and the great news for the Association is new leader Ashwini Rao passed her Medium Jympa licence with flying colours. We warmly welcome Ashwini to the Friskis&Svettis family and we are delighted that she has set up a new class so quickly after being qualified. It was great that Jackie Leiper and Kirsty Drew gained their Flex licence which is a new type of class to add to our Association's portfolio. As part of the weekend we held a party at Hazlehead Golf club on the Saturday night to celebrate 15 years of Viking Hiking. Thanks to Dave Willett and his Committee for organising this successful event.

On the 1st November 2017 Gavin Hawick resigned from Friskis&Svettis Aberdeen. We acknowledge Gavin's contribution to our Association, as a member since 2005 and as a leader for the last ten years. We wish him all the best for the future.

To date Jackie Leiper, Education Officer, continues to keep all Leaders up to date with the latest education developments from Sweden (see Education Report). We have exciting news in that both Michaela Fairbrother and Sue Lane have accepted a place on the training course in Sweden having travelled to Lillsved, Sweden for Step 1 in March. We are all very much looking forward to hearing of their progress and look forward to welcoming them to the team – good luck girls! Leader training for our Association is always very expensive as it is held in Sweden so the last couple of years have drastically reduced our funds. The Committee and Leaders are committed to fundraising for the kick-off this year, so Michaela and Sue can do their licensing in person, and to ensure there are sufficient funds in place should we have new leaders to be trained next year. On a personal note I am very grateful for all the support and guidance Jackie has given me throughout the year. Since 2011 Jackie has done a fantastic job as Education Officer. The Association is very grateful for the major role she has played supporting, mentoring and guiding seven leaders through the training process. Jackie has decided that it is time to step down from this role. The Association thanks her for the significant contribution she has made over the last 7 years. Jackie will continue as Facebook Co-ordinator and run her classes.

We continue to encourage applications from potential leaders who are experienced in attending our classes, as it is essential they are well prepared for the course in Sweden, which is both physically and mentally challenging, yet so enjoyable.

All leaders have continued to work hard on their programmes which I know can be a challenge however the standard remains high with all new programmes checked by an

Educator in Sweden whether that be via DVD or 'live' at the annual Kick-Off. Leaders support each other by way of reviewing comments received from Sweden in relation to their new programme and any amendments suggested. With this in place we continue to ensure all programmes are quality checked and safe for participants annually, as a minimum.

On the 25th May 2018 data protection laws are significantly changing with the introduction of the General Data Protection Regulation (GDPR). Many thanks to the Committee and Susanne Johnston, Membership Registrar for all their hard work in ensuring our Association is compliant with this new legislation.

My final comment as Chairperson is simply to thank each and everyone in the Association for their continued dedication, support and enthusiasm. Without you all the Association would cease to exist. We all know the benefits – so spread the word – and bring along a friend. Every little helps!

Karen Grant

2. Who were Friskis&Svettis in 2017

The Committee

Karen Grant (Chair), Kirsty Drew, Katie Stott, Pauline Westwood, Dave Willett (Viking Hiking Rep), Jim Wilson (Treasurer)

The position of Treasurer is an elected one but the current Treasurer receives an annual retainer for the invaluable work undertaken throughout the year.

Substitute Committee

Jill Callender, Rachel Charlton, Joanna Ewen, John Gregory

Membership Registrar

Susanne Johnston has again undertaken her role with great enthusiasm, keeping us up to date on progress for the year in hand whilst providing interesting facts in comparing previous years. She continues to give us all a gentle nudge on reminding members to renew their membership and encourage new memberships. My thanks go to Susanne on behalf of the Association for the excellent work she does.

Election Committee

Janet Hosie (Convenor), Rosey Leiper, Sheila Lawson

The role of the Election Committee can be a difficult one in filling the various positions on Committees each year. Thank you to Jan, Rosey and Shelia for once again undertaking this task for the year ahead.

