

Branch Chair's Video Report

(Link to View: https://youtu.be/-0a0mh_xSeM)

PARKINSON'S^{UK}
SCOTLAND
CHANGE ATTITUDES.
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Edinburgh Branch

52nd Annual General Meeting

13th March 2024

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SCOTLAND

Welcome to our AGM

Members, Care-partners, Volunteers

&

Brian Carson & Alice Hall,

Parkinson's UK Scotland

Programme

A. Introduction from Vice-Chair

B. AGM Business

C. 2023 Review

Including ERIG

**D. Brian Carson Scotland Trustee
Parkinson's UK**

Business Agenda

- 1) Introduction and Welcome from Vice Chair Patrick Mark
- 2) Apologies for absence
- 3) Minutes of the meeting held on the 15th March 2023
- 4) Treasurer's Report and Accounts for the year ending 31/12/23
- 5) Election of Branch Chair: Stephen Brannan
- 6) Election of Officers and Committee
Vice-Chair: Patrick Mark; Treasurer: Niall Stirling; Secretary: Olivia Bell
Committee: David Melton (Chair ERIG), Gina Allen (Community Development & EYPSG), Anne Chalmers (Communications)
- 7) Reviews and Updates from Ed. Branch & Parkinson's UK Scotland

2) Apologies

3) Minutes of 15th March 2023

4) Finance Report

Niall Stirling

Income & Expenditure 2023

Income

	£
Total income	69,504
<i>of which:</i>	
Donations	19,426
Legacy – J Murray	20,000
Lunches	1,896
Fundraising	5,781
Activities	19,724
Grants	1,680
Other (interest, membership etc.)	997
<i>Surplus</i>	<i>1,100</i>

Expenditure

	£
Total expenditure	68,404
<i>of which:</i>	
Research donations	1,100
Research group expenses	5,328
Activities	52,327
Lunches	2,925
Admin, printing, mailing etc.	6,724

Activities 2023

Income	£	Expenditure	£
Pilates	5,980	Pilates	13,223
Singing4fun	3,411	Singing4fun	9,498
Tai Chi	1,234	Tai Chi	3,429
Neurodynamics	5,937	Neurodynamics	17,352
Yoga	680	Yoga	2,205
Nordic walking	779	Nordic walking	1,800
Table tennis	1,703	Table tennis	2,734
		Art/Therapies	2,030

Donations/Fundraising 2023

Donations	£	Group Donations	£
General Donations	9,020	Axol Biotechnology	1,000
Gift Aid Tax Reclaimed	1,378	CR Smith	200
In Memoriam	1,707	New Melville Bridge Club	616
Annual lecture	1,083	MA Black's Trust	4,000
Fund Raising	£		
Craigeith collections	4,026		
Art sale	400		
Garden scheme	1,344		

Personal Donors & Fundraisers 2023

Special Thanks

Nigel Wilson

Deirdre Grennan

Martin Maxwell

Donna Gilfillan

J Reid

J Marr

Pat Brown

M A Black's Trust

Kevin Brown

Sharon McGinley

Louise Ogilvie

Volunteers

Welcome to New Branch Volunteers

Diane Drummond – Fundraising

Lynn Stewart – Parkinson's Walk &

Café Mike Coates – Café

etc.

Regular Branch Activities

1) Research & Better Treatment

Edinburgh Parkinson's Lecture

Edinburgh Research Interest Group (ERIG)

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.

Regular Branch Activities

2) Personal Wellbeing:

Regular (Body and Mind) Activities provide opportunities to work on improving physical ability and general well-being for people with Parkinson's

Art Group, Indoor Bowls, Nordic Walking, Pilates & Neurodynamics, QoL Group, Singing4Fun, Carers Support Group, Side by Side Course, Table Tennis, Tai Chi, Complementary Therapies, Parkinson's Walks, Yoga.

(Dance for Parkinson's and Punching with Parkinson's we endorse)

Regular Branch Activities

3) Community Focus

We offer friendship and community to help support quality of life for PwP's, their families and friends.

