

Different Strokes North London Group AGM
12:30pm, Tuesday 18th October 2011
Gallery, Wood Green Central Library, High Road, N22 6XD

Notes of the meeting

Attendees:Christine Addison, Joanna Barnes, Danny Beechaw, Siddique Bundu, Beatrice Chianumba, Sam Chianumba, Fitzroy Cover, Craig de Lange, Terry Greaves, Bayram Hizyolu, Glenvina Jackson, Gareth Jones, Beverley Kemp, Shakila Khan, Tess Lancashire, Jonathon Lynton, Cathy Marvel, John Murray, Francis Okeke, Bella Onibudo, Rekha Panchal, Figen Polat, Nigav Polat, Joyce Ramsay, John Rawlings-Anderson, Fatima Salih, Mustafa Salih, Heena Shah, Mrs Shah, James Shiver Decker, Iwona Slawecka, Zell Thomas, Dominic Tran, Barbara Twhigg, Mezenner Yazid.

Ragi Jones (HALS Observer), Coralie Dufour (Exercise Class Tutor), Felicia Kyei (Visitor), Mhairi McGee (Visitor), Jennifer Powel (Visitor), Yvonne Robertson (HALS Minute Taker), Pat Walters (Chi Kung Class Tutor), Bernadette Wilson (Volunteer Publicity Organiser, Receptionist), Debbie Wilson (DS Chief Executive, AGM Chair).

Apologies: None

Notes: **Yvonne Robinson**

No.	Item	Discussion
1	<p style="text-align: center;">Chair's Introduction Debbie Wilson</p>	<p>1.1 Debbie Wilson, Chief Executive Different Strokes introduced herself to the meeting</p> <p>1.2 Debbie informed the meeting that John retires today and thanked John on behalf of all staff, trustees for his work with Different Strokes. Since he became coordinator the group had become one of the best in the country.</p> <p>1.3 Yvonne works for HALS and is taking minutes for the meeting</p> <p>1.4 Debbie thanked Henrietta Search and Lakshman Sarkar for their work with Different Strokes. Henrietta and Lakshman passed away on 26 March and 28 April respectively.</p>
2	<p style="text-align: center;">Co-ordinator's Report John Murray</p>	<p>2.1 John thanked all for attending the meeting, Cathy for organising lunch, Yvonne for doing the minutes and Debbie for being able to attend as Chair as she has been extremely busy, the annual conference having just taken place.</p> <p>2.2 John gave a brief outline of his involvement as coordinator of Different Strokes since 2006. He explained that as the group was set up to work with working age stroke survivors he decided if he were still coordinator when he reached 70, he would stand down. John was 70 in March.</p> <p>2.3 John said that he was pleased to be ending on a high note with the group very active and reasonably secure with funding from HALS. Although the group were sorry to lose massage when Nick left in September, it created the opportunity to fund the aphasia group whose funding ended in March. John had proposed that the remaining massage funding be transferred to the aphasia group and be topped up with money available from our main account. He was pleased that that further funding would be received for Aphasia from Awards for All and hopefully matching funding from Grassroots.</p> <p>2.4 John then gave a brief report on his time as coordinator; He said the big difference is we have a lot more money now thanks to funding from HALS and to our being the Mayor's charity in 2008-2009. And things look a lot more optimistic now than they did in 2006, even although he is concerned about further government cuts being imposed on the Council which could affect our position.</p> <p>John said the group had originally been set up by Felicia Kyei and two colleagues in 2001. He said Felicia had been successful in achieving funding from the Scarman Trust, the Millenium Trust and Awards for All. John became the coordinator after Felicia resigned in 2006. He described how by that time the group was running out of funds. That resulted in having to close down activities with the result that people left the group. It took a year to build up the funds to get started again in February 2007. Funding was received from Awards for All, Pilkington Trust and Halo Living.</p> <p>The group then had to be built up again. He said we were fortunate in having such highly skilled and dedicated tutors as Pat</p>

