

Parkinson's UK Edinburgh Branch

Annual General Meeting 2015

Wednesday March 11th at 2.15pm

Bellevue Chapel, Edinburgh

AGENDA

- 1) Apologies for absence
- 2) Minutes of the meeting held on the 12th March 2014
- 3) Treasurer's Report and Accounts for the year ending 31/12/14
- 4) Appointment of Hon 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*
 - Hon Asst Treasurer – *Frances Panton*
- Committee members *Liz McBain, Cathie Quinn, Heather Robertson ,
Eileen Blackwood, Annette McLeod, David Adams, Louise Ogilvy*
- 7) Report of the Branch Committee by the Chairman and Activity Leaders
- 8) Any other competent business

Income & Expenditure 2014

Edinburgh Branch Parkinson's UK			
Income and Expenditure for year ending 31st December, 2014			
2013	Income		2014
£			£
5840	Donations - Branch National Office		1688
1169	Gift Aid Reclaimed		85
0	Grants		0
0	Legacies received directly		0
38800	Legacies received via Head Office		0
1927	Donations - General		4989
4151	Fund raising Income		4677
4711	Donations - Branch In Memoriam		1126
586	Dancing		382
5366	Singing 4 Fun		6858
1340	The Thistle Foundation Maintenance project		1070
2788	Activities Group		2260
1911	Events		662
930	Outings		915
1300	Lunches		1140
46	Bank/Building Society Interest		47
389	Sundries		263
777	Trading		511
135	Miscellaneous (13)		961
£ 72,164		TOTAL INCOME	£ 27,634
Expenditure			
0	Transfers to other Parkinson's UK Groups eg YPN		0
1435	PDS London for research		700
169	Events eg Coffee Morning		738
3388	Advertising		767
3134	Room Hire		3168
10830	Singing 4 Fun		10745
5562	Dancing for People with Parkinsons		5595
2079	Activities group		2426
2000	The Thistle Foundation - maintenance project		1600
30	Drop-in - Centre		6
2158	Event Costs eg seminars		2452
1540	Outings		80
1706	Lunches		2674
50	Course expenses - Carers		0
4270	Research Group Expenses		0
8144	Respite care project		4025
2200	AA Hydrotherapy		435
29	Transport support		0
1312	Postage/telephone		1299
1303	Printing/stationery/photocopying		552
1702	Mailing company costs		3016
520	Computer costs		853
434	Travel Expenses		144
1131	Sundries		1757
0	Subscription		120
464	Items for resale		392
1000	Petty Cash		800
£ 56,591		TOTAL EXPENDITURE	£ 44,343
£ 15,573		SURPLUS/DEFICIT	-£ 16,709
£ 87,886	Balance b/f as at 31/12/13		£ 103,459
£ 15,573	Surplus/Deficit for year to 31/12/14		-£ 16,709
£ 103,459	Balance as at 31/12/14 being:		£ 86,750
£ 109,225	Royal Bank of Scotland Current Account	£ 87,909	
£ 85	Nationwide Building Society	£ 85	
-£ 5,850	Uncashed Cheques	-£ 1,244	£ 86,750
£ 103,459			

Donations 2014

	£
General Donations via London	1688
In Memoriam	1548
Lecture Collection	700
Coffee Morning	1550
The Kitchen	896
Jubilo Choir	2400
Dalkeith Rotary Club	1000
Stenhouse Bowling Club	435
Scotmid	600
Ceilidh	755
Quiz Night	576
Gavin McBain Marathon	2080
Pram Race	331

Cash Flow Forecast £

	2013	2014	2015 budget
income	33,364	27,634	27,500
legacy drawdown	38,800	-	-
	72,164	27,634	27,500
less expenditure	56,591	44,343	45,000
surplus/deficit	15,573	-16,709	-17,500
Opening Balance	87,887	103,459	86,750
Closing Balance	103,459	86,750	69,250

2015 Onwards- Options

- Increase Income from donations?
- Increase charges to activity participants?
- Reduce activity costs?

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Report of Branch Committee 2014

Activities

- Carers & Side by side
- Singing4Fun
- Dancing for Parkinson's
- Bowling, Swimming, Gentle Exercise
- Art Group
- Thistle Lifestyle Group
- Quiz, Ceilidh
- Christmas & Summer Lunches
- Hydrotherapy
- Physio Exercise Class (in abeyance)

Events & Projects

- Coffee Morning
- Respite scheme (*now discontinued*)
- Research Interest Group
 - Edinburgh Lecture 2014
- Engagement with Neuro Alliance, NHS Lothian & LPSAG
- ParkinsonNet Seminar

**Carers
&
Side by
Side
Course**



Singing4Fun



Dancing for PwP



Bowling, Swimming, Gentle Exercise



Art Group



Thistle Lifestyle Group



Edinburgh Branch Research Interest Group

review of 2014-2015

Ken Bowler, Group Chair

A successful year....

