



**FRISKIS&SVETTIS ABERDEEN**

**ANNUAL REPORT 2018**

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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**

The last two years as Chairperson of Friskis&Svettis Aberdeen have afforded me the opportunity to meet and liaise with many new people both locally and internationally. I cannot thank leaders enough for all your hard work and dedication in providing high quality safe and well-regulated exercise activities. To our members I thank you from the bottom of my heart as Friskis&Svettis Aberdeen would not exist if it were not for your support in attending our classes and walks.

Our official membership numbers submitted to F&S Riks at end of December was 583 which shows a decline of 108 members, the previous two years being as follows:-

2017 = 691

2016 = 696

It is hoped to re-address this decline with the licensing of two new leaders.

Membership at the time of writing this report is 505 with our new membership sitting at 50. Memberships are still to come in from some areas therefore we know our total is still to increase.

From our registered members 94 have indicated that they attend Viking Hiking sessions. There are 73 in the Aberdeen group and 21 members in the Buckie group. Last year there were 55 registered who indicated that they attend Viking Hiking sessions which is a fabulous 71% increase so well done!

Our largest membership group continues to sit in the 66+ age group (346) followed by 41-65 (220) with small numbers sitting in groups 26-40 and 15-25.

The Committee has met on 6 occasions this year and all meetings were attended by the full Committee members. My thanks to the Substitute Committee, Dave Curry, Kirsty Drew, Helen Elliot and Joanna Ewen for being on standby and also for attending a Committee meeting so they could experience first-hand how our Committee operates. Our meetings continue to last on average 2.5 hours with there being lots of fruitful discussion, always focussed and productive. Thank you to Jill Callander, Katie Stott, Pauline Westwood and Dave Willett for their support, enthusiasm, help and advice throughout this year. Thanks to Treasurer, John Gregory for doing such an excellent job of keeping us up to date on all financial business and for his invaluable advice and high-quality work.

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. 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 its development and delivery particularly leaders who have given up their time throughout the year - without you these events would not have been possible.

One of our biggest events of the year has to be our Annual Kick-Off Weekend which was held on the 29<sup>th</sup>/30<sup>th</sup> September 2018 with F&S Educators Emma Jönsson and Anna Jakobsson from Sweden. Emma has been a great support and inspiration to our Association over many years and we are extremely grateful to her. The weekend saw Anna lead a Jympa Soft Masterclass on the Saturday and Emma lead a Basic Masterclass on the Sunday. Both Masterclasses were very well attended and enjoyed by all. The great news for the Association is we had two new leaders Michaela Fairbrother and Sue Lane who passed their Basic Jympa licences and six leaders who had new programmes passed. We were delighted because Anna and Emma were impressed with the quality of our programmes. We warmly welcome Michaela and Sue into the Friskis&Svettis family and we are delighted that both of them have set up their own new classes. Thanks to the Committee and Leaders for all their fundraising efforts to make the Kick-Off possible. It made such a difference to Michaela and Sue to be able to do their licensing in person.

I continue to encourage applications from potential leaders who attend our classes, as it is essential that 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.

My final comment as Chairperson is simply to thank each and everyone in the Association for their continued dedication, support and enthusiasm. If you would like to become a leader or would like to help behind the scenes then please contact the Committee. We all know the benefits that exercising brings so spread the word and help change a family member, friend or work colleague's life for the better!

Karen Grant

## **2. Who were Friskis&Svettis in 2018**

### **The Committee**

Karen Grant (Chair), Jill Callander, Katie Stott, Pauline Westwood, Dave Willett (Viking Hiking Rep).

Our Treasurer John Gregory also attends Committee meetings. The Treasurer is an elected post and currently this post is being done on a voluntary basis.

### **Substitute Committee**

Dave Curry, Kirsty Drew, Helen Elliot and Joanna Ewen

## **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.

## **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:-

Publicity Group	Currently vacant
Education Officer	Currently vacant
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/Joan Thain

I thank everyone once again for their continued support during 2018.

## **Leaders**

### **Jympa**

We currently have 14 active Jympa leaders with 29 classes per week at varying intensities. The breakdown is 3 Medium, 12 Basic, 4 Senior, 4 Jympa Soft Special, 1 Soft, 2 Dans, 1 Dans Senior and 2 Flex classes thereby offering a variety of great work outs for all ages and fitness levels. New additions during 2018/19 included two new Basic classes at Portessie Public Hall, Buckie and the Institute Fochabers, a new Dans class at the Axis Centre, Newmachar, a new Flex class in the Cults Sports Complex and a new Jympa Soft Special at Cairncry Community. Classes are well established in 20 different venues.

