

Parkinson's UK Edinburgh Branch 2006 AGM Presentation by Hon Chair, Patrick Mark

Branch Committee Changes

During the year Angie Hawkins resigned from the committee. We thank her for her contribution.

We have been joined by; Ronnie Tait and Jessie Main.

Donations

In 2005-2006 donations have been received from

Bellhaven Brewery

Lanarkshire Butchers

And from many individual supporters. We are most grateful for all these donations to help the Branch's work.

Membership

There are probably more than 1,500 people with Parkinson's in the Lothian area and we need to continue our efforts to encourage new members.

MRU Project

In April and September 2005 the PDS Scotland Mobile Resource Unit visited Edinburgh for 8 days. It was manned by Gina Allen the Edinburgh, CSW, assisted by a team of branch members.

The aim was to reach those People with Parkinson's (PwPs) and their families who were not aware of the PDS.

Over 130 people visited the unit and all obtained information about Parkinson's Disease and the work of PDS.

We plan to repeat the project in April and September 2006.

On April 24 to 27 we will be visiting Craigleith, Oxfords, Musselburgh, Asda Jewel

New CSW

We are delighted that Ruth Blackwood has been appointed. Many of you will by now have met her and we look forward to her help in providing advice and support to the Parkinson's community in Lothian.

PD Nurse Specialist

Dr Maguire is working with Dr Pentland and Dr Davenport to persuade the LHB to engage a further PDNS.

Activities Group

This has continued to develop strongly, with bowling, swimming, Yoga and activity evenings all being popular activities. It is a key part of the branch philosophy of encouraging exercise – both physical and mental – as a way of improving personal wellbeing.

Newsletter

Now in colour thanks to the editorial work of Diana.

Drop-in Centre groups

The drop-ins at the Royal Victoria Hospital and Drummond Grange continue to be very successful and are very well attended.

RVH – Cathie Quinn, Alan Dunbar, Betsy Brunton

Drummond Grange – Dennis Ardu, Kate Mark.

Computer Introductory Course

A short course was run by Age Concern. Will be repeated if there is demand.

Speech Training Course

A very successful voice production course was run by Alan Dunbar.

Lifestyle Management Courses

Two more Lifestyle Management Courses have been run successfully at the Thistle Foundation.

The combination of exercise, relaxation and discussion has proved to be both popular and useful.

Everyone who has completed a Course can join the Maintenance Group which aims to continue the good work.

With the help of the team of therapists at the Thistle Foundation participants have enjoyed new friendships and feel much fitter and more confident.

A further Course starts this month. Anyone who would like to take part, or would like to know more about it, please speak to Kate Mark.

The Edinburgh Parkinson's Assessment Clinic

Continues to be funded by the Bertram Trust for running costs and by the Branch for other expenditure, such as small items of equipment.

This has now changed to Tuesdays, and will focus more on newly diagnosed people than routine recalls.

Christmas Lunch

50 people attended our first Christmas lunch at Esk Valley College. Its success is being followed by a trial of monthly lunch meetings.

Mark Morris

Mark Morris dancers ran a successful event at Dancebase, and we may follow this up with a dance therapy course.

Haddington Support Group

Close contact has developed. Jessie Main now attends our meetings and there was a successful joint outing.

Events Programme:

This runs from September to April and has had a number of interesting speakers and activities. The programme will be continued in the future, but we want suggestions for speakers please.

STRATEGY for the BRANCH: 2006-2007 (as previous year)

- A need to achieve a more integrated service structure for Parkinson's, with a clear pathway and proper access to services which people needed.
- Progress towards a further PDNS to spread the load carried by Alison Stewart.
- Raising the profile of PD in the Health board so as to attract resources and interest in the condition.
- More attention to 'Non Motor' issues such as sleep, depression etc. The lifestyle course at the Thistle is an important resource to help with this.
- Ensuring that the branch's activities are relevant and helpful to all of the Parkinson community – young and old, and people with different problems, different areas etc.

Thanks to Helpers:

Committee, Hon treasurer, particularly Hon Secretary

Activity Organisers

Refreshment team

Probably well over 25 people involved in keeping Branch going

Thank them all on your behalf.

But we need more – activity limited by number of activists

Committee, activity organisers, administration, planning, publicity.....

Family & friends to help??

If you can help, please contact me or any member of the committee.