

# **Parkinson's UK Edinburgh Branch**

## **Annual General Meeting 2013**

**Wednesday March 13<sup>th</sup> at 2.15pm**

**St James Thistle Hotel, Edinburgh**

# AGENDA

- 1). Apologies for absence.
- 2). Minutes of the meeting held on the 4<sup>th</sup> March 2012
- 3). Treasurer's Report and Accounts for the year ending 31/12/12
- 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 – *Kenneth Williamson*

Hon. Secretary - *Pat Stewart*

Committee members      *Liz McBain, Cathie Quinn, Heather Robertson ,  
Marian McIntyre, Eileen Blackwood, Annette McLeod*

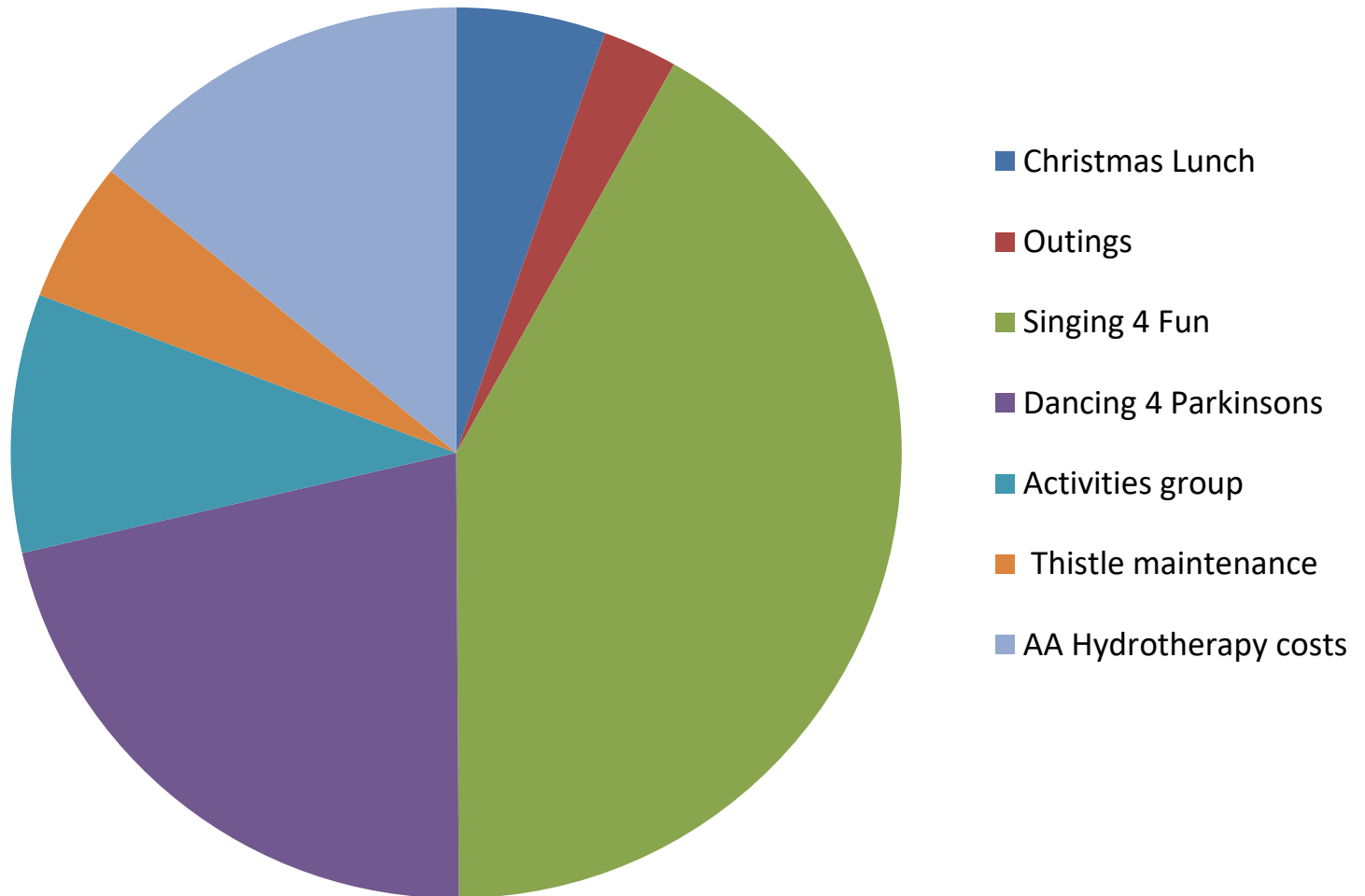
- 7). Report of the Branch Committee by the Chairman and Activity Leaders.
- 8) Any other competent business.

