

Five Winds Aberdeen Meeting

Friday, 26 March 2010

Present: Don Wells, Georgia Brooker, Jeff Spivak, Helen Clark, Sheila Anderson, Brian Allan, Ken Clark, Elaine Andrews, Ian Carolan, Jim Walker.

Apologies From: Helen Innes, Christine Hamilton, Mike Adam, Pam Mackay

Minutes kept by Jeff Spivak

1. Brian: Is it worth joining Aberdeen Sports Council? - Jim Walker: Yes. Little to lose, everything to gain. A credible organisation, cf. website www.abdnspportscouncil.co.uk
2. Don Wells: Insurance? Ian Carolan: Still waiting for the lists.
3. Contacting Crohn's Group - Ian Carolan and Brian Allan. To send out material on Monday.
4. Don Wells: to send Brian a draft of a letter to chiropractors. A suggestion of an open day of Tai Chi for chiropractors. Don to find out if chiropractors meet together.
5. Brian Allan: a) Tai Chi lessons to young carers (via Mary); b) Ten free lessons to volunteers (via Aberdeen Voluntary Services).
6. Don Wells: weekly class at Clan?
7. Ken Clark: a suggestion to compile a list of organizations that provide care.
8. Don Wells: to chase up corporate contacts.
9. Don Wells: to find out regarding hospitals.
10. Brian Allan: Parent/child groups - postponed
11. Ian Carolan: Website hosting for £50 p/a. Ian to resolve money matters with Mike.
12. Georgia and Pam: web design - postponed. Georgia to come up with the text. Dave the web designer - ?
13. Georgia: to come up with a promo pack - business card(s), leaflets, posters. ASAP: supplier/cost.
14. Don Wells: quarterly updates to insurance holders.
15. Jeff Spivak: to evaluate and coordinate social events suggested by the club members. Once in two months.
16. Constitution Amendment?

17. Packs for newcomers: Jim - to copy out first few pages of the Square Form book. Georgia - to compile an initial pack, intermediate pack. Suggestion of a password protected area of the website with on-line info.

18. Insurance: 4 weeks no-insurance limit. Brian is happy with three months.