

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

**PARKINSON'S UK**  
**CREWE AND DISTRICT BRANCH**

**ANNUAL GENERAL MEETING and**  
**REVIEW OF 2017**

31 January 2018



**#takecontrol**



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**Report Editor:** Lesley Greenhalgh

**Editorial Content:** Lesley Greenhalgh  
Sue Pickup  
Geoffrey Sheridan

# AGENDA

1. Introduction and Welcome - Dennis Fricker, Branch President
2. Guest Speakers. Introduction - Geoffrey Sheridan, Branch Chairman  
**Drupad Trivedi**, The University of Manchester Sniffing Out Biomarkers for Parkinson's Project  
**Marion Rogers**, Area Development Manager, Parkinson's UK

## REFRESHMENTS

3. Apologies for Absence - Geoffrey Sheridan, Branch Chairman
4. Approval of the Minutes of AGM held 31 January 2017
5. Branch Report - Geoffrey Sheridan, Branch Chairman
6. Election of Committee - Marion Rogers, Area Development Manager, Parkinson's UK
7. Any Other Business

# CREWE AND DISTRICT BRANCH, PARKINSON'S UK ANNUAL GENERAL MEETING

31 January 2017

## MINUTES

### 1. Introduction and Welcome

Retiring Branch President, Ray Stafford, welcomed everyone to the meeting and thanked them for their attendance.

Ray congratulated the committee and the branch for everything they had done during the last year and during his time as President. Ray said that he would continue his involvement with the branch.

Branch Chairman, Dennis Fricker, made a presentation to Ray on behalf of the branch and thanked him for his contribution to Parkinson's UK.

### 2. Guest Speakers

Branch Chairman, Dennis Fricker, introduced our guest speakers.

- Rosemary A Fricker, Professor of Neurobiology; Stuart Jenkins, Lecturer in Neurobiology; Matthew Dunn, 3<sup>rd</sup> Year PhD Student; and Emma Green, 1<sup>st</sup> Year PhD Student, all from Keele University, School of Medicine, spoke about "Searching for Therapies for Parkinson's Disease - from Professor to PhD Student.
- Emma Hughes, Volunteer Coordinator, Parkinson's UK. Emma spoke about Parkinson's UK's priorities for 2017 and thanked the Branch and particularly Dennis Fricker for their work during 2016.

Dennis Fricker thanked Rosemary, Stuart, Matthew, Emma and Emma for their attendance.

### 3. Apologies for Absence

Apologies for absence had been received from Bob Bennion, John Blower, Sandra and John Gott and Karl and Jeannette Longworth.

### 4. Approval of the Minutes of AGM held 4 February 2016

Minutes of the AGM held on 4 February 2016 were proposed by Vivienne Ranson, seconded by Linda Cooke and approved by the meeting.

## 5. Branch Report

Dennis Fricker referred those present to the Branch Report contained in the AGM documentation.

Having decided to stand down as Chair, Dennis thanked everyone connected with the Branch, particularly the Committee, for their help and friendship during his time as Chair.

Geoffrey Sheridan presented a letter to Dennis from Steve Ford, Chief Executive of Parkinson's UK, thanking him for his tireless support of Parkinson's UK. Geoffrey reiterated these sentiments on behalf of all committee and branch members during Dennis' term. His biggest legacy is the appointment of the Parkinson's Nurse.



## 6. Election of Committee

Position	Nomination	Proposed	Seconded
<b>Members seeking election in other posts</b>			
Chair	<b>Geoff Sheridan</b>	Vivienne Ranson	Carole Buckingham
Committee	<b>Jenny Sadler</b>	Vivienne Ranson	Carole Buckingham
<b>Members seeking election in existing posts</b>			
Secretary	<b>Lesley Greenhalgh</b>	Allan Cooper	Tony Cooke
Fund-Raising	<b>Linda Cooke</b>	Allan Cooper	Tony Cooke
Membership	<b>Carole Buckingham</b>	Allan Cooper	Tony Cooke
Committee	<b>Bob Bennion</b>	Allan Cooper	Tony Cooke
	<b>John Blower</b>	Allan Cooper	Tony Cooke
	<b>Margaret Elwell</b>	Allan Cooper	Tony Cooke
	<b>Vivienne Ranson</b>	Allan Cooper	Tony Cooke
	<b>Jenny Sadler</b>	Allan Cooper	Tony Cooke
	<b>Janet Wright</b>	Allan Cooper	Tony Cooke
<b>New members seeking election</b>			
Deputy Chair	<b>Sue Pickup</b>	Lesley Greenhalgh	Carole Buckingham
Committee	<b>Mike Card</b>	Lesley Greenhalgh	Carole Buckingham
	<b>Allan Cooper</b>	Lesley Greenhalgh	Carole Buckingham
Treasurer	No nominations had been received. Geoffrey said he would act as Treasurer until such time as someone was found for the role.		