**Address by Steve Ford, Chief Executive , Parkinson's UK**

# Income & Expenditure 2012

	2012
Income	£
Donations - Branch National Office	10,287
Gift Aid Reclaimed	1,091
Grants	8,000
Legacies received directly	-
Legacies received via Head Office	104,080
Donations - General	5,424
Fund raising Income	1,521
Donations - Branch in Memoriam	2,180
Dancing	959
Singing 4 Fun	4,177
The Thistle Foundation Maintenance project	943
Activities Group	816
Events	12,860
Outings	1,085
Lunches	1,106
Bank Interest	33
Sundries	1,368
Trading	973
Miscellaneous (13)	81
<b>TOTAL INCOME</b>	<b>156,983</b>
Expenditure	
Transfers to other Parkinson's UK Groups eg YPN	435
PDS London for research	1,350
Events eg Coffee Morning	100
Advertising	1,548
Room hire	3,091
Singing 4 Fun	11,583
Dancing for People with Parkinsons	4,996
Activities group	2,681
The Thistle Foundation - maintenance project	1,550
Drop-in - Centre	50
Event Costs eg seminars	24,498
Outings	1,831
Lunches	1,950
Course expenses - Carers	347
Research Group Expenses	-
Respite care project	8,905
AA Hydrotherapy	2,219
Transport support	11
Postage/telephone	1,459
Printing/stationery/photocopying	535
Mailing company costs	1,117
Computer costs	370
Travel Expenses	178
Sundries	1,757
Subscription	62
Items for resale	-
Petty Cash	1,300
<b>TOTAL EXPENDITURE</b>	<b>73,923</b>
<b>SURPLUS/DEFICIT</b>	<b>83,060</b>
	<b>156,983</b>
Balance b/f as at 31/12/11	4,826
Surplus/Deficit for year to 31/12/12	83,060
	<b>87,886</b>

# Activity costs 2012



# Donations 2012

	£
• Circa in small amounts quite a few anon.	600
• Memorium	1,400 approx
• Dr Colledge DVLA assessments	290
• Lecture	1,200
• Keith McLeod cycle	2,578
• Gavin McBain triathlon	1,587
• Gavin McBain for Therapy weekend	5,131
• Donations for Therapy weekend	3,610
• Kingsknowe Ladies golf	1,131
• Coffee AM	1,341
• Corstorphine Sycamore Probus	433
• Mrs Punton homebaking and knitted scarves	386
• Fairmile Church ladies	180
• Mary Ward Table sales circa	500
• Royal Bank of Scotland Grant	8000
• Capscan sponsorship of calendar	

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- 7). Report of the Branch Committee by the Chairman and Activity Leaders.
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**Address by Steve Ford, Chief Executive , Parkinson's UK**

# Report of Branch Committee 2012

## Activities

- Carers & Side by side
- Singing4Fun
- DanceBase class
- Bowling, Swimming, Gentle Exercise
- Art Group
- Quiz, Ceilidh
- Branch Lunches
- Hydrotherapy
- Thistle Lifestyle group

## Events & Projects

- Respite scheme
- Peebles Therapy Weekend
- Coffee Morning
- Newsletter Launch
- Physio Exercise Class
- Engagement with Neuro Alliance & LPSAG
- Research Interest Group
  - Edinburgh Lecture 2012
  - Medication & Pain Workshops

# **Edinburgh Branch Research Interest Group**

**review of 2012-2013**

**Ken Bowler, Group Chair**



# A successful year....

- **Mar 2012** Talk by Dr Anton Gartner
- **May 2012** Public lecture by Professor Roger Barker
- **Sep 2012** Parkinson's and Exercise: Gill Baer & Jane Hislop
- **Dec 2012** Talk by Dr Miratul Muquit
- **Mar 2013** Pain Workshop
- **Apr 2013** Public lecture by Professor Ray Chaudhuri

