

# AGM EDINBURGH BRANCH.

Wednesday 12th March 2008 2.30pm for 3.00pm.  
*In the Lammermuir Hall of the Parish Church of St. Cuthbert,  
5 Lothian Road, Edinburgh*

## AGENDA.

- 1). Apologies for absence.
- 2). Minutes of the meeting held on the 14th March 2007.
- 3). Treasurer's Report and Accounts for the year ending 31/12/07.
- 4). Appointment of Auditor.
- 5). Election of Office Bearers and members of the Committee.
- 6). Report of the Branch Committee
- 7). Any other competent business.
- 8). Date of next Annual General Meeting ; 10th March 2009

# TREASURER'S REPORT;

# Donations 2007

Fashion Show £400

Carol Singing £270

Four Parties £685

Golden Wedding £250

Quilts £500

Tesco Fun Run £567 (12  
year old boy)

James Farrer Singers  
£1416

Concert South Kirk  
Singers

West Highland Way Cycle  
£396

Burton on Trent Support  
Group £1000 (beer mat  
collector)

South Leith Parish Church  
£410

And from many individual  
supporters.

# Donations spent on

Metronomes (AA)

Stedy Transport Aid (RVH)

Funded 2 therapists from EPAC to  
attend London Conference

*Research Equipment*

Prof. Aitken Dry Block Heater £530

Dr Kunath Electrophoresis Tank £305

Sigma Centrifuge £1075

# Elections of office bearers

Appointment of Auditor: H Cavens

Chairman; Patrick Mark

Hon Secretary; Pat Stewart,

Hon Treasurer; Richard Marzec,

*Committee members*

Liz McBain

Diana Harkiss

Cathy Quinn

Heather Robertson

Julia Davis

# Membership

Total of about 250

Plus Haddington & West Lothian

Probably more than 2,000 people  
with Parkinson's in the Lothian

# STRATEGY for the BRANCH : 2007

## / 8

- Progress towards further PDNS
- Need to achieve a more integrated service structure for Parkinson's
- Raising the profile of PD in Lothian Health
- More attention to 'Non Motor' issues
- Ensuring that the branch's activities are relevant and helpful to *all* of the Parkinson community
- Closer working relationship with Haddington Support Group, West Lothian, YPN and Spring

# REPORT of the BRANCH COMMITTEE 2007

Changes

Events

Activities



# Changes 2007 - 8

**Gina Allen appointed BVSO**

**Sheila Mutch joins as CSW**

**Ruth resigns as CSW**

**CSWs to become ISWs**

# Pat Stewart Life Member



# Events

**Lothian health promise two additional PDNSs**

**Carers course run at Engine Shed**

**Branch Website relaunched**

**West Lothian support Group set up**

# Edinburgh Branch of the Parkinson's Disease Society



## Welcome

### Hot News

### Activities & Meetings

### Support Workers & Advice

### Nurse Specialist

### Training & Care Programs

### Branch News

### Useful Links

## What is Parkinson's?

### Parkinson's Disease Society

### The Parkinson's Helpline

### Contact the Branch

## Welcome

Welcome to The Edinburgh Branch of the Parkinson's Disease Society of the UK. Our aim is to help people with PD (and their carers) who live in the Edinburgh and Lothian area in any way we can. We do this by providing Services - such as our Support Workers, and others detailed on this site; and events and activities which provide opportunities for members to meet. If you would like more information, to join, or if we can help in any way please email the [Hon Secretary](#).

## Branch Aims

The Edinburgh Branch of the Parkinson's Disease Society exists to promote the objectives of the Society in the Edinburgh and Lothians Area.

In particular we aim to;

- Provide members with opportunities to meet, share experience and support each other.
- Disseminate information regarding medical and life style issues.
- Provide appropriate services (therapy, group activities etc).
- Monitor quality standards of care and medical facilities (Best Practice) for Parkinson's in the area.
- Represent Parkinson's interests to NHS Lothian and other local agencies.

