



Yoga Scotland EGM 11th November 2023 Minutes (on line)

1. Welcome and apologies (see attached table)
2. Opening Practice with Bijam
3. Kerry opened the meeting and noted that it was quorate as there were more than 20 in attendance (see attached table for attendees). Kerry updated the members that due to recent resignations, the board was no longer quorate with only 4 members, however two people had come forward join the board. Kerry asked the members to nominate and second Michelle Cooke and Cathryn Wallace to the board. A poll was held with members, and it was agreed by 88% of those present to co-opt Michelle and Cathryn.
4. Finance Update, Kerry updated the meeting that due to the difficult financial projection for Yoga Scotland moving into 2024, the board had taken the difficult decision to terminate the two administrator's contracts as of the end of November 2023. Kerry thanked both Clare and Catherine for their hard work over the last 2 years, acknowledging how much they will be missed by Yoga Scotland and its members. She wished them well in future ventures.

Aileen Overend started by telling the meeting that the reason for bringing the financial situation to the members was to be open and transparent about the current situation. She shared a document outlining Yoga Scotland's current financial position. If things were to stay as they were, the financial projection would be that Yoga Scotland would have a deficit of £24,560 by next summer. She explained that

the board were now looking at ways that Yoga Scotland can increase its income in order to survive and thrive. The main areas of focus she highlighted were as follows:

Membership in previous years brought in £26,000, this year it stands at £12,000, so this would be one area that has potential to increase income.

The Magazine currently runs a deficit and cost Yoga Scotland in its current form. We have been able to renegotiate printing costs, which has brought about a small saving of £200 per year.

Glasgow Teacher Training Lendrick weekend – a deposit of £1,000 was paid to Lendrick for this weekend, however the course had to be cancelled as there were insufficient applications meaning it was not financially viable to hold the course. Yoga Scotland stood to lose the £1,000, however the board were able to arrange and promote a meditation weekend with Jacqui Le Brock, which has managed to cover the cost and make a little extra.

We currently have a bank balance of just over £50,000, but after expenses and having made the decision to save on admin costs, the current projection is that Yoga Scotland will be £15-16,000 in credit.

Aileen concluded by saying the real focus of the board and Yoga Scotland moving forward is how does it increase its income, bearing in mind costs are rising for example venue costs etc, which are out with Yoga Scotland's control.

July 2023 account show that Yoga Scotland spent £8,800 more than it made in income. This was better than the previous year, when the deficit was £18,000 so the picture is improving. Previous reserves managed to get Yoga Scotland through Covid, however with the cost-of-living crisis there are still challenges for the charity moving forward.

Question from Sara Matchett – What are the IT costs for Yoga Scotland? Aileen explained this covered the cost of the website, PayPal, webportal costs charged when people book courses. The web domain cost £250 pa, PayPal charge a 3.3% of

bookings through the portal. Aileen suggested if people had ideas on cheaper and/or better IT solutions please pass them on to the board.

Question from Sue Storrar – Are we using Gift Aid?

Aileen reported that last year there were 12 members who completed their form and asked people to register if they qualified to claim Gift Aid.

Maria Jones highlighted that many members are teachers, so if their membership is being claimed as an expense Gift Aid cannot be claimed.

Question from Viv Brown – If we had £50,000 in our accounts in July 2023 with a £8,800 deficit how are the finances moving into a deficit next summer?

Aileen explained that the £50,000 is committed to this year's spending, as previously mentioned with the savings made through ending admin contacts, the current projection will be that Yoga Scotland will have a surplus of around £15,000.

Question from Susannah Dean – Why are the web domain costs £600 pa, as she does not have any of these charges for her own personal webpage? (See Aileen's response to SM above)

Question from Michelle Cooke - Does the Gift Aid only apply to membership or to training as well? Membership only

Question from Ulrike - I filled my form in some time ago, do I have to do it regularly or does it carry over year to year?

Aileen confirmed you do not have to do it again if you have done it in the past

Question from Caroline - How many members does Yoga Scotland currently have?

Kerry confirmed there are currently 292 members

Question from Lindsey Porter - Can you confirm that the course fees are ring fenced to allow the courses to continue?