**Dennis Fricker** was asked if he would accept the role as Branch President. Lesley Greenhalgh proposed the nomination, Carole Buckingham seconded and the meeting voted unanimously.

## 7. Any Other Business

There was no additional business to be discussed.

## BRANCH REPORT

The Branch, and ultimately Parkinson's UK, would not exist without its members, volunteers, family and friends, the support they give and fundraising they carry out. The Committee would like to thank everyone connected with the Branch for their help and friendship throughout the year.

### 2017/18 COMMITTEE MEMBERS

Geoffrey Sheridan (Chair and Acting Treasurer)		
Sue Pickup (Deputy Chair)	John Blower	Bob Bennion
Carole Buckingham (Membership)	Allan Cooper	Mike Card
Linda Cooke (Fundraising)	Vivienne Ranson	Margaret Elwell
Lesley Greenhalgh (Secretary)	Janet Wright	Jenny Sadler

### FUND-RAISING

The Branch has held a number of events to raise money for Parkinson's UK. All fundraisers and supporters are thanked for their tremendous efforts.

#### Quiz Nights



Quizzes in March and October at Nantwich Cricket Club with quizmaster, Wyn Jones raised in excess of £650. The evenings are fast turning into sell out events.

Questions continued to be as varied and challenging as ever and the fish and chip supper very well received.

#### Bucket Collection

Thank you to Crewe Alexandra Football Club and supporters, and the supporters of their opponents Newport County, for the contributions made during our collection in August which helped us raise £345.

If anyone is able to help with future collections please email the branch.



## Nantwich Showground Cake Stall

The branch is an active member of the Redshift Radio Hub and attends events and networks with other organisations. We had a stall at Redshift's Big Day Out held after the Nantwich Show.

Thank you to everyone for the delicious baking. We raised over £100 and also provided information to people affected by Parkinson's.



## Garden Party



Thank you to Jane and David Rothie for organising a garden party in aid of Parkinson's UK during the summer which raised £500. The cream tea was a particular hit with everyone who attended.

Why not put this year's date in your diary - Saturday 30 June. 12 - 5 pm.

## Watts Mortgage & Financial Services Ltd

Team members from Watts Mortgage and Wealth Management in Nantwich braved gale-force winds and heavy rain to complete a climb up Scafell Pike, the highest mountain in England. With sponsorship from family and friends, they raised £800 for the branch.

The craggy Cumbrian landmark, soaring 3,209 feet, was conquered in five hours by the group led by the company's managing director Andrew Watts and director Barry Jones who specialises in life and critical illness policies.



## Anderton Boat Lift Trip, River Cruise and Cream Tea



In September 40 members enjoyed a river cruise, cream tea and ride on the Anderton Boat Lift in glorious weather.

The day was part sponsored by Crewe Rotary Club.

## PARKINSON'S AWARENESS WEEK, APRIL 2017

The theme for awareness week was centred around the need for a breakthrough in the treatment of and finding a cure for Parkinson's. Parkinson's UK asked the public to support their research to develop better treatments, faster.

During Awareness Week members of the branch helped to publicise the role of Parkinson's UK and activities of the branch. The aim was to ensure that people living in this area affected by Parkinson's are receiving the support and information they need. Activities included a display at Ashfield Primary Care Centre, Northwich Library and Santandar in Crewe.

A branch event was held at Nantwich Civic Hall with information and advice on a range of topics including an opportunity to talk to the Parkinson's Specialist Nurse and the Local Advisor for Parkinson's UK. The event was well attended and visitors had an opportunity to visit displays from organisations including CTC Physiotherapy, Speech Therapy, Cheshire and Warrington Carers, Wishing Well group, Wiltshire Farm Foods, Home Instead, Cheshire Community Agents and a craft stall. Feedback from visitors was very positive and people newly diagnosed were provided with help and support.