# The Edinburgh Parkinson's Lecture 2012

Professor Roger Barker delivered a lecture entitled:

*How close are we to solving the problem of what goes wrong in Parkinson's ?*



# Some comments on the lecture:

- *"What an inspirational talk....thank you **so much** for helping " organise that."* FT Edinburgh
- *"I attended Tuesday's lecture by Professor Roger Barker at the Royal College of Physicians and would like to thank everyone at Edinburgh Parkinson's for organising it and bringing such an eminent, inspirational speaker to the city. His presentation was fascinating and highly informative and was much appreciated by all who attended."* SH Edinburgh
- *"Thank you for an excellent session tonight"* HS Edinburgh
- *"Well done organising such an interesting and well-run event, thank you all very much indeed."* MM Edinburgh

# The Edinburgh Parkinson's Lecture 2013



Professor Ray Chaudhuri

*Non-motor symptoms of  
Parkinson's: Important yet often  
neglected. Why?*

25<sup>th</sup> April 2013 at RCPE

7.15 pm

# Acknowledgements

I am immensely grateful to:

Patrick Mark, Chairman, Edinburgh Branch

Dr Tilo Kunath, CRM

Sheila Edward

Emily Hughes, Parkinson's UK

Members of the Edinburgh Branch: Liz & Bill McBain, Marian McIntyre, Pat Stewart and many others

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News Archives - Parkinson's UK Edinburgh Branch - Mozilla Firefox

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www.edinburghparkinsons.org/category/news/

Only2Clicks BBC Weather : EH22 BBC News - Home British Military Nurses... A Suitable Woman Fo... This Intrepid Band: St... Patrick Mark is fundra... England & Wales, Nat... How to Convert a Wo... The Scotsman launch... News Archives - Parki...

## EDINBURGH BRANCH

### PARKINSON'S UK

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

- Welcome
- News
- Events calendar
- Branch Meetings & Events
- Regular activities
- Training & Care Programs
- Research Interest Group
- Support Workers & Advice
- Nurse Specialists
- Useful links
- Branch Newsletter
- Contact the Branch


What is Parkinson's?

Parkinson's UK

The Parkinson's Helpline

## Latest news


### Singing4fun gets RBS award



Singing4 fun has been awarded £8000 from the RBS Edinburgh Community Partnership. At a ceremony held on Tuesday 5th March, 2013, we were visited by Gwen Gilbert, Derik Larkins and Daniel Gilbert of RBS, who presented a large cheque. In the photograph you see Gwen, Cathie, Heather and Wendy.

March 7, 2013  
Filed Under: **NEWS**


### Steve Ford to address Branch Meeting



We are delighted that Steve Ford, CEO of Parkinson's UK, is to address our next Branch Meeting on 13th March, 2013. As usual, the venue is the St James Thistle Hotel in Leith Street. Steve will speak on the theme: Parkinson's UK Strategy, Achievements and Vision for the Future.

March 4, 2013  
Filed Under: **NEWS**

### Free Public Music Concert



A trio of excellent musicians from the Royal Scottish

Search this site... **GO**

**Donate to the Edinburgh Branch with JustGiving**

#### News archives

- March 2013 (2)
- February 2013 (3)
- December 2012 (4)
- November 2012 (1)
- October 2012 (2)
- September 2012 (2)
- August 2012 (1)
- June 2012 (2)
- May 2012 (5)
- April 2012 (4)
- March 2012 (4)
- February 2012 (4)
- January 2012 (2)
- December 2011 (2)
- November 2011 (2)

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# Web Site Development

- 3,500 Visits in 2012
- By 2,500 different people
- Expanded Activity News
- Activity Calendar
- Donation Facility
- E Forms and better communication



# Edinburgh Web E Calendar

Events - Parkinson's UK Edinburgh Branch - Mozilla Firefox  
File Edit View History Bookmarks ScrapBook Tools Help  
www.edinburghparkinsons.org/events/month/

Only2Clicks BBC Weather : EH22 BBC News - Home British Military Nurses... A Suitable Woman Fo... This Intrepid Band: St... Patrick Mark is fundra... England & Wales, Nat... How to Convert a Wo... The Scotsman launch... Events - Parkinson's U...

