

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

**Edinburgh Branch
50th Annual General
Meeting in person & online
16th March 2022**

PARKINSON'S^{UK}
SCOTLAND

***Welcome to our first hybrid
online and in person AGM
at Inverleith St Serfs Small Hall***

Members, Care-partners, Volunteers &
Alice Hall, Volunteer Co-ordinator
Parkinson's UK

PROGRAMME

A) AGM Business

B) 2021 Review

Including ERIG

Approval of AGM Business

Note: Parkinson's UK Local Group Operating Framework, requires presence of a quorum of attending members; otherwise AGM business to be confirmed at the next in-person AGM.

BUSINESS AGENDA

- 1) Apologies for absence
- 2) Minutes of the online meeting held on the 17th March 2021
- 3) Short Report of the Branch Committee by the Chair
- 4) Treasurer's Report and Accounts for the year ending 31/12/21
- 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 – *David Melton (Chair ERIG), Gina Allen, Anne Chalmers, Maggie Douglas, Kirsty Low, Louise Ogilvy, Nick Shelness, Iain Steele, David Waughman, Dave Wilson, Scott Wilson (Chair EYPSG)*
- 7) Election of Hon Chair – *David Adams*
- 8) Election of Hon Vice-Chair – *Patrick Mark*
- 9) Any other competent business –

1 Apologies
2 Minutes of 17th
March 2021,online

3 Branch Chair's Report

Welcome to New Volunteers:

Alexa Cornish, Art Group

Kirsty Low, First Steps

Katrina McGougan, Art Group

Kieran White, Fundraising

*We do as much as we can, to the best we can, for **PwPs & Care-partners** – with Families, Friends – in Midlothian*

2021 Highlights:

- **FIRST STEPS Programme starts March 2022**
- **Online activities continued through 2021**
- **In-person activities revive as guidelines allow**
- **Thanks to Service Providers for continuing collaboration, to Members for resilience, and to Committee & Volunteers for energetic support**
- **Branch membership numbers remain steady**
- **Volunteer Awards by Parkinson's UK:**

Alison Williams, David Adams, David Melton, Scott Wilson



Regular Branch Activities

Research & Better Treatment – action & links:

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

Personal Wellbeing – online and in person:

Activities & Exercise: Art Group, Cafés, Dance, First Steps, Nordic Walking, Pilates & Neurodynamics, QL Group, Singing4Fun, Support Group, Side by Side, Tai Chi x2, Therapies, Walks in the Park, Yoga.

Community – online and in person:

Active Website & Social Media; Blethers; Internet Support; Newsletters; Support for Young (Working Age) Parkinson's Group

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

4 Treasurer's Report

5 Appointment and Elections

BUSINESS AGENDA (contd.)

- 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 – *David Melton (Chair ERIG)*, *Gina Allen*, *Anne Chalmers*, *Maggie Douglas*, *Kirsty Low*, *Louise Ogilvy*, *Nick Shelness*, *Iain Steele*, *David Waughman*, *Dave Wilson*,
Scott Wilson (Chair EYPSG)
- 7) Election of Hon Chair – *David Adams*
- 8) Election of Hon Vice-Chair – *Patrick Mark*
- 9) Any other competent business –

BUSINESS AGENDA (contd.)

Succession:

Last year we advertised for a successor to take the Chair. None has yet come forward.

The Committee is adapting duties to lighten the Chair's role.

AGM concluded
reviews to follow...

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

Edinburgh Branch Research Interest Group

AGM review of 2021-2022

David Melton

2021 Branch Activities and Volunteering Review

2021- *Community Information & Events:*

- Active Website & Social Media
- Branch Blethers
- Newsletters online and in post
- ‘How to get online’ messages
- Strategy Review
- Formation of Community Development Group
- Hypnotherapy pilot (one-to-one)
- Walks in the Park & Cafés
- First Steps Project

**form &
function**
digital co-op

2021 - Activities & Service Leaders:

- Art Group revival – *Lindsay McDermid*
- Cafés revival – *Maggy Douglas & Sheila Edward*
- Dance for Parkinson's – *Jen Cunningham*
- First Steps – *Nick Shelness, Iain Steele, Kirsty Low*
- 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*
- Therapies, one-to-one – *misc. providers & Gina Allen*
- Walks in the Park – *Maggy Douglas & Sheila Edward*
- Yoga – *Karen Watts*

2021 – *Special Additional Support*

for Care-partners:

- Side by Side course – *Cathie Quinn & Marysia Williamson*
- Support Group - *Cathie Quinn*

for working age people with Parkinson's:

- Young Parkinson's Group – *Scott Wilson & Gina Allen*
- [YP Carers Support Group- *in abeyance*]

2021 – *Establishing First Steps*

The First Steps Programme is

- for early stage people with Parkinson's
- given by people with Parkinson's
- led by Parkinson's UK PwPs and Staff
- Edinburgh Branch is first in the UK to initiate a trained local Programme, in collaboration with the First Steps Team
- March 2022 Programme is open!

Brilliant Branch Blethers

well worth joining in!

- April – Alison Stewart, Parkinson's Nurses
- June – Mary Ellmers, Parkinson's Scotland
- September – Tonic Arts, Lothian NHS
- October – Teatime Chat
- November – Yoon Irons, Singing for Health & Wellbeing
- December – Christmas Songfest
- February – Book Blether
- *And more to come...*

Celebrating our backbone of Volunteers - 1!

Alexa Cornish – Art Group Support

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

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

Anne-Marie Parham – Volunteer Hypnotherapist (till June 2022)

Brian Moore – Tandem Cycling

Cathie Quinn – Singing4Fun, Support Group, Side by Side

Dave Wilson – Community Development Group, 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, Community Development Group, Committee

Iain Steele – First Steps, Committee

Julia Melton – Publications, Member info packs, QL Treasurer

Kathy Fraser – [Aquatherapy support]

Kathleen Besos – Tai Chi, [Aquatherapy support]

Celebrating our backbone of Volunteers - 2!

Katrina McGougan – Art Group Co-ordination

Kieran White - Fundraising

Kirsty Low – First Steps Co-ordination, Committee

Kenny Williamson – Indoor Bowling

Lindsay McDermid – Art Group at Botanic Cottage

Louise Ogilvy – Fundraising, Committee

Maggy Douglas – Community Development Group, Cafés, Committee, Walks in the Park

Martin Maxwell - Fundraising

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

Olivia Bell – Branch Secretary, Singing4Fun, Correspondence, Branch Blethers,

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 & Cafés, Walks in the Park

Sue Owen – Volunteer Therapist

Weir Brown –Treasurer, Budgets, Legacy Plans, Website, Committee

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

Outlook for 2022

Activities in 2022

Develop First Steps



More online Branch Blethers



ERIG and The Lecture



Continuing Activities in person and online



Community Development Group



- *Branch Get-togethers*

- *Parkinson's Cafés & Walks*

- *Branch events*

Continuing public patient involvement – PPI



More Volunteers???

Volunteering in 2022?

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

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

THANK YOU

End of Branch Committee's Review

Questions?

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

Parkinson's UK Edinburgh Branch AGM 2022