

PARKINSON'S^{UK}
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PARKINSON'S UK
CREWE AND DISTRICT GROUP

ANNUAL GENERAL MEETING and
REVIEW OF 2018

20 February 2019



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Editorial Content: Lesley Greenhalgh
Sue Pickup
Geoffrey Sheridan

AGENDA

1. Introduction and Welcome - Dennis Fricker, Group President
2. Guest Speakers. Introduction - Geoffrey Sheridan, Group Chairman
 - **Douglas Smith**, Data Protection Officer, Parkinson's UK
 - **Marion Rogers**, Area Development Manager, Parkinson's UK

REFRESHMENTS

3. Apologies for Absence - Geoffrey Sheridan, Group Chairman
4. Approval of the Minutes of AGM held 31 January 2018
5. Group Report - Geoffrey Sheridan, Group 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 2018

MINUTES

1. Introduction and Welcome

Branch President, Dennis Fricker, welcomed everyone to the meeting and thanked them for their attendance.

Dennis congratulated the committee, branch members and friends for everything they had done during the last year.

2. Guest Speakers

Branch Chairman, Geoffrey Sheridan, introduced our guest speaker and the project he was speaking about, advising those present that the branch had contributed towards the project.

- Drupad Trivedi, The University of Manchester. Drupad spoke about the Sniffing Out Biomarkers for Parkinson's Project.

3. Apologies for Absence

Apologies for absence had been received from **Marion Rogers, Area Development Manager, Parkinson's UK and branch members** Bob Bennion and Carole Buckingham.

Marion had asked for her thanks to be given to everyone concerned with the branch for their fantastic work.

4. Approval of the Minutes of AGM held 31 January 2017

Minutes of the AGM held on 31 January 2017 were proposed by John Blower, seconded by Linda Cooke and approved by the meeting.

5. Branch Report

Geoffrey Sheridan referred those present to the Branch Report contained in the AGM documentation. He thanked the committee and members for their efforts in a year that branch membership increased by 46 people. Geoffrey announced a new grant that the branch had been awarded by Crewe Town Council to fund dance classes.

Steve Ford, Chief Executive of Parkinson's UK had asked for his thanks to be passed on for an exceptional effort by the whole branch in 2018.

6. Election of Committee

Position	Nomination	Proposed	Seconded
Members seeking election in existing posts			
Chair	Geoffrey Sheridan:	Vivienne Ranson	John Thompson
Deputy Chair	Sue Pickup:	Vivienne Ranson	John Thompson
Branch Secretary	Lesley Greenhalgh:	Vivienne Ranson	John Thompson
Membership	Carole Buckingham:	Vivienne Ranson	John Thompson
Fundraising	Linda Cooke:	Vivienne Ranson	John Thompson
Committee	Bob Bennion:	Vivienne Ranson	John Thompson
Committee	Allan Cooper:	Vivienne Ranson	John Thompson
Committee	Margaret Elwell:	Vivienne Ranson	John Thompson
Committee	Jenny Sadler:	Vivienne Ranson	John Thompson
Committee	Janet Wright:	Vivienne Ranson	John Thompson
New members seeking election			
Committee	Ken Grainger:	Geoffrey Sheridan	Sue Pickup
Treasurer	Sheila Grainger:	Geoffrey Sheridan	Sue Pickup

Geoffrey welcome Ken and Sheila to the committee and said that Emma Hughes, Volunteer Coordinator, Parkinson's UK, had offered to support Sheila whilst she settled into the Treasurer's role.

Geoffrey thanked John Blower, Mark Card and Vivienne Ranson who were standing down from the committee for their work for the branch.

7. Any Other Business

Presentations were made to Vivienne Ranson for her work in setting up the very successful dance classes during her time on the committee, Wyn Jones for his contribution as quizmaster for the branch quizzes, Lesley Greenhalgh for producing the AGM document and the members who had contributed the refreshments for the AGM.

CREWE AND DISTRICT GROUP REPORT

The Crewe and District Group, 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 Group for their help and friendship throughout the year.