## Branch Contacts

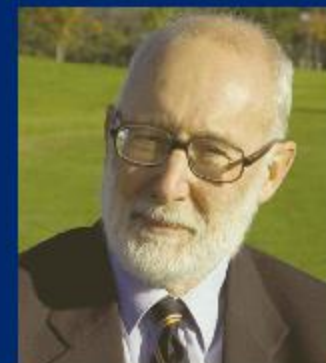


Hon Secretary:

Mrs Pat Stewart

[Pat.pdsedinburgh@yahoo.co.uk](mailto:Pat.pdsedinburgh@yahoo.co.uk)

Tel: 0131 449 2705





# Edinburgh Branch of the Parkinson's Disease Society



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## Two additional Parkinson's Disease Nurses are now promised for Edinburgh and Lothian.

Jackie Sansbury (Director of Strategic Planning, Lothian Health) has responded positively to the recent presentation of a detailed business case for additional Lothian nurses by Dr Conor Maguire and the Lothian Parkinson's Forum. Subject to funding for the first two years costs for the nurses being met by the Parkinson's Disease Society (in line with its policy) Lothian Health will commit to continuing funding thereafter.

Assuming a satisfactory negotiation of the detailed funding and organisational issues it is hoped that the new nurses will be in post during 2008.

Edinburgh Branch of PDS thanks Dr Maguire for his efforts to achieve this outcome and welcomes the support given by the Lothian Parkinson's Forum. Thanks are also due to many Branch members for their great work in raising awareness of this issue and lobbying for improvement.

Patrick Mark  
Chairman

## SPRING FORUM IN EDINBURGH 12 April 2008 - Pollock Halls, Edinburgh

Speakers will include:  
Professor Aitken of Edinburgh University  
Sheila Wight of Newcastle on Lee Silverman method for speech

### Support for all

Support for all poster featuring a woman's portrait and text about Parkinson's support services.

Down load as PDF



# MRU Retained in Scotland





# Mobile Resource Unit at the Mound - 2006



# Activities

Indoor Bowling

Gentle Exercise

Swimming

Art Class

Ceilidh

Coffee Morning

Christmas Lunch

Garden visits

Esk Valley Lunches

Thistle Lifestyle

Nordic Walking

Branch Outing

Alexander Technique



# Drop in Centre groups

**Royal Victoria Hospital - Cathie Quinn**

**Drummond Grange - Kate Mark**

# EPAC

**The Edinburgh Parkinson's Assessment  
Clinic**

**Funded by the Bertram Trust**

# Coffee Morning – Margo





# Coffee Morning 2007



# Coffee morning team





# Thistle action



# Hard work at the Thistle





# Lunch at the Thistle





# Mellerstain





# Carberry Trio





# Carberry rest



# Drummond Grange Drop in





# Yoga preparation



# Quiz night





# Art Group



# Bowling





# Garden party



# Ceilidh





# Christmas Lunch party





# Christmas Lunch table





# Christmas Lunch





# Nordic walking team





# Nordic Walking scene



# Future Possibilities

Hydrotherapy at Astley Ainslie

Dance Class

Lifestyle Course at Thistle

Repeat Carer's Course



# Visiting guest speakers

**Denise McNiven**

*Scottish PDS Fundraiser*

**Gina Allen**

*Branch Support*









# POSSIBLE FUTURE ACTIVITIES

**Dance Class**

**Hydrotherapy sessions**

**Carer's course**

**Administration of St Cuthbert's meetings.**

**Correspondence with speakers and Church**

**Booking and liaison with Church.**

**Publicity and communications**

**Press, magazine and Radio contact**

**Advertising**

**Leaflet production**

**Write stories**

**Membership development**

**Organise membership awareness campaigns**

## Activities Group

**“Exercise is not optional, it is Mandatory”**

**Swimming which takes place at Braidburn School**

**Indoor Bowls at Portobello ( Tuesday from 1.45pm) continues to be very popular..**

**Gentle Excerise at Portobello (Wednesday, 11.30) and Drylaw (Thursday, 1.45) with teacher Lynne Scott**

**Games Nights**

**–Alexander Technique – Teacher Lynda Wyman. Kate is contact.**

**New initiative- Art Class run by Christine Ellis. On the 1st & 3rd Monday of each month**

**Special Days – Our May Ceilidhs and Quiz Nights continue to be very popular.**

## **FUTURE:**

**Volunteers are needed, more able people with organisational skills and administrative skills required.**

**Thanks to helpers,**

**Committee, Hon treasurer,**

**Particularly Hon Sec.**

**Activity Organizers**

**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.**