- Branch Get-Togethers
- Social Café
- News Bulletins and Newsletters
- Support for Young (Working Age) Parkinson's Group
- Summer & Christmas Lunches
- Active Website & Social Media

Table Tennis Group

Diane Kennedy and Alison Williams only took up table tennis in Autumn 2022.

The first time they competed Diane won Gold in the Ladies Singles and Alison won Bronze.

The next day they teamed up to win Bronze in the Ladies Doubles.

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Parkinson's UK Edinburgh Branch AGM 2024

At the same competition in August 2023, Scott and Robert did well.

Many thanks to Scott for introducing this activity and for Gina and Scott's continued support and ambition for the sport.

Thanks also to Roy Claxton and John White from South Ayrshire TT Club for providing first class coaching.



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Parkinson's UK Edinburgh Branch AGM 2024

5) Election of Branch Chair

Election of Branch Chair

Candidate:

Stephen Brannan

6) Election of Officers & Committee

Election of Officers & Committee

Candidates:

Vice-Chair: Patrick Mark

Treasurer: Niall Stirling

Secretary: Olivia Bell

Committee

David Melton (Chair ERIG)

Gina Allen Community Development, Therapies & EYPSG

Anne Chalmers Communications, Website & Media

Stuart Smith & Sheila Edward: New Committee Members

AGM concluded

7) Reviews follow...

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Edinburgh Branch Research Interest Group

AGM review of 2023-2024

David Melton

September 2023: Edinburgh Parkinson's Lecture

In front of a large audience at the Royal College of Physicians of Edinburgh and also watched live online by 600 people.

Prof. Camille Carroll: Learning to Listen – a patient-centred approach to Parkinson's care and research.



The event ended with Branch member Dr Alison Williams welcoming this new approach for health care professionals to engage more with PwPs about Parkinson's care and research.

April 2023: Student Talks for The Bowler Travel Bursary

Engagement between members of the Edinburgh Branch and local university researchers, students and health care professionals with a research interest in Parkinson's was started by Prof. Ken Bowler. Following his death in 2019 the Branch established an annual Travel Bursary for a PhD student to attend a conference relevant to their research.

Here are the three contestants with one of the judges, Dr Alison Williams.



November 2023: Effects of Mindfulness Meditation and Exercise Prescription on the Confidence of People with Parkinson's to Engage in Physical Activity

Khalid Al-Ani, an Honours student in Physical Activity & Health at Napier University was looking for volunteers to join this research study. Participants will be divided into two groups: one will follow a specific exercise prescription, and the other will combine exercise with mindfulness meditation.

February 2024: NeuroCARE App – a digital health monitoring research study

Dr Johnny Tam, a Clinical Research Fellow at the Anne Rowling Regenerative Neurology Clinic spoke and answered questions about a new research study. He is looking for volunteers with Parkinson's to join the study which aims to use everyday digital devices to enable PwPs to participate in health research.

Speech as a Disease Biomarker

Current Paradigm



- Qualitative descriptions



- Subjective assessments



- Poor to no standardisation
- Resource intensive
 - Dependent on expertise
 - Time-consuming – over hours and multiple sessions

Potential for a modern biomarker that is...

- *Quantitative*
- *Accessible*
- *Scalable*
- *Better standardised*



Edinburgh Research Interest Group

More details and recordings of all ERIG talks:

<https://www.edinburghparkinsons.org/research-interest/local-research-events/>

and Edinburgh Parkinson's Lectures:

<https://www.edinburghparkinsons.org/edinburgh-parkinsons-lecture/>

are available on our Branch website

(<https://www.edinburghparkinsons.org/>)

Join us!

New Initiatives and Activities for 2024

New Venue for Branch Get Togethers

ERIG continuation of events

Edinburgh Parkinson's Lecture

Supporting/promoting participation in research

Community Development

Recruiting more Volunteers

Special Thanks To

Committee Members

Branch Vice Chair, Secretary, Treasurer

ERIG Chair, Independent Examiner

Activity Leaders & Organisers

Parkinson's UK

All Volunteers & Helpers

THANK YOU

End of Branch Volunteering Review
Any Questions?

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Brian Carson
Scotland Trustee
Parkinson's UK

Thank You...