		<p>Walters (Chi Kung) and Coralie Dufour (Exercise class) which was an important reason for the group's success.</p> <p>2.5 John said that apart from helping to overcome a funding crisis, he also tried to build up the group and its reputation by developing our involvement in Research, and in campaigning for Stroke Prevention. John is a lay member of Stroke Research Network and through them he has built up the reputation of Different Strokes and reported back on research he thought was particularly relevant to the Group. John outlined some of the research into imaging that he saw at Stroke Research Network which demonstrated how new paths are formed in the brain through repetitive movement of the affected limb. Imaging from the National Hospital Queens Square demonstrated how this was also true for Aphasia.</p> <p>2.6 In terms of campaigning for Stroke Awareness, John described how we were represented on the Haringey Council Stroke Prevention Scrutiny Committee. This was the first time he had seen all the various bodies, public and voluntary, working together John praised the Council and Cllr Dave Winskill for this initiative. He said the Scrutiny Committee report describing our activities included a long list of things still to be done to enable the stroke strategy to be implemented. What they did was to appoint A stroke coordinator, Tristan Brice, (funded equally by the Council and the PCT) to continue the implementation of the Stroke Strategy. John said that as a result Haringey have been recognised as one of the most successful in the country. And we have played our part in this.</p> <p>2.7 In summary, John said that for him the best thing was talking to and meeting stroke survivors, hearing their stories. John thanked all for their kindness and support. He praised the members for their persistence and optimism Both are essential to overcome the worst effects of stroke. He thought the group would go from strength to strength and he looked forward to hearing great things about it in the future.</p> <p>Debbie thanked John and confirmed John summed up what Different Strokes is about.</p>
3	<p>Treasurer's Report Barbara Twhigg</p>	<p>3.1 Barbara explained that she took over the role of treasurer recently</p> <p>3.2 Barbara ran through the report circulated [page 1] and explained that the surplus stated on the report was less than demonstrated as invoices from HALS and for the Gym space had not yet been received, therefore the surplus was likely to be circa £1,000.</p> <p>Income</p> <p>3.3 The report showed most funding was received from HALS</p> <p>3.4 Refreshments collection was money collected in classes, Barbara explained that a percentage of the £458.00 was for the Christmas lunch</p> <p>Expenditure</p> <p>3.5 Barbara confirmed the amount of expenditure for tutors from the £7,084.50 expense</p> <p>3.6 Volunteers can claim £10 per day for lunch (£5) and for travel (£5).</p> <p>3.7 Barbara equated this to approximately 114 days from in the group and externally</p> <p>3.8 Transport expenditure was queried – John explained tutors used to be paid travel expenses but this was stopped as travel expenses are now included in the rate of pay HALS pays tutors. John confirmed transport costs also included taking food etc. to events such as the Christmas lunch.</p> <p>3.9 All expenses are documented in the petty cash account which is checked and updated monthly.</p> <p>3.10 John confirmed at the meeting accounts are managed by Cathy and himself with support from volunteer treasurers, with advice from Reda Saad from time to time.</p> <p>3.11 John explained why the assets were itemised and this was due to the layout of the original spreadsheet which he had provided to Barbara. The information on spend was in the order of goods purchased.</p> <p>3.12 A list of assets, large and small are listed on a spreadsheet held by John This includes items donated by HALS; amongst items donated are listed a massage table and a laptop. The laptop was to aid Cathy do monthly petty cash accounts; John</p>

