

Parkinson's UK Edinburgh Branch

Annual General Meeting 2018

Wednesday March 14th at 2.15pm

Goldenacre Bowling Club, Edinburgh

TODAY'S PROGRAMME

Welcome!

A) AGM Business

B) Our Volunteers & Special Reports

Including ERIG, and much more ...

C) Dr Bethany Whiteside

BUSINESS AGENDA

- 1) Apologies for absence
- 2) Minutes of the meeting held on the 8th March 2017
- 3) Treasurer's Report and Accounts for the year ending 31/12/17
- 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, Heather Robertson, Eileen Blackwood, Annette McLeod, Louise Ogilvy, Bill Wright, Judith Shepherd, Hagop Bessos, Scott Wilson*
- 7) Election of Hon Chair – *David Adams*
- 8) Election of Hon Vice-Chair – *Patrick Mark*
- 9) Any other competent business –

Income & Expenditure 2017

Income

| | |
|--|---------|
| Total Income | £27,213 |
| <i>of which:</i> | |
| Legacies | £ 6,208 |
| Donations | £ 1,770 |
| In Memoriam | £ 4,297 |
| Events | £ 3,181 |
| Singing | £ 4,515 |
| Other (activities, membership, etc) | £ 7,242 |

Expenditure

| | |
|--------------------------|------------------|
| Total Expenditure | £43,730 |
| <i>of which:</i> | |
| Activities | £16,244 |
| Room Hire | £ 8,375 |
| Singing | £ 5,908 |
| Research | £ 1,000 |
| Events | £ 2,840 |
| Admin, printing, mailing | £ 9,363 |
| <i>Deficit</i> | <i>(£16,517)</i> |

Fundraising 2017

Donations

| | £ |
|------------------------|-------|
| General Donations | 7,487 |
| Gift Aid Tax Reclaimed | 981 |
| In Memoriam | 4,287 |
| Fundraising | 1,770 |
| Art Sales | 980 |
| Burns supper | 280 |
| Sponsored walk | 254 |

Group Donations

Jubilo Society

Dunbar Golf Club Ladies

Corstorphine Probus Club

Dalkeith Singers

Corstorphine Bowling Club

Personal Donors & Fundraisers 2017

Special thanks

G Reynolds

L Hume

Mrs Auld

I Hannah

C Wilkinson

S A Vick

J A Akerman

C Scott

M Jack

M A Black

D Grennan

Branch Strategy 2017

We stand for

**Research & Better
Treatment**

**Personal
Wellbeing**

Community in Action

Branch Committee 2017 Report

Activity Highlights

Supporting Research & Better Treatment

- Lecture, September
- ERIG meetings
- *New Dundee Group*
- Neurological Voices

For Personal Wellbeing

- 10 Continuing Activities
- Meetings with Nurses
- Aquatic Exercise (hydrotherapy) in preparation

Parkinson's Community in Action

- Monthly Branch Meetings
- Summer & Christmas Lunches
- *New - Parkinson's Cafés*
- Exploring new links with Young Parkinson's

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TODAY'S PROGRAMME

A) AGM Business - *concluded*

**B) Our Volunteers & Special
Reports**

C) Dr Bethany Whiteside

Our Volunteers & Special Reports

Edinburgh Branch Research Interest Group

AGM review of 2017-2018

Ken Bowler, Group Chair



Another successful year....

- Jan 2017** Talk by Dr Alison Green, University of Edinburgh, on a possible biomarker for Parkinson's
- Apr 2017** Dr Esther Sammler, University of Dundee, on genes in Parkinson's, from "bench to bedside"
- Sep 2017** Parkinson's Lecture by Prof Andrew Lees
- Dec 2017** Talks by Dr Tilo Kunath on "Stem Cell Therapy for Parkinson's" and Leona Braund on "Living with Parkinson's"
- Sept 2018** Public lecture by Professor ??

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 Anna-Louise Smith (alsmith@parkinsons.org.uk)

Become a lay grant reviewer for PUK

Spreading the word

Alison Williams, Ken Bowler and Bill Wright invited to contribute to a Special Focus Issue in the journal **Regenerative Medicine**, entitled: **“Adventures with Parkinson’s: Empowering Parkinson’s patients to become active partners in research and treatment”**

Published on-line in November, Regen Med 12, 737–742 (2017).