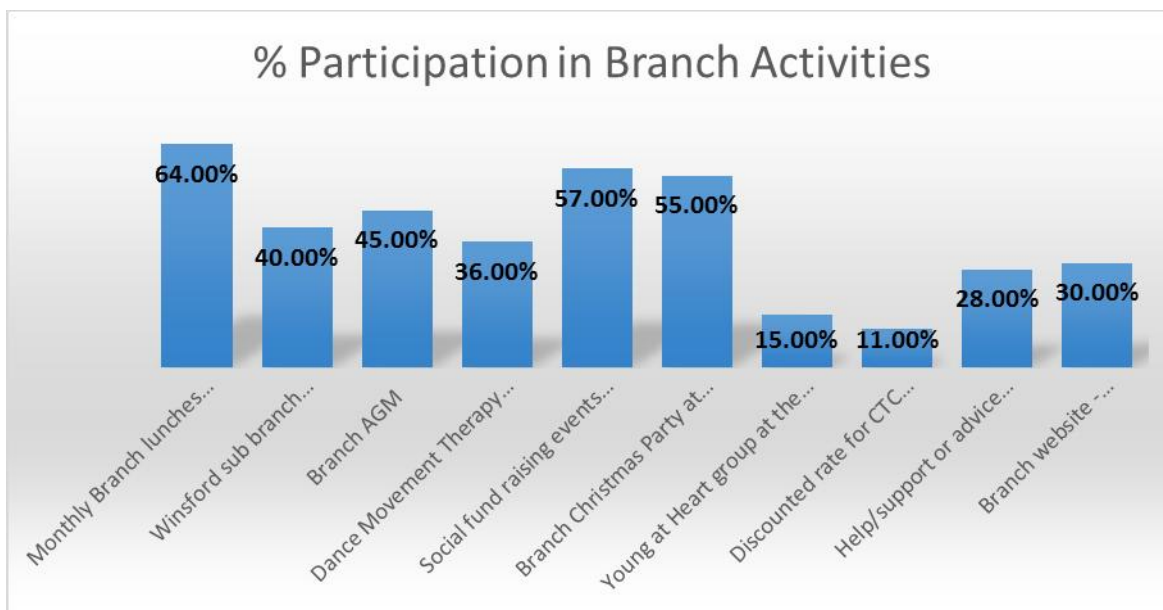


## BRANCH MEMBERS SURVEY RESULTS, SUMMER 2017

A questionnaire was sent to branch members in March 2017. 47 responses were received in total (approximately a 40% response rate).

### Branch Activities

The graph below indicates the % of people participating in branch activities. Members were asked if they would consider attending these events if they don't currently and an average of 8% said they would consider attending or accessing in future - the highest being 17% for the Christmas lunch.



## **Main reasons for joining**

- To understand/learn more about Parkinson's
- Support self/wife/husband/partner/friend
- To meet other people and learn more about the condition
- Learn tips from others to cope
- Information needs - local and national
- Connect with others
- For support and friendship
- To get more information on Parkinson's.
- "I have yet to go to a meeting as I find it hard to mix with people"
- Fund raising

## **What did people expect to be gained from joining the Branch?**

- To talk to people in a similar position
- Information exchange and knowledge
- To understand more about Parkinson's, particularly when first diagnosed
- To socialise
- Gain support
- Carers to have support and talk to others in a similar position
- Making friends
- "Social, but my husband did not want to attend"
- "As eating becomes more difficult and I get embarrassed in front of others I only go out when I feel up to it"
- Better insight into the condition, progression and latest research

Respondents to the survey generally said activities organised by the branch were very good, and well supported and run. Comments included:

- We have enjoyed going to the dance group in Winsford and Minshull's lunch
- Very well supported at Winsford
- Monthly lunch very good but not enough room ... poor location but the principle and value for money is good
- Keep fit therapy is especially good and the meals are a good social gathering
- I appreciate the effort the committee makes and many events have been informative, helpful and fun

There were a few requests for an alternative venue to Minshull's due to the noise and limited space to move around the conservatory. The choice of venue will be kept under review.