		<p>said the laptop no longer works.</p> <p>3.13 John has 10 Different Strokes T-shirts which were purchased for last year's World Stroke Day Conference where Different Strokes were asked to carry out reception duties. The T-shirts were never used at the event as participants preferred to wear their own clothes. John will pass on the t-shirts to the new co-ordinator.</p>
4	Questions	<p>4.1 Isabella notified the meeting that she would not be standing for nomination as secretary on this occasion. Rekha Panchal will therefore become the Secretary.</p> <p>4.2 Isabella queried why her name was not on the membership list although she has been member since the list she presented dated 2009. John assured her that her name was on the list and that he had a copy with him that had her name on.</p> <p>4.3 Questions were raised around group members having access to the membership list. Debbie pointed out that the list should not be circulated due to the Data Protection Act and the organisations policy on Vulnerable Adults.</p> <p>4.4 Debbie gave a clear explanation on contravening individuals' privacy and suggestions were given on ways that members could get each others contact details if they need to contact one another.</p> <p>4.5 It was agreed that contact could be made through the secretary (Rekha) and that membership forms would be updated to include a question asking <i>what is your preferred method of communication</i></p> <p>4.6 Appreciation was given to Tess and the hard work she has input in seeking funds for the Aphasia Group</p> <p>4.7 Debbie confirmed that there was staff with fundraising expertise at head office if help was required in the future when writing and submitting bids.</p> <p>4.8 Jonathan requested if nominated candidates could give a brief about themselves before elections took place, this was agreed.</p> <p>4.9 Gareth proposed that he would like a policy to have AGM every year even if there were no elections. Debbie pointed out that organising the AGM takes a big effort.</p> <p>4.10 Although the Group has its own Constitution, it was noted at the meeting that the Different Strokes Charter is being rewritten leading to a model constitution to be used by all Different Strokes Groups. All groups would be required to adopt the guidelines for uniformity.</p> <p>4.11 Terry announced at the meeting that he was stepping down from the role of Chi Kung representative. It was agreed this would be discussed at the next Chi Kung Group when another rep. would be chosen.</p> <p>4.12 It was agreed that deputy representatives would be useful if representatives were unable to attend meetings. It was pointed out that according to Different Strokes advice, the Secretary deputises for the Coordinator. John recommended that apart from that, Individual representatives should be responsible for nominating a deputy if they were unable to attend a meeting. This system has worked well in the case of the petty cash organiser and meeting host.</p>
5	Elections	<p>5.1 Nominees speech – Co-ordinator</p> <p>Chris Addison</p> <p>Chris has good experience of Chi Kung, Aphasia and the gym. She enjoys the people and can chat to the people. Chris has good experience of what is going on there and wants everyone to get that. Chris explained her health condition and that she did not have a stroke but had a serious head injury and moved to the area and started Chi Kung.</p> <p>Chris was a social worker for 20 years and worked with children with disabilities and ended by saying that she knows what it is like to deal with individuals, their families and she knows the difficulties of dealing with life in general.</p> <p>Gareth Jones</p> <p>Gareth explained his health condition, had 2 strokes in July 2010 and was left with aphasia. Gareth was bus driving and gardening; he explained he learnt his skills along the way and that he was the Chairman and treasurer of a chess club.</p> <p>Gareth would like to have Steering Committee meetings once a month before situations develop or escalate. Gareth has experience of Aphasia and Chi Kung group, can emphasise with people and give a fresh eye to problems, he would like it to be</p>

		<p>more accountable in the future.</p> <p>Nominees speech – Aphasia Group Co-ordinator Tess Lancashire Tess explained her health condition, had a stroke 20 years ago and has aphasia. Tess started 14 years ago when the group was located in Central YMCA. Tess explained it is about being independent and that she has worked in difficult areas i.e. counselling and was a counsellor, research and setting up projects in aphasic group, this helped her to find out about funding.</p> <p>Shakila Khan Shakila explained she had a stroke a long time ago and has aphasia, she knows about aphasia very well and likes talking to other people and can help with aphasia.</p>
6	AOB	Nil to report
7	Election Results	<p>7.1 Elections were held by secret ballot. The following people were elected:</p> <p>Coordinator: Christine Addison Aphasia Group Coordinator: Shakila Khan</p>
8	Steering Committee	<p>8.1 The Steering Committee will therefore be as follows:</p> <ol style="list-style-type: none"> 1. Coordinator: Christine Addison 2. Secretary: Rekha Panchal 3. Treasurer: Barbara Twigg 4. Petty Cash: Cathy Marvel 5. Aphasia Group Coord: Shakila Khan 6. Exercise Class: Danny Beechaw 7. Chi Kung: Francis Okeke (chosen by Chi Kung Group on Monday 26 Nov 2011)*

* Note added 26 Nov 2011