- **Our experiences of participatory medicine, working collaboratively with researchers and healthcare professionals.**
- **An opportunity to document and publicise what we as a Branch have achieved in promoting research and increasing public awareness.**

Acknowledgements

I am immensely grateful to:

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

Tilo Kunath & John MacPhee with
“Eradicate Parkinson’s?!” got the second
highest audience at the 2017
Cabaret of Dangerous Ideas



Our Volunteers - *New

- **Alison Williams** – QL Group, Dance, Research, QMU
- **Anne Chalmers** – Support Group, Goldenacre, Eventbrite bookings
- **Annette Mcleod** – Singing, Dance
- **Bill Wright** – QL group, Nordic Walking, Self Management Course
- **Cathie Quinn** – Singing, Support Group, Side by Side, Goldenacre
- **David Adams** – Chair Branch & Committee Meetings, Activities
- **David Waughman*** – Assisting Self-Referral Aquatic Exercise
- **Eileen Blackwood** – Young Parkinson's, Ethnic Minorities, Education talks, Parkinson's Awareness Week
- **Hagop Bessos *** – ERIG, Edinburgh-Dundee Research Initiative, Drop-in Café, Swimming
- **Harry Gordon*** – Internship at Anne Rowling Clinic
- **Heather Robertson** – Singing, Support Group, Side by Side, Bellevue
- **Helen Harris** – Exercise Activities Co-ordination, Newsletters, fliers, leaflets, Printing, Promotions, Reports
- **Judith Shepherd** – Committee
- **Julia Melton** – Publications, Member info packs, QL Treasurer
- **Ken Bowler** – ERIG, Lecture, Parkinson's UK Research, Membership, Eventbrite, Website
- **Kenneth Williamson** – Indoor Bowling
- **Lindsay Mcdermid** – Art Group
- **Louise Ogilvy** – Fundraising events
- **Liz Hume** – Secretary, Minutes, Correspondence, Branch Meetings, Payments & Donations
- **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

Inspiring Volunteer Achievement Awards



By the Lord Provost in
June 2017 to

Edinburgh Branch and
personal awards to

Cathie Quinn &

Heather Robertson

Parkinson's UK

Au Revoir and huge thanks to

- Katherine Crawford
- Gina Allen
- Betty Thomson

Big Hello to

- Annie Macleod – **Scotland Director**
- Alice Hall – **Volunteer Co-ordinator**
- Abenet Tsegai – **Local Adviser**

Special Appreciation 1

- Thanks to **Kenny Williamson**, retiring Treasurer
- Remembering retirements of **Liz and Bill**
- Reviewing
 - Coffee Morning
 - Ceilidh
- Replacing Braidburn swimming
- Retiring from Gentle Exercise, **Lynne Scott**

Liz & Bill McBain

(Art Group, Gentle Exercise and Swimming at Braidburn)



Special Appreciation 2

- **Parkinson's Nurses**
 - we have **regular meetings with** Alison Stewart, Tina Daniels and Alison Darbyshire, **(and Tracey Fergie, support)**
- **Our professionals:**
 - Sasha Baggaley, **Pilates**
 - Kevin Brown, **Tai Chi**
 - Chris Davies, **Thistle Foundation**
 - Jen Farmer, **Dance**
 - Trevor Jones, **Nordic Walking**
 - Penny Stone & Ellie Logan, **Singing4Fun**
 - *and welcome to*
 - Jackie Rochmankowska, **Aquatic Exercise**

Special Appreciation 3

Goldenacre Bowling Club!

For accommodation while Bellevue Chapel is renovating:



Branch Committee 2017 Report

Personal Wellbeing

- Art Group
- Bowling
- Cycling
- Dance
- Lifestyle at Thistle
- Nordic Walking
- Pilates – **3 classes!**
- QL Group
- Singing
- Support Group
- Swimming
- Side by Side course
- Tai Chi

Coming soon

- **Aquatic Exercise**



Art Group

Lindsay McDermid

At the Botanic cottage



Parkinson's
Tea Party

Time for tea and cake to celebrate the recent award given to the Parkinson's volunteers for their inspirational work.

Join us at the wonderful Cottage in the Botanic Gardens for
Lashings of tea
Live afternoon tea music
(dancing optional)
Sample Teas from around the world
and of course fantastic
home baking
Quiz and More

Entry FREE with ticket

14:00-16:30 Friday 11th. August
Botanic Cottage Royal Botanic Gardens Edinburgh
TICKETS
<https://parkinsonsteaparty.eventbrite.co.uk>

L. McD

Indoor Bowling

Marge Barker & Kenny Williamson

‘Continues to thrive, 19 fully paid up members of Meadowmill Indoor Bowling Club. We play every Monday 12-2pm with a break for lunch throughout the year.

‘Held our annual fixture with Fife Parkinson's bowlers last August, Edinburgh winning the trophy. This year the match will be in Fife and we hope to retain the trophy.

‘If anyone would like to try bowls please feel free to join us. We can arrange shoes and bowls.’



Dance for Parkinson's at *DanceBase*
New funding for 3 years just announced!