Other Association Roles

There are also a number of other roles within the Association, often unspoken of, yet vital for the running of the Association:-

Update Editor	Gavin Hawick to end October 2017. Katie Stott thereafter
Publicity Group	Currently vacant
Education Officer	Jackie Leiper
Viking Hiking Co-ordinator	Dave Willett
Website Manager	Katie Stott
Facebook Co-ordinator	Jackie Leiper
Uniform Co-ordinator	Christine Richardson
Class List Editor	Fiona Aitcheson
Programme Check (LUF) Record	Fiona Aitcheson

I thank everyone once again for their continued support during 2017.

Leaders

Jympa

We currently have 12 active Jympa leaders with 26 classes per week at varying intensities. The majority of classes continue to be at Basic and Senior level with a smaller number of Jympa Special, Soft, Medium and Dans classes, thereby offering great work outs for all ages and fitness levels. New additions during 2017 included a new Medium class at Cults Sports Complex and a new Flex class in Newmachar. Overall classes continue to be well established across Aberdeen as well as further north in Buckie and Cullen.

All leaders are required to produce a new programme annually as a minimum in line with the Leader Contract however some leaders may choose to change their programme more frequently. It is a requirement that a programme check is undertaken via Sweden to ensure the quality of our classes is in line with that of Riks and that our classes are safe for participants. Feedback from Sweden is always constructive and seen to be supportive.

Leaders continue to support each other whether that be whilst developing a new programme, following feedback from Sweden or when cover is required to avoid classes being cancelled where at all possible. On behalf of the Association I thank all leaders for their continued dedication and hard work for keeping us all active.

Viking Hiking

For the Thursday and Friday walks at Hazlehead and the monthly longer walks we are in the fortunate position of having a pool of 8 leaders to lead them. Allan Copeland is still leading the Sunday walk at Hazlehead. The Thursday/Friday walks are well supported with just over 20 people in regular attendance whereas the longer walks

have varied support. Joan Thain continues to lead the Buckie Viking Hiking group which remains a success. Thanks to Joan Thain and Dave Willett for co-ordinating all the Viking Hiking activities in their respective areas. On behalf of the Association I thank all Viking Hiking leaders for their continued dedication and hard work for keeping us active.

Hosts

Hosts continue to be a valuable asset to any class and support to a Leader as an extra pair of hands with the role varying from one class to another. On behalf of all Leaders thank you for your continuing support in our classes.

3. Education Report

First Aid Training

Six of our leaders and Viking Hiking Leaders attended a First Aid course at Aberdeen First Aid School in June 2017, valid for 3 years.

Flex

Kirsty and I attended the Flex course in Uppsala in June 2017 with a leader from F&S Brussels acting as translator. Brussels also translated the educational material into English. Flex is functional training, including flexibility and stability and my class has been running at The Axis Centre, Newmachar since January this year, which has been well attended so far.

Kick Off

We were delighted to welcome Emma Jönsson back to Aberdeen for our Kick Off in October 2017. She held a workshop for Leaders, a Basic Masterclass for Leaders and members, several LUFs and Licensing for Medium Jympa and Flex.

Licensing

At the Kick Off Ashwini Rao also gained her Licence in Medium Jympa. Ashwini started a new class at Cults Sports Complex on Tuesdays at 6.30pm and is also part of the Saturday morning rota class there too.

FSD 18

Eight leaders went to Oslo in February to attend Friskis&Svettis Dagene organised by F&S Norway. We attended a variety of classes and workshops including limited edition classes such as Rowing, Dans Flow and Dans Crescendo and tried classes like Enkel and yoga which we do not have here in Aberdeen. There were also sessions like Jympa Loose and Dance Loose which are meant as fun, inspirational classes. We were made very welcome by the Norwegian leaders and it was great to meet up with old friends like Christina, Maddan and Nina who have been here in Aberdeen too.

Svettisdagarna

This year F&S celebrate their 40th anniversary so Svettisdagarna will be bigger and better than ever. For the first time it will be held at the Globe Arena in Stockholm and 7 leaders from Aberdeen will attend. At the moment we don't have any information

about the programme but I'm sure it will be a great celebration of the past 40 years and looking forward to the future.

Coursio

Several Limited Edition classes for 2018 are now available on Coursio along with some distance learning courses. F&S will be adding more digital courses next year, including Jympa Soft which means it will be far easier (and possibly cheaper) for our leaders to do further training and new courses in future. Several class videos such as Medium and Basic Jympa have also been added to give inspiration and ideas to leaders as well.