2018/19 COMMITTEE MEMBERS

Geoffrey Sheridan (Chair)
Sue Pickup (Deputy Chair)
Carole Buckingham (Membership)
Linda Cooke (Fundraising)

Lesley Greenhalgh (Secretary)
Bob Bennion
Alan Cooper
Margaret Elwell

Ken Grainger
Sheila Grainger
Jenny Sadler
Janet Wright

We were greatly saddened by the death of Ken Grainger in November.

FUND-RAISING

The group 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 more than £500 and are fast becoming sold-out evenings. Questions continued to be as varied and challenging as ever and the fish and chip supper very well received.



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 £851.

There was lots of shade organised to stop the afternoon teas and visitors from the hot temperatures we experienced in the summer.

Crewe Male Voice Choir Concert

Margaret Elwell organised a concert featuring the Crewe Male Voice choir which was a huge success and raised over £1,000. A huge thank you to Margaret and her family for all their hard work and support.

Bucket Collection

Our first fund-raiser of the year was a Bucket Collection at Sainsbury's, Nantwich in January.

Thank you to all the collectors and to the generous customers who helped us raised £512.



A Band Live



Sue Pickup, together with her family and committee members, organised a fund-raising event at the Civic Hall, Nantwich raising the fantastic sum of £5,600.

The event featured the A Band, one of Britain's premier function bands, with lead singers Natalie McGrath and Alex Stewart.

Sponsors for the event included CTC Healthcare, Right at Home and Watts Mortgages and supporters who donated items for our silent auction which in total raised £2,700, with prizes including a VIP tour of Bentley Motors, a framed photo and glove signed by Gordon Banks and a signed McLaren cap.



Tesco Bags for Help



The group was successful in obtaining a grant of £1,000 raised from carrier bag sales in Tesco stores awarded to local community projects. The group applied to the scheme to fund room hire for dance/movement sessions. This activity helps people to exercise in a fun and relaxed way with the aim of relieving pain and stiffness associated with Parkinson's. The exercises help people taking part increase their strength, balance and confidence, improve their mood and outlook.



Coffee Morning

Eileen Dimelow and her daughter Julie held a coffee morning in Nantwich raising over £545

Julie holds an annual coffee morning and is busy knitting items to sell each year.

GROUP ACTIVITIES

Away Day - Rookery Hall Hotel

We held our first Away Day with a programme of activities for attendees to enjoy. The day included taster sessions of mindfulness and exercise, students from Cheshire College South & West college provided beauty treatments.

After lunch entertainment was provided by the Funky Choir, a quiz and ending with afternoon tea and entertainment from international singer Chris Ritchie. Sue Hughes, Parkinson's Local Advisor was on hand to provide advice and information.



Feedback was very positive including the following comments in response to the question "What did you particularly enjoy about the event":

- A very enjoyable day.
- Very good, friendly, not enough time for all the events.
- The whole day was very relaxing. I really enjoyed the funky choir and Chris Ritchie. Food excellent. Thank you for a lovely day.
- The variety of sessions; meeting people and having time to chat. Well organised. Meeting Sue Hughes.
- The variety of activities and entertainment. A great day. Well organised, friendly people, tasty food. Cake was lovely.
- The choir was very good. The food was excellent.
- Everything. A nice mix of events. Ideas board to have perhaps at all events to get as many as possible and in full members view.
- Food was excellent. Brought us all together and people I have not met for a while. This is because I cannot attend evening meetings due to freezing.
- Enjoyed chatting to others. Funky choir and Chris Ritchie. Fabulous food. Venue was perfect. Thank you for all your hard work and organisation.
- All of it. Weather ace. Staff friendly and helpful.
- I enjoyed the mindfulness session and Chris Ritchie was amazing. Food was just right all day - a nice variety, good quality and scones were freshly baked! Such a relaxing day.
- It has been a lovely relaxed social event.
- It was been such a lovely day. Thank you.
- Nice relaxing day with good company and entertainment. Plus meals and choice of sessions. I would love another day like today.
- The variety of things to do and Chris Ritchie who was marvellous.
- Friendly people, the food and entertainment. Actually, everything it was a really good day for both my husband and I.
- We loved the singer, he had such a powerful voice.



