

**FAST FORWARD (Positive Lifestyles) Ltd
Minutes of ANNUAL GENERAL MEETING**

**Thursday 16th November 2023
Scottish Storytelling Centre
Edinburgh 3:30pm – 4:30pm**

Present: (company members)	Elaine Kerridge (Chair), Monica Porciani (Vice-Chair), Megan Forrest, Amanda Amos, Heather McBain, Marcin Gawryluk (Treasurer), Rayana Mohammed
Staff team:	Allie Cherry-Byrnes (CEO), Mark Hunter, Donna Brunton, Christina Dineen, Alexa Armstrong, Laura Alexander, Jamie Wells, Farrah Walji Jiwa, Fran Howard
Present: (guests)	Sarah Grant, Sarah's Accountancy Services; Douglas Meikle, SWAF; James Lartts?
Apologies:	Chris Cunnane; Brendan Moohan, WLC; Emma Crawshaw, Crew2000; Justina Murray, SFAD; Chris Cunnane, Jane Daily, YouthLink; Gillian Lithgow, YouthLink; Donald Lockhart, Fast Forward; Simon Jaquet.

Introduction and Welcome - Elaine Kerridge, Chair

Elaine welcomed everyone to the AGM, and noted apologies

Monica Porciani – My time at Fast Forward

Monica is stepping down from the Board at the AGM, and agreed to talk about her experience of working with the organisation in her professional role, and as a member of the board of directors.

She first came across Fast forward while working as a biology teacher in Glasgow, in the late 1980s when harm reduction in response to spread of HIV/AIDS became the only topic of teaching about relationships in school the work of FF introduced different approaches in delivering PSE, including peer education, which Fast Forward was developing an expertise in.

Monica noted that many Fast Forward resources are held in the National Library and give a good historical perspective of the organisation and the key campaigns they developed.

As a newly qualified Health promotion officer working in school health and the youth team, she attended a presentation from Fast Forward on using a resource they had developed as a magazine called, 'bolt ya radge!' – not immediately transferrable to the Glasgow context and highlighting the importance of understanding communities needs and language in developing peer education resources.

Monica spoke about the Fast Forward events & conferences that she attended over the years and the more focussed approaches, implementing and influencing policy led by CEO Alistair MacKinnon.

Our peer education volunteer team was enabled through Urban Aid funding, and was an important part of our work as was the Scottish Peer Education Network which was 'housed' and overseen for many years by Fast Forward.

Times changed, new emerging needs and different funding streams and priorities ensured that Fast Forward's work evolved to remain current. Again where funding was secured to enable the work to be delivered, keeping the organisation ahead of the curve in relation to emerging risk-

taking behaviours. This has included our existing work on gambling and gambling harms, which grew from a local programme with 1 member of staff to a national programme with a team of 6. More recently our work on vaping is becoming nationally recognised, with requests from across Scotland and south of the Border for our support around this concerning risk-taking behaviour.

Monica was invited to join the Board, while she was supervising a master's student who was involved in Tobacco education as part of the national health inequalities pilots (Equally Well). This led to an introduction with Alastair who agreed to help with a new book chapter in the text book Scottish Education – which all student teachers in Scotland are required to have. Fast Forward and the work around youth engagement and participatory methods of peer education featured in the chapter and as a consequence Monica agreed to join the board at Fast Forward. Looking forward and emerging from the Covid phase where FF continued to respond well to challenges and find new and innovative ways of working effectively.

Over the last 3 years we have done a lot of work to support organisational development, involving the Board and staff team, including a new Strategic Plan for 2023-28, and development of a Shadow Board of young people to ensure that our work is with, by & for young people. This has been a very positive experience, and enable a much stronger Fast Forward team of staff and Trustees.

Chair's Report – Elaine Kerridge

Elaine gave an overview of fast Forward's activities in 2022-23.

In 2022-23 Fast Forward engaged with 9,737 children and young people, 206 families and 2,562 adults. This is a great national reach.

Elaine shared some highlights from each of Fast Forward's programmes and thanked the staff for their hard work and enthusiasm.

Arts & Theatre programme;

- Scotland wide tour of *Billie*, our new piece of Theatre in Education, focusing on the impact of gambling on the life of a young woman who is an 'affected other', i.e. her life is negatively impacted the gambling of family members.
- On-going involvement in the *Own It!* programme, developing simple digital games and short films to support young people to better understand the impact of risk-taking behaviours and their decision making processes.

Ask Dad programme;

- Establishing two new weekly Ask Dad groups providing services for parents in local communities in Edinburgh. Covering a variety of topics in response to the parenting issues that they are experiencing and facilitating peer support. Supporting participating dads to develop their parenting skills and share their learning with other parents.
- Facilitating Battle Scars' first delivery to a Scottish audience of their Myths and Realities of Self-Harm session for parents. Collaboration with Battle Scars was sought after a number of parents from different Ask Dad activities had about their own or their children's experience of self-harm.