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**

Viking Hiking in Aberdeen continues to provide four one-hour walks per week at Hazlehead and a longer walk at the end of each month. Hazlehead walks are well supported and are regularly attended by between 12 to 25 members. Thursday and Friday are the most popular days followed by the Sunday walk. Ruth Duncan aided by Jackie Leiper are currently leading the Saturday walks and the numbers have increased due to their hard work. This has proved a useful starting point for walkers who are unsure of their fitness capability. We are in the fortunate position of having a pool of 13 leaders to lead them. 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.

### **Congratulations**



Well-deserved congratulations to F&S member Angela Gowdy (on left) and our longest serving leader Rosey Leiper (on right) for being awarded a British Empire Medal in the New Year's Honours List. Angela's award is for her voluntary work with Home Start and RSPB. Angela has been attending Jympa classes and Viking Hiking sessions for many years and is a Viking Hiking leader. Rosey's award is for her services to Radiography and Breast Screening and her charity work for the Macular Society.



Karen Grant

### **3. Education Report**

#### **First Aid Training**

15 Jympa and 12 Viking Hiking leaders attended a two-hour Heartstart training this year with the British Heart Foundation which we learned how to:

- recognise a heart attack and a cardiac arrest
- help an unconscious person
- perform CPR
- help someone choking
- respond to serious bleeding

#### **Kick Off**

We were delighted to welcome Emma Jönsson back to Aberdeen and Anna Jakobsson on her maiden trip for our Kick Off in September 2018. 8 Leaders got new programmes checked and Licensing for Basic Jympa.

#### **Licensing**

At the Kick Off Michaela Fairbrother and Sue Lane gained their Licence in Basic Jympa. Sue has started a new class at Portessie Hall in Buckie and Michaela has started a new class at the Institute in Fochabers.

#### **Svettisdagarna**



On the 17<sup>th</sup>/18<sup>th</sup> November Svettisdagarna was a celebration of 40 years of F&S. For the first time it was held at the Globe Arena in Stockholm which was great as all the events were held in and around the same venue. 7 leaders from Aberdeen attended. Three leaders Jackie Leiper, Katie Stott and Kirsty Drew led part of the opening Jympa session for the weekend with 13 other associations. This showcased F&S Aberdeen and was a great publicity for our Association. We attended a variety of activities

from dance classes, Jympa class using drum sticks, indoor rowing, yoga to a symphony orchestra and the new programme type Modus to name but a few of our highlights. This was the first time when activity introductions were held in both Swedish and English which we really appreciated.

#### **Digital Learning**

Coursio is a valuable tool for leaders to help and inspire leaders when making new programmes. F&S are continuing to add to their digital courses portfolio, including Jympa Soft which means it will be far easier and cheaper for licensed leaders to do further training and new courses in the future.

### **New Leader Training**

Sadly, we have no leaders going forward for training this year.

Karen Grant

### **4. Viking Hiking Report**

Viking Hiking continues to provide Nordic Walking sessions in both Aberdeen and Buckie. The walks are one hour long and include warm up, warm down and stretching exercises. All sessions are provided on a year-round basis.

In Buckie Joan Thain leads the local walk on Wednesday of each week.

In Aberdeen at Hazlehead Park a total of 9 leaders are scheduled to provide 4 four walks every week.

Over the last few months the Saturday walks have been revitalised by Ruth Duncan and Jackie Leiper to provide an opportunity for slower walkers who like to experience Nordic Walking.

The Sunday walks continue with Alan Copland being the main leader.

All leaders have received six monthly exercise training during the year thanks to Jackie Leiper and Rosey Leiper. In addition, VH leaders have also taken part in the British Heart Foundation HeartStart course.

Looking forward we will be assisting Sport Aberdeen with the Golden Games Week in June this year when they will be joining us for the Friday and Saturday walks. Last year we entertained 13 new walkers who all experienced Nordic walking for the first time.

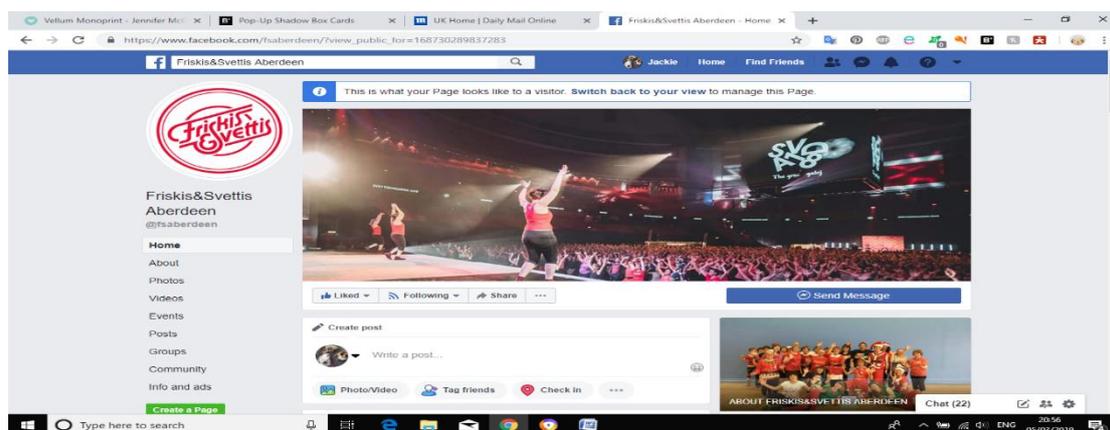
We took the opportunity to replace old walking poles with new Tiso poles and have added 8 spare pairs to enable us to offer them to new walkers for trial periods.

