

Parkinson's UK Edinburgh Branch

Annual General Meeting 2011

Wednesday March 9th at 2.30pm

St James Thistle Hotel, Edinburgh

AGENDA

- 1). Apologies for absence.
- 2). Minutes of the meeting held on the 10th March 2010
- 3). Treasurer's Report and Accounts for the year ending 31/12/10
- 4). Appointment of Auditor, Hazel Cavens
- 5). Election of Hon Chairman - *Patrick Mark*
- 6). Election of Office Bearers and members of the Committee.

Hon. Treasurer - *John Stevens*

Hon. Secretary - *Pat Stewart*

Committee members *Liz McBain, Cathie Quinn, Heather Robertson ,
Joel Houck. Marian McIntyre*

- 7). Report of the Branch Committee by the Chairman and Activity Leaders.
- 9). Any other competent business.

Joel Hoeck - How can we improve our Branch activities?

Report of Branch Committee 2010

- Monthly meetings moved to St James Hotel
- Drop in moved to BB Centre, Ferry Rd

Donations 2010

Donation

Physio Dept. Astley Ainslie £80
Laing & Co £400,
Jude £100,
Hill £205,
Capital Credit Union £142,
Scotland on Sunday (Books) £378,
Gogarburn Golf Club Ladies £129

Coffee Morning £1166.66

In Memorium

Steven Ferguson £100
Dr McVie £805,
Mrs Brown (father) £250,
John Stewart £310,
Jessie Girvan £1000
James Millar £940
Jim Hastie £50,
Pat Sproat £300,
William Jacobs £500,
Ingrid Chapman £300
Angelo D Biasio £150

World Parkinson's Congress Glasgow Edinburgh Branch Symposium



Priorities for Parkinson's Services in Lothian

1. Access to Parkinson's services should be clear, structured and easily available to all.
2. The Parkinson's Specialist Nurse team should be supported and developed to achieve universal access.
3. Services should be provided by multi - disciplinary teams structured to focus on patient needs.

Team members including Physiotherapy, Speech and Language and Occupational Therapy professionals should all have specialist Parkinson's training and experience.

Side by Side - Carers Course

- Cathie Quinn
- Repeat planned for May 9th
- Also Support Group

Respite Project

Budget of £10,000 pa

Offer aprox 33 hrs of care to Parkinson's families
in Lothian with Respite needs

No charge – contributions welcome

Access via ISWs.

Hydrotherapy Course

Astley Ainslie

More sessions planned

- May 6th 2011 for 6 weeks. Assessment for the course will take place in March/April.
- A further course is planned for the Autumn, starting on 5th October.
- Contact Kate Mark

OTHER ACTIVITIES

- Indoor Bowling
- Gentle Exercise
- Swimming
- Art Class
- Ceilidh
- Quiz
- Singing
- Side by Side support
- DanceBase Class
- Coffee Morning
- Christmas Lunch
- Garden Visits
- Walks
- Thistle Lifestyle Maintenance
- Branch Summer Outing

Thanks to Helpers

Committee Members

Hon Treasurer

Hon Sec

Activity Organizers

And all the many others

But - Volunteers are needed

People with Organisational skills

Administrative skills

Communication skills

Multidisciplinary Teams for Parkinson's

- Why do we need teams?
- What does a team look like?
- How do teams work?
- Are teams successful?

QIS Guidelines

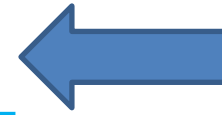
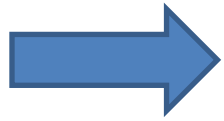
- The Parkinson's disease multidisciplinary **team** consists of, **as a minimum: a doctor who specialises in Parkinson's disease, a Parkinson's disease nurse specialist, the patient and carer.**
- Additional input from other healthcare professionals with experience and training in neurological conditions is offered from the following services:
physiotherapy, occupational therapy, speech and language therapy, dietetics , pharmacy services, mental health services.

What are the Lessons for us?

- High quality, specialised Parkinson's clinic for Lothian.
- Staffed by Parkinson's specific trained clinicians and therapists
- A clear pathway available to all
- Training structure for Physiotherapists.

Won't it cost more?

- More than what?
- Do we know what Parkinson's health costs are now?
- Why should focussed, specialist, effective care cost more than generalised care?



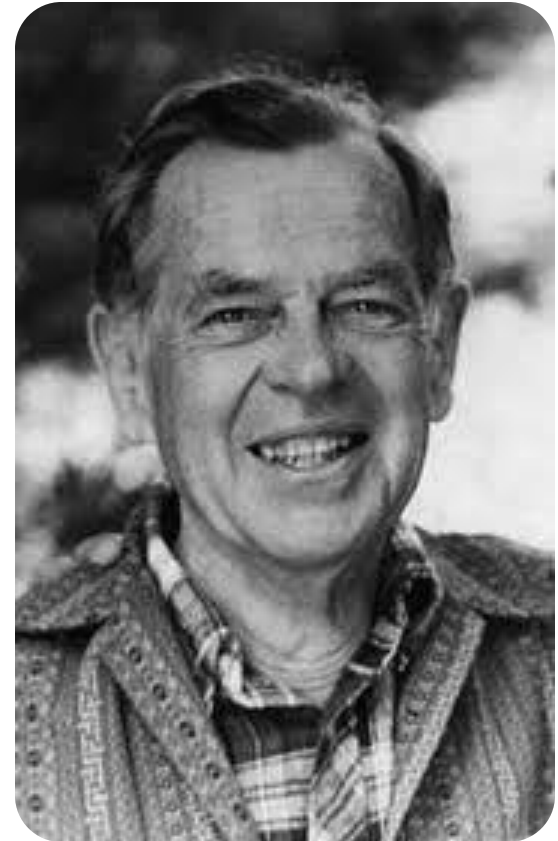
An interesting power point presentation

by Joel H



1 Philosopher Joseph Campbell's advice on how to be happy is to, "Follow your bliss".

Name three things that make you blissful.



- 2 We all know that exercise has a positive effect on people with Parkinson's but actually doing it is a pain in the butt.

List three things that would motivate you to exercise more (including one totally outlandish idea).



3 List two things that you enjoy doing now.



4 Thinking back to life before Parkinson's, tell three short stories relating times when you were the person that you most enjoyed being.



What elements do
these eight things
have in common?

List at least two.



6 Tell your partner or group about a Parkinson's events or activity that you enjoyed in the past?

7 What Parkinson's events or activities would you like to see in the future?

8 What one thing would you love to do that you know the branch would never even consider?



9 What would have been another good question to have asked in this series of questions?

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- 2 List three things that would motivate you to exercise more (including one totally outlandish idea).
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- 5 What elements do these eight things have in common? List at least two.
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- 9 What would have been another good question to have asked in this series of questions?



Thank you for playing

Joel