## EDINBURGH BRANCH

### PARKINSON'S UK

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CHANGE ATTITUDES.  
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[Nurse Specialists](#)  
[Useful links](#)  
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[Contact the Branch](#)


[What is Parkinson's?](#)  
[Parkinson's UK](#)  
[The Parkinson's Helpline](#)

## Calendar of Events

← February | **March** | 2013 | April →

[EVENT LIST](#) [CALENDAR](#)

MON	TUE	WED	THU	FRI	SAT	SUN
				1 Drop In	2	3
4 Swimming	5 Indoor bowling Singing4fun	6 Gentle Exercise Singing4fun	7 Gentle Exercise	8	9	10
11 Exercise group for people with Parkinson's Workshop on Pain Swimming	12 Indoor bowling Singing4fun	13 Gentle Exercise Branch Meeting Singing4fun	14 Gentle Exercise	15	16	17
18 Exercise group for people with Parkinson's Swimming	19 Indoor bowling Singing4fun	20 Gentle Exercise Singing4fun	21 Gentle Exercise	22	23	24
25 Exercise group for people with Parkinson's	26 Indoor bowling	27 Gentle Exercise	28 Gentle Exercise	29	30	31

 Donate to the Edinburgh Branch with JustGiving



OBP 8  
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# Edinburgh Branch Data

- Activity events pa 400
- Attendances at 2012 activities 4,000 +
- Total members 240
- Mailing list 350
- Email list 120
- 2007-12 Contribution to Parkinson's UK central funds **£465,000**

# Financial Forecast

	2012	2013	2014	2015
	actual	budget	budget	budget
income	52,903	27,712	27,712	27,712
legacy drawdown	104,080	38,799		
	<b>156,983</b>	<b>66,511</b>	<b>27,712</b>	<b>27,712</b>
less respite		15,000	10,000	
less expenditure	73,923	54,826	52,826	52,826
<b>surplus/deficit</b>	<b>83,060</b>	<b>-3,315</b>	<b>-35,114</b>	<b>-25,114</b>
opening cash balance	4,826	87,886	84,571	49,457
<b>closing cash balance</b>	<b>87,886</b>	<b>84,571</b>	<b>49,457</b>	<b>24,343</b>

# 2014 Onwards- Options

- Increase Income from donations?
- Increase charges to activity participants?
- Reduce activity costs?
- Terminate Respite scheme?
- Set up Fundraising Group

# Thanks to Helpers

**Committee Members**

**Hon Treasurer**

**Hon Sec**

**Activity Organizers**

*And all the many others*

# Edinburgh Branch AGM 2013

**Steve Ford**  
Chief Executive  
Parkinson's UK

# Branch Aims

- Increase awareness of Parkinson's
- Work to improve services for Parkinson's
- Help people – as in this weekend & other activities
- Help find a cure and support Research
- Help people keep active
- Encourage Self Management for a better Quality of Life