- **May 2014** Public lecture by Professor Tony Schapira
- **Nov 2014** WPC Scientific Update Workshop
- **Jan 2015** Visit to Parkure
- Talk by Julie Jones on Physiotherapy
- **Feb 2015** Talk by Professor Dario Alessi FRS
- **Apr 2015** Public lecture by Professor Patrik Brundin

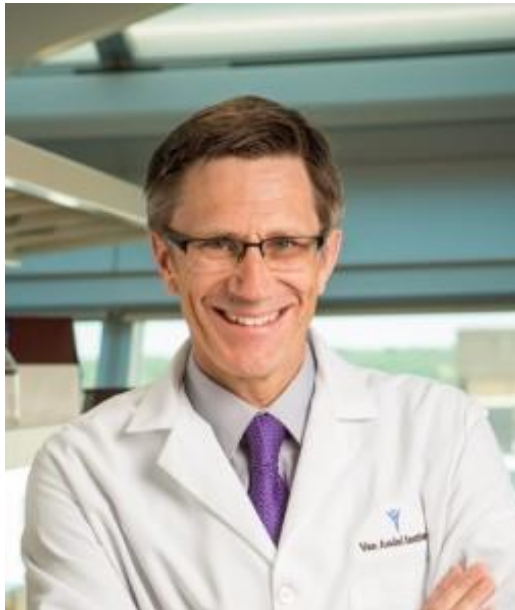
The Edinburgh Parkinson's Lecture 2014

Professor Tony Schapira delivered a lecture entitled:

*Recent Advances in the
Cause and Treatment of
Parkinson's'*



The Edinburgh Parkinson's Lecture 2015



Professor Patrik Brundin

*The battle to beat
Parkinson's: the end of
the beginning*

22nd April 2015 at RCPE

7.15 pm

Acknowledgements

I am immensely grateful to:

Patrick Mark, Chairman, Edinburgh Branch

Dr Tilo Kunath, CRM

Sheila Edward

Katherine Crawford, Claire Stephenson, Parkinson's UK

Members of the Edinburgh Branch: Liz & Bill McBain, Pat Stewart, Cathie Quinn, Heather Robertson, Helen Harris and many others

Newsletter

Editor:
Helen Harris

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

PARKINSON'S UK EDINBURGH BRANCH NEWSLETTER FEBRUARY 2015

2015 Annual Parkinson's Lecture – Wednesday, 22nd April. Please see separate flyer with this mailing. We will be videoing the event for those who can't make it.

Speech & Language Development in PD – At the January Branch Meeting, **Isobel McCoy**, Community Speech & Language Therapist, Edinburgh, gave a much appreciated presentation. Her talk slides, including suggestions for self-help, are on the Branch website under *Recent Meetings*. Included are the names of mobile phone apps that may prove useful. Also check out *Speech Tool*, free from the Apple app store (under Health & Fitness, S – page 16) and developed as the result of a Parkinson's UK research project.

Annual Coffee Morning – We hope you have **Saturday, 18th April** in your diary for this highly sociable event, which this year is being held in the hall of Marchmont St. Giles, Kilgraston Rd, EH9 2DW. Stalls include home baking, books, flower arrangements, bottle tombola, original artwork and crafts. There will be performances from Singing4Fun and Dance for PwP's. Entry £1.50, payable at the door, includes tea/coffee and scone (or two).

Scotland Participation Events – Being held throughout Scotland, these events aim to provide Parkinson's UK volunteers with the opportunity to help shape developments and changes in the way we support people affected by PD at the local level. The Edinburgh date is **Thursday 5th March**, 11 for 11.30 a.m. to 3pm, Bellevue Chapel, Rodney Street, EH7 4EL. Please contact **Leah Cranney** on 0844 225 3724 **ASAP** to register attendance. Further information can also be found on the Branch website under *News*.

Branch Meetings & AGM – The AGM will be held on **Wednesday, 11th March**, 2-4pm, Bellevue Chapel, Rodney Street, EH7 4EL. Afterwards, **Norman Yarrow** will tell us about *Norman's Conquest*, his planned fund-raising walk of the Southern Upland Way (215 miles). Norman, diagnosed with PD in 2013 aged 53, aims to raise £100,000 for research. He begins in Stranraer on the 22 April (Parkinson's Awareness Week), hoping to reach Cockburnspath two weeks later. He'll be accompanied along the way by wife, Carol, Gavin Hastings and many other supporters. Monitor his progress via Facebook and donate via uk.virginmoneygiving.com.