New Leader Training

This year we are delighted to be training two new leaders, Sue Lane and Michaela Fairbrother who attend the Ettan course being held in March, followed by Jympa in June. Sue will be a Jympa Soft Leader and Michaela will lead Basic Jympa and they both plan to start classes in the Moray area once qualified in the Autumn.

Jackie Leiper

4. Viking Hiking Report

Viking Hiking continues to provide Nordic Walking sessions in both Aberdeen and Buckie. The walks are one hour long and contain warm up, warm down and stretching exercises. Many of our members also attend Friskis classes in the week or hear about us from their F&S membership.

In Aberdeen at Hazlehead Park we offer four walks every week and in Buckie one walk on Wednesday.

This year in Aberdeen we have concentrated in training new leaders and have added Andy McCreath, Kenneth McAlpine and Dave Curry to the existing group of Dave Willett, Eva Christie, Alan and Gill Murray, Gordon Price and Allan Copland. Our best attended sessions are on a Thursday and Friday with many retired people taking part.

Saturday walks were led by Gordon and Ruth Hendry until recently when Gordon had to retire due to ill health. Thanks go to Gordon for his service to Viking Hiking for over 15 years. He was presented with a voucher for a night out at the Cults Hotel to say thank you for his support.

Sunday walks are led by Allan Copland who recently celebrated his 80th birthday.

In October 2017 we celebrated our 15 years history with a night out at the Hazlehead Golf Club. This was attended by 65 present and past members and a good night was had by all.

This year, in June, we will again be supporting Sport Aberdeen and the Golden Games. Sport Aberdeen are very keen on risk assessments being carried out by sporting organisations and this has lead us to ask questions about our own Viking Hiking manual. As a result, we will be reviewing our manual over the next few

months. This will be undertaken by Andy McCreath, Alan Murray and Dave Willett. The final draft will be reviewed by the other walk leaders.

Although our weekly walks are reasonably well attended we have started a promotion campaign using posters designed by Jackie Leiper. These are being distributed to local shops and notice boards.

Lastly our monthly longer walk programme has established a small but dedicated following and we thank all leaders who contribute to this and in particular Eva and Stewart Christie, Diane Beane, Alan Murray and Gordon Price for their walk contributions during the last 12 months.