# 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.



# Edinburgh Branch

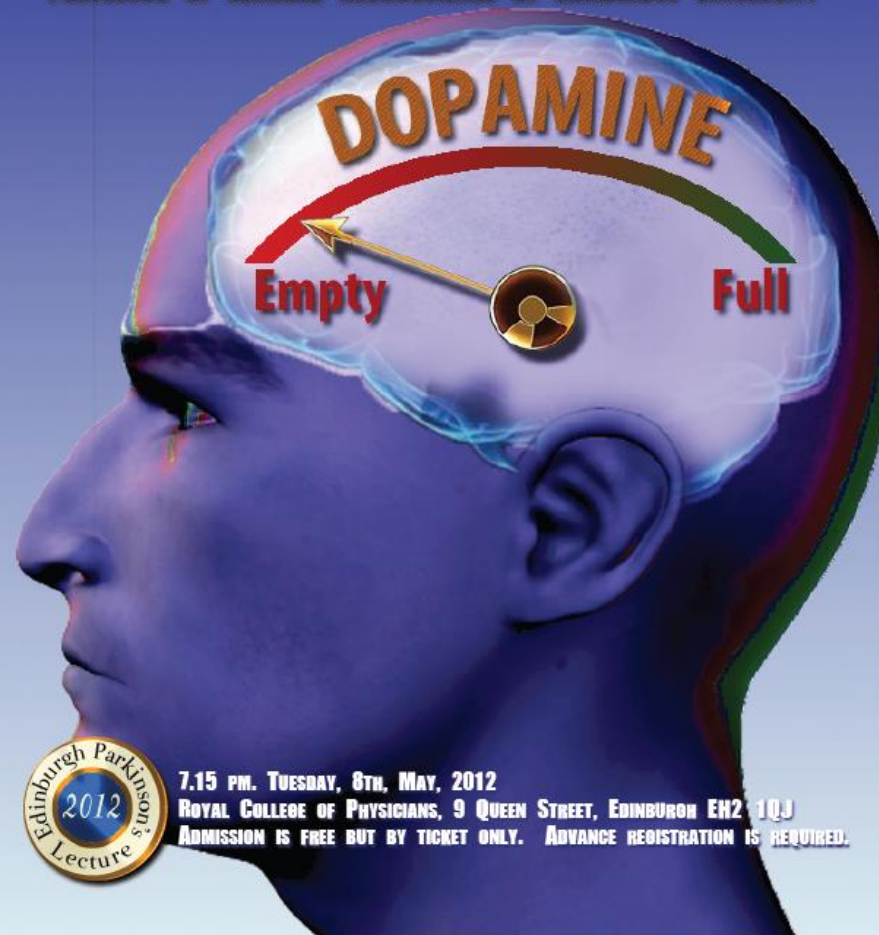
- 250 Members
- Lothian Parkinson's population 2,500?
- Expenditure £43,000 pa

# Branch Financial Position

- Funded entirely by donations
- Nothing from Central or Local Government
- Many years of Legacy funding
- Current deficit of £18,000 pa
- Need to reduce this within 2 years
- Singing deficit £7,500+
- Dancing deficit £4,000+

# SOLVING WHAT GOES WRONG IN PARKINSON'S

A LECTURE BY PROFESSOR ROGER BARKER PHD, MRCP  
PROFESSOR OF CLINICAL NEUROSCIENCE AT CAMBRIDGE UNIVERSITY



7.15 PM. TUESDAY, 8TH, MAY, 2012

ROYAL COLLEGE OF PHYSICIANS, 9 QUEEN STREET, EDINBURGH EH2 1QJ

ADMISSION IS FREE BUT BY TICKET ONLY. ADVANCE REGISTRATION IS REQUIRED.

# The Edinburgh Parkinson's Lecture

**Tuesday 8 May 2012**

Professor Roger Barker, Cambridge University, will deliver a lecture entitled:

*How close are we to solving the problem of what goes wrong in Parkinson's ?*

**Venue:** Royal College of Physicians, Queen Street, Edinburgh, admission by ticket only

For more information, go to <http://www.edinburghparkinsons.org/> and follow the Research Interest Group link

# Research Interest Group

## The objectives of the Group are:

- To provide opportunities for members with an interest in Parkinson's research to meet, communicate, work together and generally further the cause of research.
- To encourage and develop all members' interest in research.

# What We Have Done

- **July 2011** Inaugural meeting at King's Buildings: objectives set
- **Sep 2011** Development of action plan
- **Dec 2011** Meeting at CRM on Nutrition
- **Feb 2012** Medication Workshop

**Special thanks to Dr Tilo Kunath and Sheila Edward**

# Respite Project

Budget of £10,000 pa

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

No charge – contributions welcome

Access via ISWs.

# Medication Workshop

A selection of comments from participants:

*Well done, the Edinburgh Branch.*

*An interesting and well-organised meeting. Well done, Marian, Leo and Liz.*

*Grateful to organisers for putting on informative event; first time I have attended such an event, met some nice people.*

*An excellent event.*

*Well supported event, shows that there is support for further meetings.*



# Hydrotherapy Course

## Astley Ainslie

### **2012 Sessions**

- April 16<sup>th</sup> 2012 for 6 weeks. Assessment for the course will take place in March/April.
- A further course is planned for the Autumn, starting on 3rd October 2012.
- Contact Kate Mark

# OTHER ACTIVITIES

- Indoor Bowling
- Gentle Exercise
- Swimming
- Art Class
- Ceilidh
- Quiz
- Singing4Fun
- Side by Side support
- DanceBase Class
- Coffee Morning
- Christmas Lunch
- Garden Visits
- Physio Exercise Class
- Thistle Lifestyle Maintenance
- Branch Summer Outing