Wednesday 11.30 – 13.00
(tea/biscuits 13.00 – 13.30)

Participants: regularly 20 + and new people joining and staying

Volunteers: supporting us each week in turns

Inspirational teachers: **Jen, Sophie, Christina**

Amazing musicians: **Robert & Gordie**



Dance for Parkinson's at *DanceBase*

Events & News

- **Scottish Ballet** Christmas invitation to dress rehearsal of the Nutcracker for all classes
- **Joint class** with Glasgow – 60 people altogether (including Aeya aged 3!)
- **Exhibition** of **Lindsay McDermid's** dance pictures, inspired by the class, by the teachers and by other dancers and dances in DanceBase. The exhibition continues in DanceBase
- **Research** Dr Grosset & Dr Duncan (Interim report): “Dance and Parkinson's disease: exploring the physical and psychological effects of a dance programme in people with Parkinson's disease”
- Dr Bethany Whiteside (AGM presentation)

Pilates

Mobility – stability – strength – balance

Sasha Baggaley



- Three weekly classes – all fully subscribed!
- Introductory class for new people proposed to start after Easter (*contact Sasha if interested*)
- Small fee of £3 per class, payable in a block at the start of each term.



Quality of Life Group

QL Group

Alison Williams & Bill Wright

1st Thursday of every month 2pm – 3.30pm (DV & WP!)

The **Quality of Life Group** continues to thrive with 10 to 15 people per meeting, welcoming new people as well as regulars

Exciting news! *QL Group in Fife* started after a Christmas visit from Fife PwP. People are very welcome to visit one another's groups.



Singing4Fun

Cathie Quinn & Heather Robertson

We are not a choir but a singing group and it is fun. Though particularly for People with Parkinson's it is open to anyone who likes singing. No previous experience required and if you can talk you can sing.

The Tuesday group at Marchmont St.Giles is going from strength to strength. One lady who recently joined said "I wish I had come sooner"

Penny Stone Tuesday Group

The Wednesday group has dropped in numbers and is in threat of closing. We could keep going if we could get 12 people to join us. The accommodation at **Grace Baptist North** in Logie Green Road is temporary until the extension at Bellevue Chapel is complete.

Ellie Logan Wednesday Group





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 over tea or coffee, scones and biscuits. This group too is growing. We have a number of widows who feel they still have something to give.

Side by Side

A course for 'carers' of people with Parkinson's. Run in the autumn. Dates and venue will be on the website when both are confirmed. This is an opportunity to learn from the professionals about the help and support there is for you. You can read feedback on the website. At the last course we had the record of three men attending!

[Parkinson's UK Edinburgh Branch AGM 2018](#)



New in April - Aquatic Exercise at the Astley Ainslie Hydrotherapy Pool



Parkinson's Community Action 2017

2017

- Membership
- Committee
- Branch Website
- Branch programme, Meetings & Admin
- Drop-in Cafés
- Parkinson's UK liaison
- Newsletter & Member Information
- Events: Summer & Christmas Lunches, Tea Party, Eventbrite Bookings
- Burns Supper

Intended for 2018

- Marketing for Membership (including car sticker)
- World Parkinson's Day, 11th April 2018
- Minorities
- People 'stuck' at home
- Young Parkinson's Events
- More Volunteers
- Inter-branch liaison

Happening in 2018

- Napier Students Marketing Project
- Queen Margaret University collaboration
- Lecture in September
- Young Parkinson's Connections

Volunteering

Volunteering is great for wellbeing!

We need volunteers for activities, especially

- **Young Parkinson's Community Initiatives**
- **Outreach for membership**
- **Participating in Professionals' Education**
e.g. **Public Patient Involvement (PPI) at QMU**
on 26th March

Branch Strategy 2018

We still stand for

**Research & Better
Treatment**

Personal Wellbeing

Community in Action

Special thanks to

Committee Members

Hon Vice Chair

Hon Treasurer , Independent Examiner

Hon Sec

Activities Co-ordinator and Organisers

Parkinson's UK

And all Volunteers & Helpers

TODAY'S PROGRAMME

A) AGM Business - *concluded*

B) Our Volunteers & Special
Reports - *almost concluded*

C) Dr Bethany Whiteside

But first

Dr Bethany Whiteside
Dance for Parkinson's
in Scotland

Branch Office Bearers 2018

Hon Chair, David Adams

Hon Vice-Chair, Patrick Mark

Hon Secretary, Liz Hume

Hon Treasurer, Weir Brown

Hon Independent Examiner, Susie Tastard CA

Committee:

Hagop Bessos, Eileen Blackwood, Annette McLeod,

Louise Ogilvy, Cathie Quinn, Heather Robertson,

Judith Shepherd, Scott Wilson, Bill Wright