

Pilgrim Care (St Andrews) Ltd.

Minutes of AGM on 13<sup>th</sup> February 2020

1. **Welcome:**

Bea Cowan welcomed everyone to the meeting and led us in devotions and prayer.

2. **Report from the Chair:**

Ken Cochran thanked Bea and expressed thanks for the prayer team who are effectively the engine room of the charity and meet every month to uplift our work. The AGM this year had been delayed but was still within the period allowed by articles of incorporation.

Ken updated the meeting on the development of St Andrews West. Pilgrim Care had made representation to the developers and Council on the need for and specification of a new Care Home. Also, a plan for a Care Home on Hepburn Gardens had been denied at the planning stage. St Andrews is woefully short of Care Home provision and this results in fracturing of community and sense of belonging for the elderly.

Pilgrim Care has interacted with the Fife Health & Social Care Partnership through its Locality Stakeholder Group.

Ken made reference to the emerging COVID-19 illness which it was hoped could be held-off until Spring. Our responsibility will be to help prevent spread to elderly or care homes. Those feeling unwell should stay home and call the NHS.

Pilgrim Care has also had attendance at and input to discussions on the provision of Out-of-hours care in St Andrews. It looks like a level of 24-hour GP care will be maintained in St. Andrews.

Ken then went on to introduce the two guest speakers – Dorothea Morrison, chair of the William Gibson Trust and Rev. Valerie Walker leader of the community choir in Newburgh.

3. **Parish Nursing:**

Cath Carter described the vision to provide whole person healthcare through the local church. Cath described the functions of a Parish Nurse. Leading us in chair exercises Cath described her role as a health educator, advisor referrer, volunteer trainer, support group coordinator, health advocate for individuals and community, faith and health integrator. Cath has regular contact with 50-60 individuals. Referrals come from GPs, dementia specialists, family, churches community psychiatric nurses etc. Cath also runs community groups/classes, e.g. chair exercises, and serves to sign-post people to appropriate groups. Volunteers do one-to-one visits and transportation. On the horizon is the establishment of walking groups. Underlying principle is to share God's love.

Ken thanked Cath for the many hats she wears serving the community, all of them with 'Sharing God's Love' written on them, and noted that Cath had also drawn in a multi-thousand-pound grant from *Paths For All* to establish walking groups.

4. **Newburgh Community Choir:** Introduced with music 'All you need is love' sung by the choir, Valerie Walker described how the choir began. There was a problem in Newburgh with loneliness and dementia. Valerie got together with some local leaders and came up with the idea of a community choir. Their GP had observed that there is no pill for loneliness. Local people seemed interested and small grants were available from a variety of sources. Lots of collateral benefits for health, mental acuity etc. result. Medical students have been observing the benefits. Tean and cakes is part of this and it has been running since September. About half of people have been referred by GP. Some come from care homes.

They have about 50 people come. People come because it's fun not because it's healthy. Another sample of music was played – they have a variety of musicians and use a variety of musical genres. It is lovely to see people 'come alive'. It costs them to rent the hall and hire some professional musicians. There is no charge to attend. Valerie outlined some of the challenges in making it work for very diverse musical tastes and abilities. Feedback is very positive, from participants and helpers. People help each other and care for each other.

- 5. Gibson Trust:** Dorothea Morrison became a trustee as a councillor. Gibson House was built in about 1850 for the benefit of people in St Andrews. William Gibson was a philanthropist. Some ministers in St Andrews are also trustees. The current building is not quite fit for purpose with stairs and lack of en-suite facilities. Extending the facility is not feasible and finding an affordable alternative is difficult especially in competition with developers and University. Plans to council proved ultimately unsuccessful. Gibson are still looking for new premises and will keep looking. It is important for local residents to have local care. A unique aspects of Gibson House is that every resident has a staff member who specialises in knowing them and their needs. In addition Gibson Care and Gibson Training helps take care into the community and trains people as carers to SVQ qualification level. The problem for the future is getting the land – however care in the community and looking after the elderly is vitally important. Fife Council provides most care contracts and Gibson Care is an external provider.

Ken thanked Dorothea, especially echoing the common goal that people in St Andrews should be able to maintain their links with the community in which they have lived, and wishing Gibson House every success in finding a new place for premises.

**6. Annual Report and Accounts:**

The minutes of the previous AGM were accepted; proposed by Harry Hine and seconded by Ian Docherty.

David Maggs spoke to the accounts. Funds were at £193000 pounds in total. Income had been roughly £8500 and expenditure was roughly £25000 from March 2019. This seems to be about our normal draw-down rate. Most costs are operational costs and trusts are more likely to support projects. However, we are pleased that Cath has secured project money. As a board we are mindful of the need to find external funders and wish to be instrumental in the establishment of a new care home. We are grateful for the support of local churches – Cornerstone, St Leonards, Saint Andrews Episcopal, the Baptist Church and the regular contributions from the Tay Charitable Trust. Currently funds are at about £180000. Running costs have increased slightly due to salary increases and general expenses.

Ken thanked David for his work behind the scenes; quietly and efficiently handling the finances.

**7. Directors:**

Currently the board consists of Bea Cowan, Douglas Gray, Ken Cochran, Celia Sprot, Harry Hine, David Jackson, David Maggs.

Douglas Gray is stepping down due to ill health. We wish him well for the future.

Up to 25% of the board must step down. It comes by rotation for Douglas Gray and Bea Cowan to retire. The meeting approved the re-appointment of Bea Cowan as a director. other potential directors have been approached and we are awaiting responses.

**8. AOCB**

There is a number of ways in which one can donate to Pilgrim Care. Ken outlined these ways and also described the great value of leaving a gift in one's will. A codicil form is available for this purpose.

**9. Close**

Ken then closed the meeting in prayer.