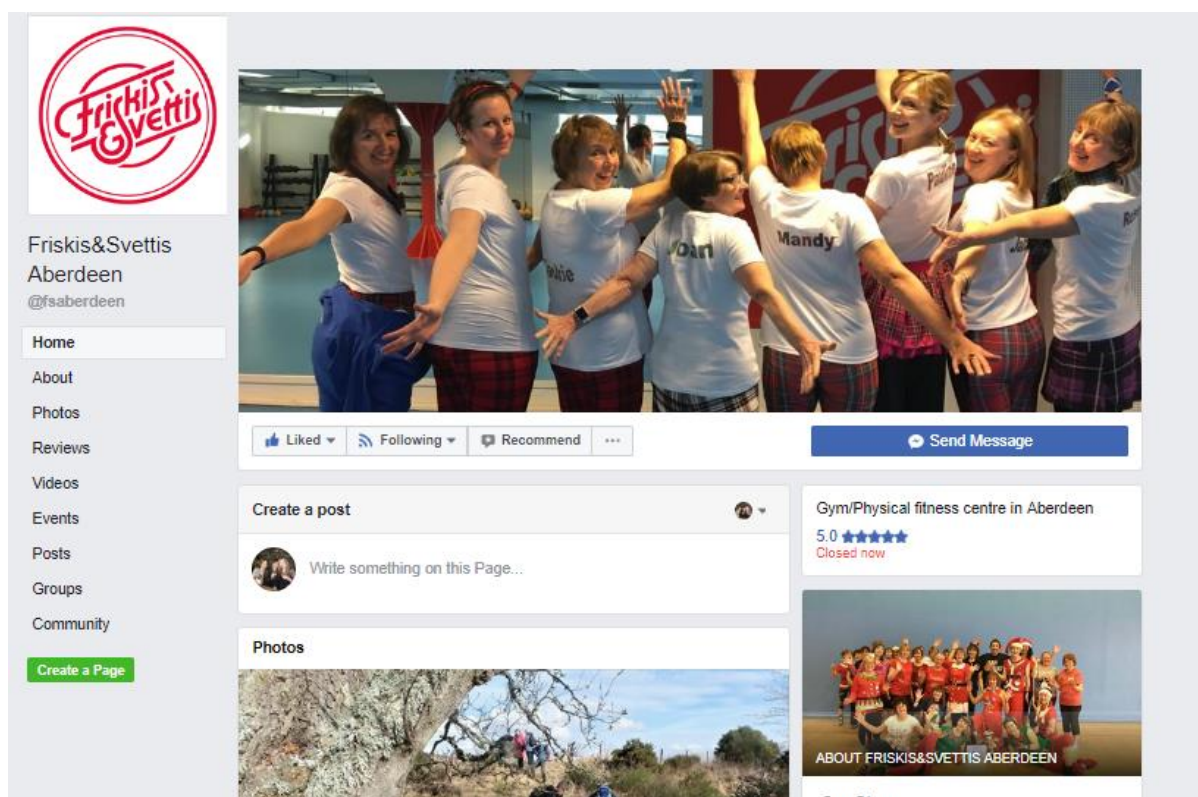


We look forward to another year of Viking Hiking and are always keen to welcome new members and leaders to join us.

Dave Willett

5. Publicity, Website & Facebook Report

www.facebook.com/fsaberdeen



Our number of 'likes' and views on Facebook continues to increase slowly but steadily and currently stands at 458 likes. You do not require a Facebook account to view the page, only if you want to comment, like or share the posts. We encourage our members who do have Facebook accounts to 'like' our page and to comment and share posts because it's an excellent way to advertise our classes and hopefully bring in new members. We've continued to advertise classes and promote events on Facebook because this is a very cost-effective way to advertise. It's also a good way to keep up to date with other associations and stay in touch with our members. Anyone can send a message/query through the page and Katie and I try to answer them as soon as possible. It's useful if we have to cancel a class at short notice which happens occasionally due to illness or bad weather. Katie has set up the website so that the last post or two appear there too.

We've had a good response to any paid adverts or promotions run on Facebook, spending £167 from April 2017- March 2018.

Thank you to Stewart Christie and Dave Willett who regularly send photos from Viking Hiking and the longer walks and I'm always looking for more class news, photos and information about Friskis events.

Jackie Leiper

A great deal of work of has been undertaken during the year despite the absence of a formal Publicity Group. As previously referred to, Appendix 1 outlines activities undertaken throughout the year none of which would have been possible without the support of those who have given up their time. It is planned to run a campaign to ask members to help promote the Association by handing out free class cards to associates who currently do not attend F&S classes. Publicity remains the responsibility of everyone in the Association therefore if anyone has any suggestions as to how the Association can be publicised for example through a place of work please let your Leader know or send an email to info@fsaberdeen.co.uk. We would love to hear your ideas.

Katie Stott has continued to do a great job at developing our website and keeping it up to date throughout the year therefore once again thank you to Katie for her hard work. Riks are in the progress of implementing a single F&S website for all Associations so that there is a common look and feel across the organisation. We are scheduled to move to this new website this summer.

Karen Grant

6. International News

Susanne Jidesten has been appointed the new Secretary General for Friskis&Svettis.

The Friskis&Svettis AGM took place on 16th March 2018 with minutes not yet available however these will be passed to the new Committee for discussion in due course. Much of what was for discussion is relevant to Sweden based Associations however other topics included:

- A strategic plan for Friskis&Svettis (Smarter and Faster Together)
- Opportunities for External Collaboration
- Digital Annual General Meetings
- Digitalisation including communication moving to Facebook Workplace

Karen Grant

7. Operational Plan 2017-18

Last year's Operation Plan has been updated and can be reviewed in Appendix 2.

As I am standing down as Chairperson I feel it appropriate that the newly formed Committee determine the Operational Plan for the year ahead however it should be noted that many of the aims remain the same each year in terms of:

- Retaining membership numbers
- Attracting new and younger members
- Increasing our Leader pool
- Expanding our range of classes
- Publicity of the Association

Karen Grant