

Parkinson's UK Edinburgh Branch

Annual General Meeting 2019

Wednesday March 13th at 2.15pm

WELCOME

Bellevue Chapel, Edinburgh

Welcome!

Members, Carers, Volunteers &
Special Guests:

David Allan, Scotland Trustee

Alice Hall, Volunteer Coordinator E&S-E Scotland
Parkinson's UK

Apologies:

Annie Macleod, Scotland Director

TODAY'S PROGRAMME

A) AGM Business

B) Our Volunteers & Special Reports

Including ERIG, and much more ...

C) David Allan, Scotland Trustee; Alice Hall,
Volunteer Coordinator Parkinson's UK

BUSINESS AGENDA

- 1) Apologies for absence
- 2) Minutes of the meeting held on the 14th March 2018
- 3) Treasurer's Report and Accounts for the year ending 31/12/18
- 4) Short Report of the Branch Committee by the Chair
- 5) Appointment of Hon Independent Examiner, *Susie Tastard CA*
- 6) Election of Office Bearers and members of the Committee
Hon Treasurer – *Weir Brown*, Hon Secretary – *Liz Hume*,
Committee members – *Cathie Quinn, Eileen Blackwood, Louise Ogilvy, Bill Wright, Judith Shepherd, Hagop Bessos, Scott Wilson, David Melton*
- 7) Election of Hon Chair – *David Adams*
- 8) Election of Hon Vice-Chair – *Patrick Mark*
- 9) Any other competent business –

Income & Expenditure 2018

Income

	£
Total Income	39,995
<i>of which:</i>	
Donations	22,646
Pilates	5,122
Singing For Fun	4,368
VAT Refund	2,080
Other (activities, membership, etc)	5,779

Expenditure

	£
Total Expenditure	50,669
<i>of which:</i>	
Research donations	7,164
Research group exps.	5,253
Pilates	12,346
Singing	6,541
Other activity classes	9,041
Admin, printing, mailing	5,187
<i>Deficit</i>	<i>(10,674)</i>

Fundraising 2018

Donations

	£
General Donations	11,386
Gift Aid Tax Reclaimed	812
In Memoriam	4,232
Annual lecture	530
Ross Girl's Family Trust	5,000
Fundraising	
Art Sales	600
Teddy Bear raffle	122
Pat Stewart - Pram race	417

Group Donations

	£
Mrs M.Black Trust	1,000
Goldenacre Bowling Club	110
Corstorphine Tangent	100
Dalkeith Rotary Club	1,000
Roseburn House Rsdnts	1,069
Maitland Bowling Club	700

Personal Donors & Fundraisers 2018

Special thanks

Annette Mcleod

T Bridgham

Keith Grant

Paul Mayhew-Archer

Kathleen Bessos

Deirdre Grennan

Lynne Gallacher

Jeannette Ross

Nigel Wilson

Branch Purpose

We stand for

**Research &
Better Treatment**

**Personal
Wellbeing**

Community in Action

*for PwPs & Carers
- with Families, Friends - in Lothian*

Branch Committee 2018 Report

Activity Highlights

Research & Better Treatment:

- Lecture, September
- ERIG meetings
- Edinburgh/Dundee
- Neurological Voices

Personal Wellbeing:

- 16 Continuing Activities!
- Meetings with Nurses
- New: Aquatherapy, Adaptive Yoga, Tandem Cycle, Chess, and more...

Parkinson's Community in Action

- Monthly Branch Gatherings
- Summer & Christmas Lunches
- Parkinson's Cafés (new!)
- Young Parkinson's strengthened

Warm Thanks

Leaving the Committee

Annette McLeod

Heather Robertson

Joining the Committee

David Melton, ERIG

Retiring from Branch in September

Helen Harris

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**B) Our Volunteers & Special
Reports**

C) David Allan & Alice Hall

Our Volunteers & Special Reports

Edinburgh Branch Research Interest Group

AGM review of 2018-2019

Ken Bowler, Group Chair



Another successful year....