The monthly long walk program continues with various leaders. The walks have embraced local scenic and historical locations. Thanks go to Eva and Stewart Christie for taking on much of the organisation for these events.

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

Dave Willett

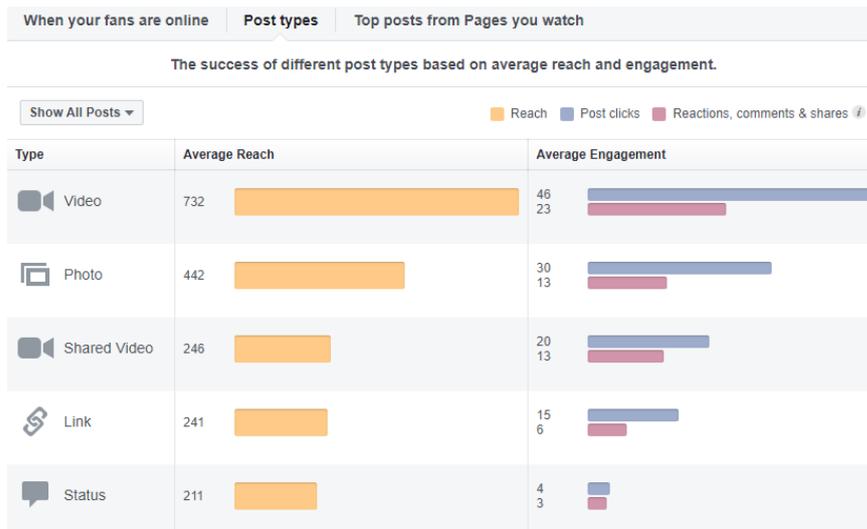
## 5. Publicity, Website & Facebook Report



The number of likes on our Facebook page has gradually increased from 458 in March 2018 to 571 'likes' and 574 'follows' in March 2019. Facebook is a very quick and easy way to keep in touch with our members and to attract new members too, as the advertising can be easily targeted to specific age groups, areas, or to people with similar hobbies or interests plus it's very cost effective. It is the easiest way to inform members of any changes or cancellations to classes and to notify them of special events or meetings. I know I mention this every year but you don't have to have a Facebook account to view our page but if you do have an account please like and share our page! Liking or commenting on our posts is also a good way to help raise our profile. There is a 'Send Message' button on the page if you want to get in touch or have a question. I try to get back to people as quickly as possible and new class members often get in contact before they attend a class.

Our page is: [www.facebook.com/fsaberdeen](https://www.facebook.com/fsaberdeen) or just @fsaberdeen.

I try to post every day Monday to Friday and at weekends if appropriate. By far our most popular posts are videos but photos also do well, especially if they are photos from our classes, events or Viking Hiking. I also share posts from other associations if I think they are of interest to our members and from the main Friskis&Svettis Facebook page. Most of the Friskis&Svettis posts are in Swedish of course, but the Spring advertising campaign has been in English. It's a fun campaign with the theme 'love the way you move' and 'love the way you smile' #lovethewayyoumove #lovethewayyousmile



I'm always delighted to receive photos or videos from any classes or special events in the association since I'm always on the lookout for new content. Our members like to see what's going on in other classes and many former members or leaders who have moved away still follow us to keep up with what's going on. It's also a fantastic way of keeping in touch with other associations too.

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. 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](mailto:info@fsaberdeen.co.uk). We would love to hear your ideas.

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 were scheduled to move to this new website last summer but unfortunately this has not happened yet.

Karen Grant

## 6. International News

The Friskis&Svettis AGM is also due to place on 23rd March 2019. There is a motion at this meeting to increase the membership fee from 60 SEK per member to 80 SEK per member during 2020-2022 to pay for digitalisation. Should this be agreed at the current exchange rates this is an increase from £4.90 to £6.54 per member which based on our budget would cost the Association an additional £1,066 per annum.

As part of the digitalisation Riks have introduced Facebook Workplace which has been developed with a mobile-first mindset. This is a communication hub for Friskis&Svettis leaders and functionaries to communicate and collaborate.

Karen Grant

## **7. Operational Plan 2018-19**

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 is 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 i.e.

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

Karen Grant