Going Forward programme;

- Developed and launched 12 Own It online games, available on www.pips.scot, as free resources to be used in formal and informal youth work across Scotland

- Responded to the rapid emergence of vaping and e-cigarette use amongst young people by designing, developing and delivering a vaping programme to children, young people, parents / caregivers and practitioners in the reporting period.
- Developed and implemented the Going Forward Junior programme aimed at supporting 10-14 year olds in the transition from primary to secondary school.

Scottish Gambling Education Hub;

- Simon Community Scotland partnership to undertake work around homelessness and gambling. This project is the first of its kind in the UK and will be a great addition to the Fast Forward portfolio.
- Scottish Gambling Education Hub '*Next Steps*' conference 2022, included panel discussions around different gambling harm topics, a video from some of the young people we have worked with, a gambling harm film by people with lived experience and several interactive workshops for different professionals, young people and parents.
- Street League piloted our first induction partnership and then our first work charter. It has been a really valued partnership that we continue to develop.
- Parent Focus Group was formed in the Highlands with a group of adoptive parents of young people who have experienced gambling and gaming harm. This group helped create a resource around gambling and childhood trauma and there are plans for a podcast and a video.

Peer Inspiration Projects Scotland;

- Support to practitioners and organisations engaging in peer education / inspiration activities across Scotland including training, resources, networking opportunities, and enabling a sharing of learning and resources through www.pips.scot.
- Held a Festival of Peer Inspiration at the Scottish Story Telling Centre, celebrating theatre in education and other creative approaches to engage children and young people around risk-taking behaviours

In addition, Fast Forward;

- Continued to network develop and deliver sessions and resources on vaping and e-cigarettes. Laura worked with Children in Scotland's young advisory group Changing Our World and co-designed and co-delivered a workshop at Children in Scotland's annual conference in November 2022. FF continues to look for funding to develop this work further as we know this is a very important issue for children and young people.

Elaine also thanked FF's funders for their continued support:

- The Scottish Government
- Gamble Aware
- National Lottery Community Fund
- The Robertson Trust
- City of Edinburgh Council
- Cashback for Communities
- The Scottish Whisky Action Fund

FF said goodbye to two members of staff in 2022-23 – Tracy Kerr our admin assistant and Tina Reuter from our Gambling Hub team. We wish them well in their new ventures. We were pleased to welcome Farrah Walji Jiwa to our Gambling Hub.

Also, Chris Cunnane stepped down as Treasurer after many years of volunteering on Fast Forward's Board. Many thanks to him for his hard work and thank you to Marcin Gawryluk who has stepped into the role.

Statement of Accounts and Directors Report - Marcin Gawryluk

A statement on the Accounts was read by Marcin Gawryluk, Treasurer.

The Statement of Accounts and Directors Report were approved at the Board meeting on 18th October 2023 and adopted for the year ending 31st March 2023 along with the report of the audit.

The Statutory Auditor at Whitelaw Wells, Kevin Cattnach, has confirmed that the financial statements give a true and fair view of the state of Fast Forward's affairs as at 31 March 2023 and of its income and expenditure for the year then ended; have been properly prepared in accordance with United Kingdom Generally Accepted Accounting Practice; and have been prepared in accordance with the requirements of the Charities and Trustee Investment (Scotland) Act 2005 and regulation 8 of the Charities Accounts (Scotland) Regulations 2006 (as amended).

Auditors, Whitelaw Wells, confirm that Fast Forward is a going concern.

The budget for 2023 was a deficit of £8,323 but we achieved a surplus of £50,764 due to additional funding received.

The budget for 2024 is a deficit of £1,336 but with some additional funding already promised, should mean that the charity will again achieve a surplus in the current year.

The charity is in a stable position with reserves of £157,515 to cover unforeseen financial problems

The Statement of Accounts and Directors Report, and the re-appointment of Kevin Cattnach of Whitelaw Wells as Statutory Auditor, were proposed by Marcin Gawryluk, seconded by Amanda Amos.

Approval of the Minutes of the AGM 17th November 2022

The minutes of the 2022 AGM were approved. There were no matters arising.

The Minutes were proposed as an accurate record by Rayana Mohammed and seconded by Heather McBain

Appointment of Directors

Amanda Amos, Marcin Gawryluk & Heather McBain stood for re-election as per Fast Forward's constitution.

Their re-election was proposed by Megan Forrest and seconded by Rayana Mohammed.

Gillian McNeil was approved as a Trustee by the Board on 18th October 2023

AOCB

There being no other business, the Chair thanked everyone for attending and closed the 2023 Annual General Meeting of Fast Forward (Positive Lifestyles) Ltd.