

PARKINSON'S^{UK}
SCOTLAND
CHANGE ATTITUDES.
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Edinburgh Branch
49th Annual General
Meeting *online*
17th March 2021

PARKINSON'S^{UK}
SCOTLAND

Welcome to our first online AGM

Members, Care-partners, & Volunteers

**Annie Macleod, Scotland Director
Parkinson's UK**

PROGRAMME

A) AGM Business

B) 2020 Review

Including ERIG

**C) Annie Macleod, Scotland
Director Parkinson's UK**

Approval of Online Business

Note: Parkinson's UK Local Group Rules, require online AGM business to be confirmed at the next in-person AGM.

BUSINESS AGENDA

- 1) Apologies for absence
- 2) Minutes of the meeting held on the 11th March 2020
- 3) Treasurer's Report and Accounts for the year ending 31/12/20
- 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 – *Olivia Bell*,
Committee – *Louise Ogilvy, David Melton (Chair ERIG), Nick Shelness,*
Gina Allen, Anne Chalmers, David Waughman, Scott Wilson
(Chair EYPSG), Maggie Douglas, Iain Steele, Dave Wilson
- 7) Election of Hon Chair – *David Adams*
- 8) Election of Hon Vice-Chair – *Patrick Mark*
- 9) Any other competent business –

Thanks for Committee Service:

Hagop Bessos

Bill Wright

Eileen Blackwood

Thanks for Volunteering:

Helen Harris

Kathleen Bessos

Annette Macleod

3 Treasurer's Report

4 Branch Committee's Report

Short Branch Report –

Branch Purpose:

*Do as much as we can, to the best we can, for as long as we can afford it...for **PwPs & Care-partners** – with Families, Friends – in Midlothian*

- **Lockdown for Covid 19 happened a few days after the March 2020 in-person AGM.**
- **The Branch most regular activities online; others had to be suspended.**
- **We are enormously grateful for the active collaboration of Service Providers to facilitate this.**

Short Branch Report – continued

Research & Better Treatment – action & links:

The Lecture; ERIG; Public Patient Involvement (PPI);
Training support; EPPSAT; QMU; UofE; ENU; HWU.

Personal Wellbeing - online:

Activities & Exercise: Dance, Nordic Walking, Pilates &
Neurodynamics, QL Group, Singing4Fun, Support Group,
Side by Side, Tai Chi x2, Yoga x2.

Community - online:

Renewed Website; Blethers; Internet Support; Newsletters;
Support for Young (Working Age) Parkinson's Group

Branch strapline: *There is more to life with Parkinson's*

5 Appointment and Elections

BUSINESS AGENDA (contd.)

- 5) Appointment of Hon Independent Examiner, *Susie Tastard CA*
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- 9) Any other competent business –

BUSINESS AGENDA (contd.)

Succession planning:

An appointee for the Chair is being sought for
March 2022

(a role description is available)

AGM concluded

more to follow...

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Edinburgh Branch Research Interest Group

AGM review of 2020-2021

David Melton

2020 Activities and Volunteering Review

2020

Online community information & events:

- New Website & Active Media
- Lines & Laughs in Lockdown
- Branch Blethers
- Burns Night
- Newsletters
- 'How to get online' messages
- iPads for people in need
- Branch Cookbook!

**form &
function**
digital co-op

2020 cont.

Online activities & Service Providers:

- Adaptive Yoga – *Jean Itier*
- Dance for Parkinson's – *Jen Cunningham*
- Nordic Walking – *Trevor Jones*
- Pilates & Neurodynamics – *Sasha Baggaley*
- QL Group – *People with Parkinson's*
- Singing4Fun – *Penny Stone, Sally Jaquet*
- Sunshine Yoga – *Karen Watts*
- Tai Chi – *Kevin Brown*
- Tai Chi Wu Style – *Philippa Hope*

2020 cont.

Additional online support

for Care-partners:

- Side by Side course
- Support Group

for working age people with Parkinson's:

- Young Parkinson's Group
- YP Carers Support Group

Brilliant Branch Blethers

well worth a try!

- September – GB (general Blether)
- October – Sasha Baggaley (Pilates); GB
- November – GB; Karen Watts (Yoga)
- December – 2 x S4Fun Parties – *yay!*
- January – Jen Cunningham (DfPS)
- February – Genevieve Geffriault; Book Blether; Jean Itier (Adaptive Yoga)
- March – Pam Wardell (Drama for Fun)
- April – Parkinson's Nurses

Our backbone of Volunteers 1

Alison Williams – QL Group, Research, Scotland Advisory Group, Visiting Professor QMU

Anne Chalmers – Website & Newsletters, Support Group, Eventbrite bookings, Committee

[Brian Moore – Tandem Cycling]

Cathie Quinn – Singing4Fun, Support Group, Side by Side

Dave Wilson - Committee

David Adams – Chair Branch & Committee Meetings, Activities

David Melton - Chair ERIG, Lecture, Committee

David Waughman – [Aquatherapy Lifeguard], Neurodynamic Exercise, Committee

Dot Brown – Nordic walking

Gina Allen - Young Parkinson's Group Secretary, [Therapies Project], Activities

Iain Steele – Committee

Julia Melton – Publications, Member info packs, QL Treasurer

Our backbone of Volunteers 2

Kathy Fraser – [Aquatherapy support], Young Parkinson's Group

[Kenny Williamson – Indoor Bowling],

Lindsay McDermid – [Art Group], Burns Supper

Louise Ogilvy – Fundraising, Committee

Maggy Douglas - Committee

Nick Shelness – Dance for Parkinson's, QL Group, Committee

Olivia Bell – Branch Secretary, Committee Minutes, Correspondence, [Branch Meetings],

Patrick Mark – Vice Chair, NHS & Neurological Voices Programme, Neurological Improvement Plan, Lecture

Scott Wilson – Chair and Organiser of Edinburgh Young Parkinson's Group

[Sheila Edward –Support for meetings & Café]

Weir Brown –Treasurer, Website, Committee

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Outlook for 2021

in 2021..?

More online Branch Blethers ✓

Continuing online Activities ✓

Strategic review for the 'new normal' ✓

Some small scale in-person events??

- *New Venue for Branch Get-togethers?*

- *Resume Parkinson's Cafés .??*

Continuing public patient involvement – PPI ✓

More Volunteers???

Volunteering in 2021?

Some important roles:

- **Activities Co-Ordinator -**
- **Parkinson's Cafés - Outreach Leaders**
- **Social Events Leader/Promoter**
- **Inter-group Parkinson's contacts person**
- **Successor to Branch Chair**

Special thanks to

Committee Members

Branch Vice Chair, Secretary, Treasurer

ERIG Chair, Independent Examiner

Activity Leaders & Organisers

Parkinson's UK

All Volunteers & Helpers

Window sticker:

There's more to life with Parkinson's

Find out at www.edinburghparkinsons.org

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THANK YOU

End of Branch Committee's Review

Questions?

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Parkinson's UK Edinburgh Branch AGM 2021

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Next:

**Annie Macleod,
Scotland Director, Parkinson's UK**