## **What would members like to see the branch provide?**

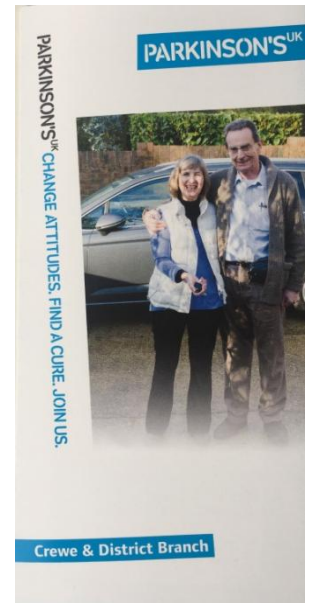
- Trips out and lunches (Trentham Gardens was suggested several times again)
- Help with form filling including Blue Badge
- Advance details of events
- A carer group
- A walking group for carers
- Access to respite services to enable carers to have time of their own
- Details in advance of what monthly meetings are about - would try a dial a ride to get to Dingle Centre and back home - difficult at lunch time
- Be aware of nature of condition and mobility for venues

- Getting out is very important
- Steam train outing, historic places
- Visiting for an elderly/disabled person or someone living alone or opportunities to be taken out
- Dance group sessions
- Perhaps more days out through the Winter when people do not go out much

## Plan for 2018/2019

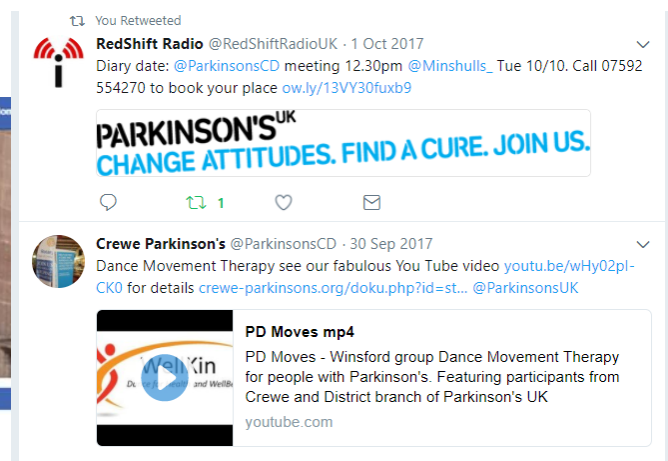
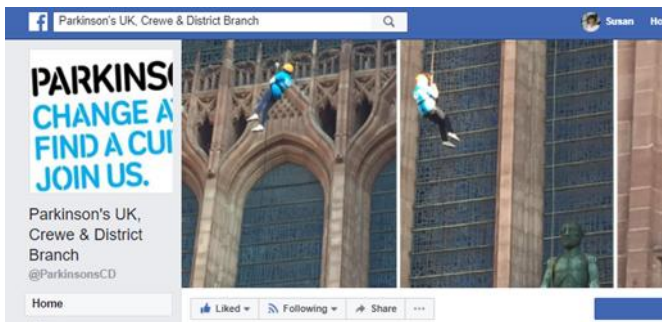
In response the Committee has reviewed the results in detail and will use feedback to shape activities during the coming year. Thank you to everyone for returning a questionnaire and for taking part.

A new branch leaflet has been produced and will be distributed to members, GP surgeries and local libraries.



## SOCIAL MEDIA

The branch has increased its presence with social media on Twitter (ParkinsonsCD) and Facebook.



## FINANCE

<b>Total Branch Income:</b>	<b>£48,651.30</b>
Donations/Fundraising:	£22,190.92
In Memory:	£4,645
Head Office - transfers and donations:	£21,815.38

**Donations to Research: £30,000.00**

- Sniffing Out Biomarkers for Parkinson's
- Taking Positive Steps to prevent falls
- Exploring Anxiety in Parkinson's

**Centrally Held Savings Account: £15,075.93**

We are very grateful for all donations. Without them there would be many things we couldn't do to support local people with Parkinson's and we wouldn't be able to donate to research with the eventual aim of finding a cure.

## SOCIAL EVENTS

### Carers Garden Tour and Lunch

In August a group of carers had lunch at the Yellow Broom in Holmes Chapel followed by a private tour of Rowley House Garden by Tim and Juliet Foden. Tim said their aim was to give nature a home and create a place of beauty.

The group was able to look around a formal courtyard garden and informal gardens featuring rare trees and herbaceous borders, a pond with swamp cypress and woodland walk with maples, ferns, rhododendrons and shade loving plants. Beyond the garden there were wild flower meadows, natural ponds and a wood with its ancient oaks and wood sculptures.