June 2018 Talk by Professor Wladyslaw Gedroyc,
St Mary's Medical Centre, London

**“MR guided focused ultrasound of the
brain”**



Sept 2018 Parkinson's lecture
by Professor Giovanna Mallucci



Interested in research?

Join the Edinburgh Research Interest Group:

- suggest topics and speakers for RIG meetings
- keep informed about the latest developments
- let me know and I'll add you to the email list

Join the Research Support Network (RSN)

- keep informed about the latest developments
- be part of a community of interest with > 4000 members
- contact (lnash@parkinsons.org.uk)

Become a lay grant reviewer for PUK

Looking ahead.....

The Parkinson's Lecture 2019 will be given by Prof Andres Lozano and is entitled

“Advances in surgery for Parkinson's disease”

My role is finished: I am pleased to say that Professor David Melton has agreed to take over from me as Chair of the group with effect from today. I am immensely grateful to the many friends and colleagues who have helped to make ERIG the success which I believe it to be.

Acknowledgements

Patrick Mark, Vice-Chairman, Edinburgh Branch

David Adams, Chairman

Dr Tilo Kunath, CRM

Sheila Edward, Hagop Bessos

Members of the Edinburgh Branch: Liz & Bill McBain, Liz Hume, Cathie Quinn, Heather Robertson, Helen Harris, Annette McLeod, Alison Williams, Bill Wright and many others

Parkinson's UK: Katherine Crawford, Anna-Louise Smith, Claire Bale, Liz Nash

Volunteering is our Backbone

Our 28 *fabulous* Volunteers have all
completed the Parkinson's UK
induction course, now online

10 of them live with Parkinson's

Our Volunteers - *New

- **Alison Williams** – QL Group, Dance, Research, Visiting Professor QMU, WPC participant
- **Anne Chalmers** – Support Group, Bellevue, Eventbrite bookings
- **Annette Mcleod** – Singing, Dance, Bellevue
- **Bill Wright** – QL group, Nordic Walking, Self Management Course
- **Brian Moore*** – Tandem Cycling
- **Cathie Quinn** – Singing, Support Group, Side by Side, Bellevue
- **David Adams** – Chair Branch & Committee Meetings, Activities, WPC participant
- **David Melton*** - Chair ERIG, Lecture, WPC participant
- **David Waughman** –Aquatherapy Lifeguard, Neurodynamic Exercise, Boxing
- **Eileen Blackwood** – Young Parkinson's, Ethnic Minorities, Education talks, Parkinson's Awareness Week
- **Gina Allen*** - Young Parkinson's Group Secretary, Therapies Project, Activities
- **Hagop Bessos** – ERIG, Edinburgh-Dundee Research Initiative, Drop-in Café, Swimming, WPC participant
- **Heather Robertson** – Singing, Support Group, Side by Side, Bellevue
- **Helen Harris** – Exercise Activities Co-ordinator, Newsletters, fliers, leaflets, Printing, Promotions, Reports

Our Volunteers - *New

- **Judith Shepherd** – Committee
- **Julia Melton** – Publications, Member info packs, QL Treasurer, WPC participant
- **Kathy Fraser*** - Aquatherapy support, Young Parkinson's Group
- **Ken Bowler** – ERIG, Lecture, Parkinson's UK Research, Membership, Eventbrite, Website
- **Kenneth Williamson** – Indoor Bowling, Chess
- **Lindsay Mcdermid** – Art Group
- **Louise Ogilvy** – Fundraising events
- **Liz Hume** – Secretary, Minutes, Correspondence, Branch Meetings, Payments & Donations
- **Martin Maxwell*** – Fundraising Collections
- **Marge Barker** – Indoor Bowling
- **Patrick Mark** – Vice Chair, NHS & Neurological Voices Programme, Neurological Improvement Plan, Lecture
- **Scott Wilson** – Chair and Organiser of Edinburgh & Borders Young Parkinson's
- **Sheila Edward** – Support for ERIG, Backup for Minutes, Support for meetings & activities
- **Weir Brown** –Treasurer

Remember 2017?