The April Branch Meeting will be on **Wednesday, 8th April**, same time, same place when Dr Conor Maguire will inform us about "Current Parkinson's Developments."

Young Parkinson's Group Burns Supper – Once again this event was a sell-out at the Steading. **Keara Murphy**, comedian, writer and bon vivant gave a highly entertaining Immortal Memory (check her website kearamurphy.com). Major contributions to the evening's procedures were also given by folk singer Torcull Kennedy, Pipe Major Iain Roddick, Jilly Mathews, Fergus McDermid, Linda Forrest, Marget Forrest and George Cullin, with Joel Mason giving a very worthy Toast to the Lassies, well matched by Eileen Blackwood's reply.



Parkinson's UK Edinburgh Branch Newsletter

**Re-launched
November 2012**

**Approximately
quarterly**

**Features your
activities**

**Encourages
participation**

**Keeps you
informed**

**Fosters a sense
of community**

Report of Branch Committee 2014

Activities

- Carers & Side by side
- Singing4Fun
- Dancing for Parkinson's
- Bowling, Swimming, Gentle Exercise
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- Thistle Lifestyle Group
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OUR PRIORITIES

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

Quality Improvement Scotland Neurological Standards 2009

3 Clinical standards for neurological health services

Standard 17: Access to specialist Parkinson's disease services

Standard statement 17

An effective and comprehensive Parkinson's disease service is available and offered across all NHS boards.

Rationale

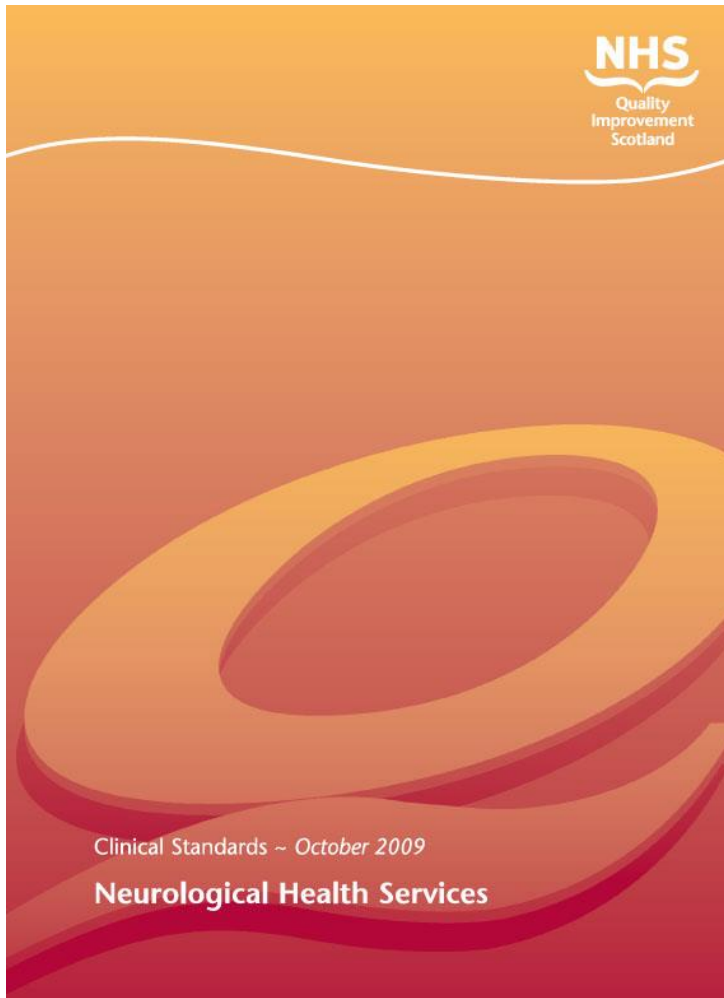
Patients with Parkinson's disease and related conditions receive better quality care when diagnosis and treatment are delivered within a multidisciplinary team in their local NHS board.

An effective Parkinson's disease service also offers their specialist services to patients with conditions related to Parkinson's disease, such as progressive supranuclear palsy (PSP), dementia with Lewy bodies (DLB) and multiple system atrophy (MSA).

References: 9, 92, 93, 94, 95, 96, 97, 98, 99, 100, 101, 102, 103

Essential criteria

- 17.1 Patients with suspected Parkinson's disease and related conditions are referred to a defined Parkinson's disease service delivered through a multidisciplinary team.
- 17.2 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.