Tim and Juliet open their garden to the National Garden Scheme and have offered to do another tour for our branch.

### Afternoon Tea

The Branch Afternoon Tea at Hunter's Lodge was a lovely event combining tasty sandwiches and cake with good company.

### Monthly Lunches



Lunches continue to be held at Minshull's Nursery offering an opportunity for members to meet up and information to be shared.

### Winsford Sub-Branch

The monthly Winsford sub-branch meetings are very well supported with everyone helping to make the afternoons enjoyable.

### Monthly Catch-Up, Duke of Gloucester

The Duke of Gloucester evenings are very informal providing an opportunity for a chat and a catch-up.

### Dance Movement Therapy Classes

Our Dance Movement Therapy groups are run by Dance Movement Psychotherapist Shirley Brocklehurst and are open to people with Parkinson's, their relatives and caregivers. One of the strengths of the group is the way it can release tension and restore balance to relationships. We seek to foster a relaxed environment in which all participants have an inclusive, positive and enjoyable experience.

The session content varies from week to week but we always begin seated for a warm up to get the circulation going and the joints moving. The first half of the session is very much a “lead and follow” format using routines or patterns which will help with mobility, strength and co-ordination, preparing for the work to come in the second half which is often playful and creative.



It's not about getting steps right or wrong but engaging together in the spirit of the dance and the moment. Participants are encouraged to engage at a level that feels right for them.

The classes contain exercises and movements intended to help with strength and balance, encourage fluidity of movement, improve co-ordination and minimise the risk of falls, but they offer so much more than that because of the way that dance can help engage the brain, the body and mind together in one holistic and powerful therapy

## PLACES AND EVENTS ATTENDED

- Parkinson's UK Head Office
- Redshift Radio Expo Event, Rookery Hall
- Voluntary Services Exhibition, Leighton Hospital
- Drop-in Carers Event, Crewe Lifestyle Centre
- Redshift Radio - South Cheshire Big Day Out
- Sandbach Today
- Northwich Lifestyle Centre Drop-In Café
- Crewe and Nantwich Senior Forum Annual Health and Wellbeing Fair
- Mid Cheshire Hospitals Health and Wellbeing Fair and AGM
- Soroptimists Nantwich and District
- Engagement Event for the Parkinson's Specialist Nurse
- Parkinson's UK Working Together Event
- Parkinson's UK Research for Everyone
- Parkinson's UK AGM

## RECOGNITION FOR OUR PRESIDENT - DENNIS FRICKER

A Special Award from NHS South Cheshire CCG and NHS Vale Royal CCG was presented to Dennis Fricker for his work in the establishment of a Parkinson's Specialist Nurse. The award will be presented annually in future by the CCGs to recognise patient involvement and will be known as the Dennis Fricker award.



## ACKNOWLEDGEMENTS

We would like to thank the following for their support this year.

Ann and Alec Jackson, Soroptimists Nantwich and District, Jean and Brian Deuble, Tim and Juliet Foden, Eileen Dimelow, Jean Lynch, Pam Maddock, Mr and Mrs Rothie, Mr and Mrs Wright, The Golden Lion - Winsford, Mr Whitehouse, Rotary Club of Crewe, Rotary Club of Crewe and Nantwich Weaver, Cameo Group St Andrews Church - Winsford, Tracey Need, Cheshire East Council, Belong Village - Crewe, CTC Healthcare, Pat Davis, Santander Bank, Inner Wheel Sandbach, Wyche Malbank Probus Club, Mid Cheshire Freemasons, Mrs Bland, Mrs Moss, Williams and Lowe Funeral Director, Mr Jinks, Right at Home South Cheshire, Quality Care at Home, Poole Alcock Solicitors, Homestead, Watts Mortgage and Finance Services, Cheshire Community Action, Fairer Power, Cheshire Voluntary Foundation, Winsford Library, Welkin Dance Exercise Class, Crewe Golf Club, Crewe Alexandra Football Club, Nantwich Cricket Club, Duke of Gloucester, Minshull's, Mr and Mrs Lyon, Red Shift Radio

and many individuals too numerous to mention.