Kerry confirmed that all the courses running are budgeted for, so are included in the financial projections, the current courses are not at risk

5. Moving Forward – Ruth thanked the members who had completed the survey sent out a few weeks ago. She explained that this feedback from this would inform the board on its strategy moving forward. The board will be renewing and refreshing its strategy with the help of external consultants, who have volunteered to work with the board. Some members have also come forward to volunteer to help out with specific pieces of work to assist that board, and we would welcome anyone else who can help us.

So far, the specific points that the survey has raised are as follows:

- a. Umbrella Insurance for Teachers, which the Board will look into to find out if we can reintroduce this
- b. Hand over with Admin staff – we will have a big hole when admin leave, but the board will look to take on their work and hopefully to share with members who have volunteered to help.
- c. Gift Aid and donations would be welcomed too
- d. We are having an online fundraiser in February 2024, 4 members have agreed to do a yoga session for participants, so if you can join us please do
- e. Anyone who can volunteer to help with admin, particularly on things like OGTs, Yoga Scotland events and also maybe encourage your students to join Yoga Scotland
- f. The board are open to any other suggestions members have, so feel free to get in touch.
- g. The survey is still open, so please complete it if you haven't done so yet.

Question from Sara Matchett - Has Yoga Scotland considered applying for external funding from National Lottery or other large funds?

Maria told the meeting that this is something that she is actively looking at.

6. Future Marketing and promotion of Yoga Scotland – Maria reminded the meeting that the survey was still open and encouraged people to complete it as this will inform the board on what the members want us to focus moving into the future.

There will be an in-person meeting on 25th November with board members and others involved with the magazine, this will start to develop a marketing strategy which will include a digital and social media element, as well as looking how we can better promote the magazine and make it more cost effective.

The board would like to look at how we grow our community and membership.

Through the AGM, OGTs and other training and fundraisers we hope to increase our membership and also involve other groups and teachers who can provide additional activity under the Yoga Scotland umbrella.

Question from Bijam – On behalf of Kath, Ann and Fiona and the Yoga Scotland Advisory Board, some of us meet earlier to discuss some issues that

had been raised with the advisors group. Bijam asked if she could present those concerns to the group at this meeting.

Maria pointed out that the meeting was about recruiting new trustees and current finances. She also said that as most of the board had not read the email this would not be the correct forum to discuss the points. It was agreed that these points could be addressed after the EGM had finished.

Kerry brought the meeting to a close and thanked everyone who could make the meeting and also those who had completed the survey.

She thanked the volunteers, who had helped organised the meeting and reminded everyone that the AGM would be held in Dunblane on 2nd March 2024. With a number of yoga sessions being delivered around the AGM element of the meeting.

At the close of the meeting, Judy Cameron pointed out that the planning meeting on 25th November clashed with the Edinburgh TT residential at Lendrick, so no-one from that group or the tutors could attend. Kerry pointed out this was a BoT meeting and not intended for general volunteers. Also the AGM, as this year clashed with the ETT teaching weekend, which will exclude these attendees. An apology was made for this date clash.

Attendees

Kerry Cooper	Ruth Plevin	Maria Jones	Helen Boyle
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Michelle Cooke	Aileen Overton	Alaine Macdonald	Bijam Jenni Connaughton
Carolyn Stewart	Fiona McOwan	Judy Cameron	Kath McDonald
Lindsey Porter	Lucy West	Sara Matchett	Sheila Stein
Susannah Dean	Cathy Swan	Gillian McNaughton	KT
Norman Boyle	Catherine	Susan Storrar	Caroline Smart
Ulrike	Hilda Lang	Fiona Hayes	Izzy Scott Trum
Viv Brown	Lucy	Clare H	RB
Joyce Dalglish	Manjulika Singh	Linda	Isabel Marshall

Apologies

Sue Devlin	Rosalind Garton	Rona Main	Kerry Riddell
Wendy Johnston	Alyson Taylor	Jacqui Tweddle	Aileen Borthwick
Ann T Hunter	Marjorie Watt	Andrea Duffin	Graham Burns
Isabella Page	Jacci Stoyle	Christine Purves	Mandy Graham
Ann Brown	Wendy Kimmet	Janice Whittick	Mo Buckingham
Lilliana Pavone	Audrey Walker		