Inspiring Volunteer Achievement Awards



By the Lord Provost to
Edinburgh Branch
and personal awards to
**Cathie Quinn &
Heather Robertson**

Special Appreciation

- **Parkinson's Nurses**
 - we have **regular meetings with** Alison Stewart, Tina Daniels and Alison Darbyshire, **(and** Tracey Fergie, **support)**
 - **Our Service Providers: [*new]**
 - Sasha Baggaley, **Pilates & Neurodynamic* Exercise Trial**
 - Kevin Brown, **Tai Chi**
 - Jen Cunningham, **Dance**
 - Chris Davies, **Thistle Foundation**
 - Philippa Hope, **Tai Chi Wu Style***
 - Jean Itier, **Adaptive Yoga***
 - Trevor Jones, **Nordic Walking**
 - Brian Moore, **Tandem Cycling***
 - Jackie Rochmankowska, **Aquatherapy***
 - Penny Stone, **Singing4Fun - and farewell to** Ellie Logan
- Parkinson's UK:**
- Alice Hall, **Volunteer Co-ordinator**
 - Abenet Tsegai, **Local Adviser**

Branch Committee 2018 Report

Personal Wellbeing

Adaptive Yoga*

Art Group

Aquatherapy*

Bowling

Chess*

Dance

Lifestyle at Thistle

Nordic Walking

Pilates x 4 classes

QL Group

Singing4Fun

Support Group

Swimming

Side by Side course

Tai Chi *plus*

Wu-Style Tai Chi*

Tandem Cycling*

2019 Trial:

Neurodynamic Exercise



Art Group

Lindsay McDermid

At the Botanic cottage



Aquathrapy

at the Astley Ainslie Hydrotherapy Pool

Jackie Rochmankowska, David Waughman, Kathleen Bessos, Sheila Edward
and...



Dance for Parkinson's Scotland

at *DanceBase* with Scottish Ballet, Glasgow



Participants up to 30 – waiting list (ratio to helpers)
Dancers can contribute to class design
Donations for classes
Teachers: Jen, Sophie, Christina
Musicians: Robert & Gordie

New classes across
Scotland: Aberdeen,
Greenock, Kilmarnock,
Inverness, Dundee



Indoor Bowling

Marge Barker & Kenny Williamson

Continues to flourish at Meadowmill Indoor Bowling Club
with 16 full members of and 4 non-members.

Every Monday 12-2pm with a break for lunch.

Played and won our annual fixture with Fife Parkinson's.

Everyone enjoys playing – and the great company!



Nordic Walking

Bill Wright & Julia Melton

With Trevor Jones, at The Meadows and Links

Going for 2 years
Up to 11 walkers
Fresh air, good chat
and exercise!



Pilates

Mobility – stability – strength – balance

Sasha Baggaley

- Four weekly classes!





QL Group

Alison Williams & Bill Wright

1st Thursday of every month 2pm – 3.30pm

The Quality of Life Group: thriving with 10 to 15 per meeting, welcoming new people with Parkinson's as well as regulars.

QL Group in Fife began in 2018.



Singing4Fun

Cathie Quinn & Heather Robertson

**A singing group for People with Parkinson's and anyone else
who wants to participate**

Winner of the International Song Competition for WPC2019,

to be sung at the opening in Kyoto!

Tuesday Group at Marchmont St.Giles with Penny Stone

The Wednesday Group is back in Bellevue Chapel
(now looking for a new Song Leader)



If you can talk you can sing - and it's fun!



Support Group & Side by Side

Cathie Quinn & Heather Robertson

Support Group

Last Wednesday of every month (except December). At BB Pollock Pavilion, 227 Ferry Road, 10.30-12.30. A time of sharing for care-partners over tea or coffee, scones and biscuits.

Side by Side

A course for care-partners of people with Parkinson's. Run in the autumn.

An opportunity to learn from the professionals about the help and support that is there for you.