## ELECTION OF COMMITTEE

Conducted by Parkinson's UK Regional Officer

Retiring Members:

<b>John Blower:</b>	Committee Member
<b>Mike Card:</b>	Committee Member
<b>Vivienne Ranson:</b>	Committee Member

Members seeking election in existing posts:

<b>Geoffrey Sheridan:</b>	Chairman
<b>Sue Pickup:</b>	Deputy Chair
<b>Lesley Greenhalgh:</b>	Branch Secretary
<b>Carole Buckingham:</b>	Membership Secretary
<b>Linda Cooke:</b>	Fundraising Coordinator
<b>Bob Bennion:</b>	Committee Member
<b>Allan Cooper:</b>	Committee Member
<b>Margaret Elwell:</b>	Committee Member
<b>Jenny Sadler:</b>	Committee Member
<b>Janet Wright:</b>	Committee Member

New members seeking election:

<b>Ken Grainger:</b>	Committee Member
<b>Sheila Grainger:</b>	Treasurer

Additional nominations for any of the above posts can be made at the meeting.

Additional new committee members will be very welcome and can be accepted from the floor.

## 2018 EVENTS

### DATES FOR YOUR DIARY

Saturday 3 March	Choir in a Day - Nantwich Elim Church - 10 am - 4 pm
Friday 16 March	Quiz Night - Nantwich Cricket Club - 7.30 pm
Wednesday 11 April	World Parkinson's Day - see website
Monday 16 April	Away Day - details to follow - see website
Tuesday 10 July	Afternoon Tea - Hunter's Lodge
October - tbc	Quiz Night - Nantwich Cricket Club - 7.30 pm
Saturday 3 November	Fund-Raiser - Nantwich Civic Hall - details to follow - see website
Saturday 1 December	Christmas Lunch - Hunter's Lodge

### BRANCH LUNCHES

Branch lunches will be held on the 2<sup>nd</sup> Tuesday of the month (not July, August or December), 12.30 for 1 pm. Lunch is subsidised for members. Everyone welcome. No need to book.

Minshull's Nursery, Eardswick Lane, Crewe, Cheshire, CW1 4RQ

### WINSFORD MEETINGS

These take place on the last Wednesday of the month between 2 and 4 pm.

The Dingle Centre, upstairs in the meeting room at Winsford Library (lift available), High Street, Winsford, Cheshire, CW7 2AS

### YOUNG AT HEART GROUP

The YAHs meet on the 4<sup>th</sup> Thursday of the month from 7.30/8 pm.

The Duke of Gloucester, University Way, Crewe, Cheshire, CW1 5NS

### DROP-IN CAFES

- Northwich Lifestyle Centre. 1<sup>st</sup> Monday of the month - 10.30 am to 12 noon. Joint event with the MS Society.
- Nantwich Parish Hall. Wednesday 21 February from 1 pm. See website for future dates.

### DANCE MOVEMENT THERAPY CLASSES

Monday - 12 noon - 1 pm - Elworth Cricket Club, London Road, Elworth, Sandbach, CW11 3BF  
Thursday - 12 noon - 1 pm - Winsford Library, High Street, Winsford, CW7 2AS

## CONTACT DETAILS

### Crewe and District Branch

Mobile: 07592 554270  
E-Mail: [creweanddistrictparkinsons@live.co.uk](mailto:creweanddistrictparkinsons@live.co.uk)  
Website: [www.crewe-parkinsons.org.uk](http://www.crewe-parkinsons.org.uk)

### Branch Secretary - **Lesley Greenhalgh**

Telephone: 01270 567513  
Mobile: 07772 068319  
E-Mail: [lesley@lcgreenhalgh.co.uk](mailto:lesley@lcgreenhalgh.co.uk)

### Parkinson's Local Adviser (South and Eastern Cheshire and NHS Vale Royal)

For information on Parkinson's, benefits and local services and/or for support in getting your voice heard or your needs assessed please contact:

### **Susan Hughes**

Telephone: 0344 225 3756  
E-Mail: [adviser6.northwest@parkinsons.org.uk](mailto:adviser6.northwest@parkinsons.org.uk)

### Head Office, Parkinson's UK

Telephone: Free confidential helpline: 0808 800 0303  
Website: [www.parkinson.org.uk](http://www.parkinson.org.uk)  
E-Mail: [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

Charity Number: 258197

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## VOLUNTEERING



The Branch is always looking for volunteers to help out at fundraising and community events. If you, or someone you know, would like to help - maybe selling raffle tickets, helping at a can collection, manning a leaflet stand or even joining the committee - please contact us.