

## **Bishopsteignton Healthy Living Group. Chairman's Report for 2023 AGM**

Welcome back to a 'face to face' AGM. As we, hopefully, emerge from the shadows of the pandemic not only is it an opportunity to look back at our year ending November 2022 but to look forward to resurrecting some of our thoughts and plans that have sat on the back-burner for some three years.

As this will be my final Chairman's report maybe you will allow me to scan through the years and just touch on things this group has achieved alongside more recent aspects.

Way back in 2009 when it was announced that our surgery was to close, a small group, known as the Surgery Committee was instigated to investigate where and how a Doctors' facility could be retained in the village. After much research, false dawns, abuse and angst the opportunity to site the surgery in the Methodist Church Hall was proposed and accepted, with some encouragement from Teignbridge District Council. The Surgery Committee then morphed into Healthy Living Group (HLG) which developed the proposal with Channel View and NHS. In 2015 after a tiring five year the surgery opened to wide approval from both the village and medical people. Probably the most important achievement of this volunteer group to date.

Memory Cafe and Carewatch soon opened as integral autonomous sections of HLG targeting the socially isolated and vulnerable folk of Bishopsteignton. Both organisations have gone from strength to strength under successive managers to become much loved and respected units. Their reports will outline how they have moved onward in the last twelve months. I salute Lis Durham who has take Carewatch to a level that no-one could have foreseen. Although she has stepped back from organising she leaves a highly organised legacy for other to take forward. Richard & Nikki have successfully filled the gap left by Mary's move to Wales. Thank you both for a job well done.

Very much linked to the participants in these activities is Singing for Memory where Lis and Finella have attracted a full house of folk enjoying a couple of vocal hours each month.

Back in 2017 we enjoyed a visit from *Norms McNamara* who originated Purple Angel, to awaken peoples' awareness of Dementia. A well attended meeting inspired interest that enabled the thoughts of developing a Dementia Friendly Village to be progressed. Taking this project forward requires face to face involvement that has been impossible in recent times. I am sure Finella will be looking to move it forward in the near future.

From an initial Defibrillator sited at the Village Hall there are now seven operational units across our village with three more awaiting installation. For a village of about 2700 residents that is something to view with pride.

John & Sue Stevenson have agreed to take on the monitoring and maintenance needs of the units and will, initially, through me, keep HLG updated.

In 2019 the start of a Trim Trail began with the installation of an outdoor Table Tennis table at The Lawns.

We talked, pre-Covid, about promoting some of the already prepared organised village walks. That should be an early agenda item for 2023.

HLG has, during the pandemic, supported and worked alongside BERT, it must now emerge into its own image again and move forward with plans to progress and enhance the facilities need in Bishopsteignton that fit under the HLG umbrella,

It is time to pay tribute to some of the folk who have moved on or are stepping down from HLG during this year. Back in the summer we said farewell to Carlie as she retired from Channel View. Her contributions from the early days have been invaluable. Keith, another founder member, has decided that his health no longer supports his involvement having been the lead in establishing our Charity status. Alison has decided to step back and enjoy her new family additions, she began the Dementia Friendly Village programme. Jenny after many years as our highly valued Treasurer has retired to enjoy life in Wiltshire.

It was my intention to retire at this AGM however after several requests to remain, taking into account the number of changes, I have agreed to stay in post until our new chair is ready to take control later in the year. I have agreed to continue as deputy until the AGM 2024 when I WILL finally step back.

A huge vote of thanks is due to everyone who have made HLG what it is today before moving on. We will miss them!

I have touched on various developments that are ready for taking forward in 2023. One area that has become more apparent over the last couple of years is the level of Social Isolation that exists in our village. We discussed, again pre-Covid, how this could be addressed by finding space for “Men in Sheds” and an equivalent Women focussed option. Another project for early action as 2023 opens.

We have an excellent MUGA at The Lawns, perhaps we could look at Walking Football or similar that could be open to everyone. I am told it can provide excellent exercise without excessive energy being used.

2023 provides a golden opportunity to move out of the shadows of Covid and take our village forward for all.

It would be incorrect to close this report without thanking everyone for their huge support throughout 2022. I hesitate to mention names, at the risk that someone is missed, however I am going to cite Elaine who gives everything to all she gets involved, and Ann our Secretary who has been a much appreciated ‘sounding board’ since she took on the role.

It has been my privilege to chair this group for the last ten years, thank you again everyone, let’s make 2023 a year to celebrate for the right reasons!

*Eddy*

E.J.Stephenson  
Chairman – Bishopsteignton Healthy Living Group  
Registered Charity (CIO) No. 1175894

Bishopsteignton Healthy Living Group  
Income and Expenditure Account  
For year ended 30th November 2022

	<u>2,022</u>	<u>2,021</u>
<u>Income</u>		
Donations	2996	3184
<u>Expenditure</u>		
Methodist Church	144	120
Stationery etc	242	326
Fees inc Insurance	1,243	676
Defib Purchase and Maintenance	2,313	3942
Deficit of Income over Expenditure	<u>-946</u>	<u>2,717</u>

Balance Sheet as at 30 November 2022

<u>Assets</u>		
Cash at Bank	2444	3390

Represented by

Bishopsteignton Bishop Healthy Living Group CIO  
No. 1175894 General Fund

Balance B/Fwd as at 1st December 2021	3390
Deficit on Expenditure over Income	<u>-946</u>
	<u>2444</u>

Approved

Signed

*[Signature]*  
*[Signature]*

Chairman

8/1/2023

Signed

Treasurer

06/01/23

Report to the Trustees of Bishopsteignton Healthy Living Group CIO

In accordance with your instructions I have audited the above Income and Expenditure for the year ended, from 1st December 2021 to 30th November 2022 together with the Balance Sheet as at 30th November 2022 from the books and vouchers presented to me. I hereby certify the above financial statements to be in accordance therewith.

Signed

*[Signature]*

M W Pester FCCA

Date

9-1-23