"I wish I had done this sooner"- new participant



Swimming

Hagop Bessos, Liz Hume

With Edinburgh Leisure Access Programme

Get Active Card to swim (or use any other facilities) for £1 - at
10 pools

– *care partners go free*

11 swimmers currently



Tai Chi

Kevin Brown

Tuesday mornings at Barclay
Viewforth Church. 14 regulars



Wu Style Tai Chi

Philippa Hope

NEW - SCRM Building, Wednesday evenings



Tandem Cycling

Brian Moore

Tandem rides for people with Parkinson's,
based at Cockenzie House, Prestonpans

Research supports big benefits for PwPs

*Thanks to **Walker Group** and
Edinburgh Bicycle Cooperative
for donating the tandem and
equipment*



Our Community in Action 2018

What we did

- GDPR and Lists*
- Committee meetings
- Branch Website
- Branch programme, Meetings & Admin
- Car Stickers*
- Drop-in Cafés*
- Napier Marketing Study* and Branch Workshop
- Parkinson's UK Working Together
- Newsletter & Member Communications
- Events: Summer & Christmas Lunches, PM-A Reception*
- PPI with QMU and Napier*
- Young Parkinson's Connection*

Our Community in Action 2019

Intended for 2019

- Update Committee Structure
- New programme
- Napier Marketing Study for Membership Communications
- Lecture, 30th September
- World Parkinson Congress, Kyoto; Branch presentation in November
- World Parkinson's Day, 11th April 2019
- Young Parkinson's Events
- More Volunteers?
- Inter-branch liaison?
- Continuing PPI

Parkinson's Cafés

Hagop & Kathleen Bessos, Liz Hume, Sheila Edwards, &.....

Last Tuesday of the month at
the Festival Theatre

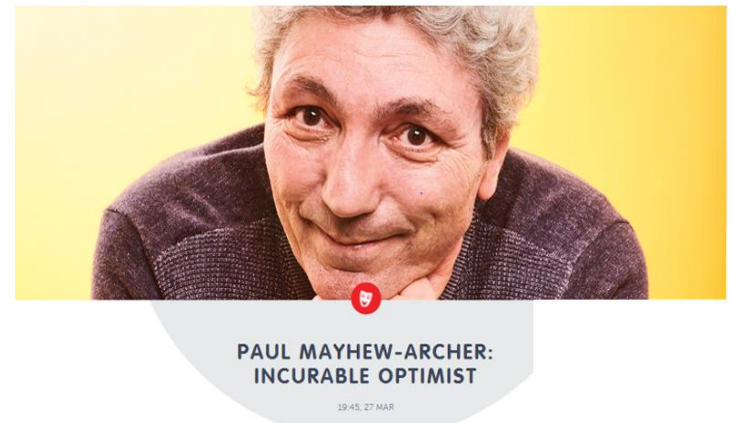


Paul Mayhew-Archer – ‘Incurable Optimist’

and Pre-show Gathering 27th March

6pm at Assembly Roxy, 2 Roxburgh Place

Book tickets on Theatre Website
and for the pre-show gathering which is
free but must be booked via Eventbrite



Talking Bodies.



Join us for a transdisciplinary, art-science seminar exploring other sense-able approaches to wellbeing and the Organoleptic Anarchive.

Mixing people, plants, neuroscience, healthcare and Parkinson's

With: artist Susana Cámara Leret (Fellow of NHS Lothian's Art & Therapeutic Design programme at the Department of Clinical Neuroscience in Edinburgh), Joy Milne and Alison Williams.

Booking via: Talking Bodies EventBrite (free)

3rd April 10am – 4pm

Royal Botanic Gardens Conference Room

5th World Parkinson Congress



Branch attendees: Alison Williams, David Adams,
David & Julia Melton, Hagop & Kathleen Bessos,
Norman & Carol Yarrow

Others: David Breen, Tilo Kunath, Martin Taylor

Volunteering Opportunities!

Especially for:

- Newsletters and Communications
- Social Events
- More Cafés - outreach for membership
- Public Patient Involvement (PPI) – in Education & Research
- Inter-group Parkinson's contacts?
- Liaison with other neurological/caring charities?

Special thanks to

Committee Members

Hon Vice Chair

Hon Treasurer, Independent Examiner

Hon Secretary

Activities Co-ordinator & Organisers

Young Parkinson's Hon Secretary

Parkinson's UK

All Volunteers & Helpers

Who are showing that



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