# Cash Flow Forecast

## Cash Flow Forecast - Edinburgh Branch

5/3/13													
Quarter :	ANNUAL	Q1 2013	Q2 2013	Q3 2013	Q4 2013	Q1 2014	Q2 2014	Q3 2014	Q4 2014	Q1 2015	Q2 2015	Q3 2015	Q4 2015
<b>Receipts</b>													
income	27,712	6,928	6,928	6,928	6,928	6,928	6,928	6,928	6,928	6,928	6,928	6,928	6,928
legacy drawdown		38,799											
<b>Total Receipts</b>	<b>27,712</b>	<b>45,727</b>	<b>6,928</b>	<b>6,928</b>	<b>6,928</b>	<b>6,928</b>	<b>6,928</b>	<b>6,928</b>	<b>6,928</b>	<b>6,928</b>	<b>6,928</b>	<b>6,928</b>	<b>6,928</b>
<b>Payments</b>													
admin expenses													
activity costs													
respite													
Total Payments	67,826	17,456	17,456	17,456	17,456	17,456	17,456	17,456	17,456	17,456	17,456	17,456	17,456
bursary				2,000									
<b>Total Payments</b>	<b>67,826</b>	<b>17,456</b>	<b>17,456</b>	<b>19,456</b>	<b>17,456</b>	<b>17,456</b>	<b>17,456</b>	<b>17,456</b>	<b>17,456</b>	<b>17,456</b>	<b>17,456</b>	<b>17,456</b>	<b>17,456</b>
<b>Cashflow Surplus/Deficit (-)</b>	<b>-40,114</b>	<b>28,271</b>	<b>-10,528</b>	<b>-12,528</b>	<b>-10,528</b>	<b>-10,528</b>	<b>-10,528</b>	<b>-10,528</b>	<b>-10,528</b>	<b>-10,528</b>	<b>-10,528</b>	<b>-10,528</b>	<b>-10,528</b>
<b>Opening Cash Balance</b>	<b>87,886</b>	<b>87,886</b>	<b>116,157</b>	<b>105,629</b>	<b>93,101</b>	<b>82,573</b>	<b>72,045</b>	<b>61,517</b>	<b>50,989</b>	<b>40,461</b>	<b>29,933</b>	<b>19,405</b>	<b>8,877</b>
<b>Closing Cash Balance</b>	<b>87,886</b>	<b>116,157</b>	<b>105,629</b>	<b>93,101</b>	<b>82,573</b>	<b>72,045</b>	<b>61,517</b>	<b>50,989</b>	<b>40,461</b>	<b>29,933</b>	<b>19,405</b>	<b>8,877</b>	<b>-1,651</b>

# Edinburgh Income & Expenditure

	2010	2011	2012 budget
<b>Total Income</b>	<b>17,753</b>	<b>16,506</b>	<b>11,384</b>
Admin, Room hire etc	15,957	11,154	11,916
Respite care project	3,706	11,525	12,000
Activities	12,616	27,702	18,435
<b>Total Expenditure</b>	<b>32,279</b>	<b>50,381</b>	<b>42,351</b>
<b>DEFICIT</b>	<b>-14,526</b>	<b>-33,875</b>	<b>-30,967</b>

<b><u>Parkinsons Disease Society</u></b>		
<b><u>Income and Expenditure for year ending December 2011</u></b>		
<b><u>Income</u></b>	<b>2011</b>	<b>2010</b>
Christmas Lunch (re-arranged + 2011)	1230.00	504.00
Sundries	1890.14	188.93
Donation towards YP with PD	0.00	676.00
Donations	1882.00	4160.61
Donations - Branch in Memoriam	2934.34	4784.34
Donations - Branch National Office	2813.29	306.65
Singing For Fun	2877.85	N/A
Legacies	500.00	N/A
Coffee Morning	1378.10	1324.25
<b>Parkinson's UK Edinburgh</b>		
The Thistle Foundation Maintenance/lifestyle project	1000.00	1020.00

# Report of Branch Committee 2011

## **Research Interest Group**

Chairman

Ken Bowler

# Report of Branch Committee 2012