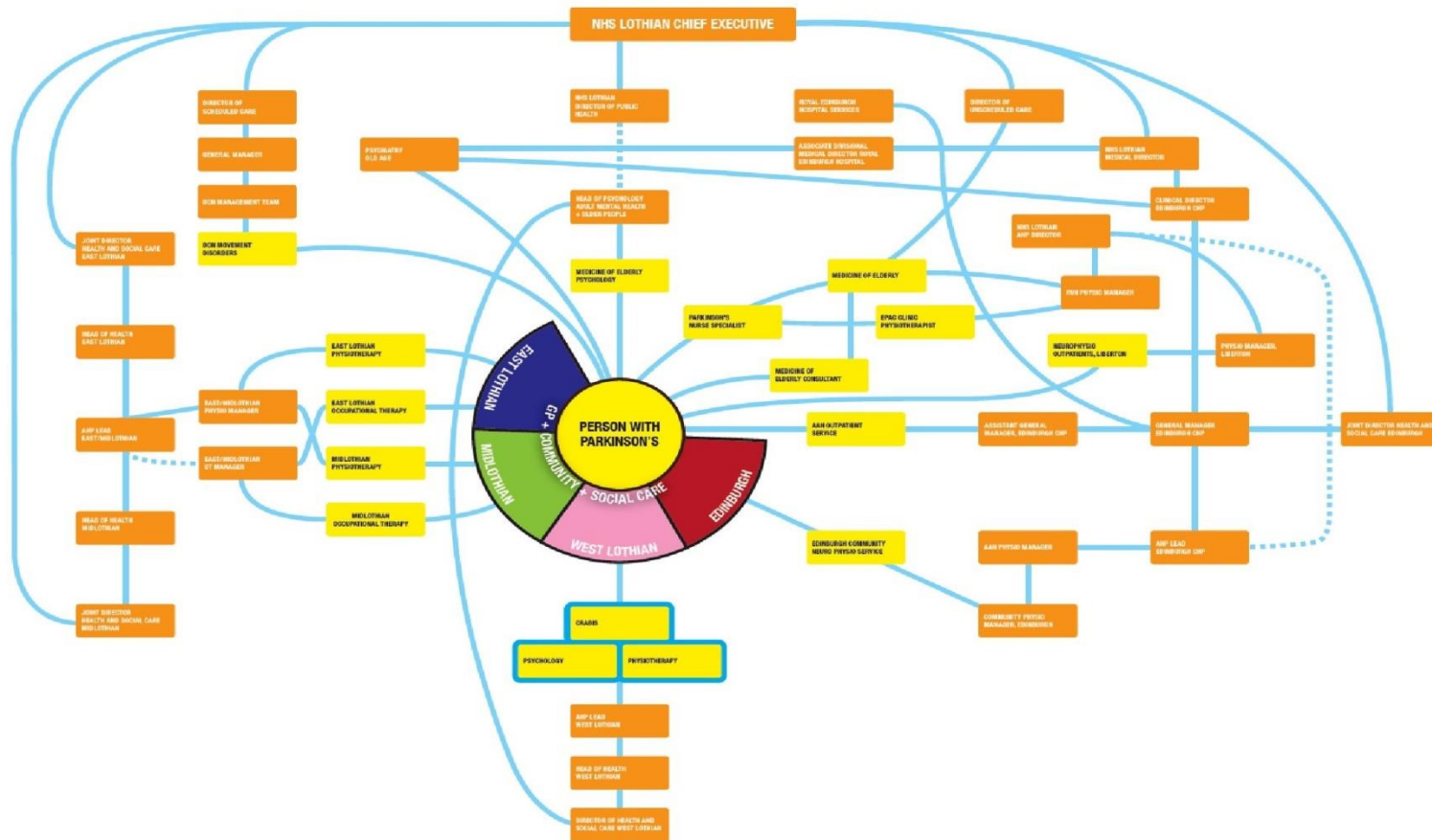
Improvement Group Activity

- Lothian Parkinson's Service Advisory Group
- NHS Lothian Neurological Improvement Group
- Lothian Neurological Voices
- Neurological Alliance of Scotland (NNAG &OMG)

Parkinson's Services in Lothian

- Good in Parts
- Postcode and age distinctions
- Need to be well informed to get service
- Difficult to find practitioners with proper Parkinson's expertise
- Little co-ordination of activity

Neurological Physio Services in Lothian



ParkinsonNet Seminar



**Professor
Bastiaan Bloem**

What patients really want



Edinburgh Branch Data 2014

- Activity events pa 500
- Attendances at 2012 activities 5,000 +
- Total branch members 240
- Mailing list 350
- Email list 195
- Web site visits per month 500

Thanks to Helpers

Committee Members

Hon Treasurer

Hon Sec

Activity Organizers

And all the many others

Finally - Help still Needed

- Fund raising activity
- Secretarial assistance
- Refreshment Organisation at Branch meetings
- Or if you just think there is something you could do to help or organise something?

Norman Yarrow

Southern Upland Way