PARKINSON'S AWARENESS WEEK, APRIL 2018, and INFORMATION EVENTS

Group members have supported numerous events throughout the year including Nantwich Library, Winsford Health and Wellbeing Event and the Voluntary Services Exhibition at Leighton Hospital.



FINANCE

Group account - brought forward from 2017	£6,400.10
Income - Donations/Fundraising	£26,217.25
TOTAL:	£32,617.35

Payments	£15,865.36
Donation to Research	£7,000.00
TOTAL:	£22,865.36

Closing balance 31/12/18 **£9,751.34**

Savings account (held at Head Office)	£15,093
Donation to Research	£15,000
Closing balance 31/12/18	£93.00

Total Donations to Research 2018 £22,000.00

NB: A restricted grant of £1,000 is included in the Group account.

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

SOCIAL MEDIA

The group has increased its presence with social media on Twitter and Facebook (for both search ParkinsonsCD). Why not follow us?



SOCIAL EVENTS

Carers Garden Tour and Lunch

In August a group of carers had a second trip to Rowley House Garden in Holmes Chapel after lunch at the Yellow Broom in Holmes Chapel.

Rowley House is privately owned by Tim and Juliet Foden.

The group were 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 wood with its ancient oaks and wood sculptures.



Monthly Lunches



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



Afternoon Tea

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

Christmas Lunch

The group held its annual Christmas lunch at the Hunters Lodge in Crewe with over 80 members attending.



Winsford Sub-Group

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

Meetings are organised by Carole Buckingham who does a fantastic job coordinating everything, booking speakers and sorting refreshments. Speakers in 2018 included Gill Carter, Parkinson's Nurse; Amy Mulholland, Speech Therapist; Sue Hughes, Parkinson's Local Adviser and a gentleman from the Co-op talking about Wills and Toyboys. The Christmas Party needs to be attended to be believed.

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

The branch currently offers three "PD Moves" groups. The groups are well-established now and each has developed its own sense of cohesiveness and identity. Sandbach and Crewe groups are at capacity and unable to accept referrals at present but the Winsford group has some places available and new members would be welcome. A fourth group is planned to start shortly, this will most likely be in Holmes Chapel where we have identified a gap in provision.



PD Moves are movement therapy groups. The groups are subsidised by Parkinson's for its members and offer continuous, ongoing support. The sessions will contain movements which are proven to help manage the physical symptoms of Parkinson's and to improve strength, balance and co-ordination but we do not follow a regime - the sessions are person-centred and reflect the needs and wishes of the group on any given day.

The groups can help people to be more self-aware, express themselves and communicate with others. The combination of physical activity, social interaction and mental stimulation can bring improvements in everyday activities and outlook on life.



Recognising that Parkinson's is a condition which fluctuates, we encourage group members to attend even on those days when energy may be low and movement feels difficult. These are times when group support is invaluable - it's perfectly OK to sit quietly and move as much or as little as they feel able. The important thing is for them to be in the room with us, still part of the group, and we are there to support each other.

In addition to the PD Moves groups, Shirley Brocklehurst, Dance Movement Psychotherapist, who takes the sessions, is considering offering Tai Chi modified for people with Parkinson's, and also possibly a Carers' group - anyone interested in either of these please contact Shirley on 07760428554 or email shirley@wellkin.co.uk

ACKNOWLEDGEMENTS

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

Jo and Sid Tilley; Howard and Maureen Burtwistle; Gillian and Barry Wilkinson; Rick and Dawn Carter; M & Co, Nantwich; Andrew Fricker; Crewe Golf Club; Jean and Brian Deuble; Jackie Meechin, Goddard Court Home, Crewe; Ann and Alec Jackson; Tim and Juliet Foden; Nantwich Cricket Club; Minshull's Nursery; Rotary Club of Crewe; Winsford Library; Red Shift Radio; Eileen Dimelow; Jan Cox; Bartlett Jewellers, Northwich; Sheila Grainger; Crewe Male Voice Choir; Beechmere Centre, Crewe; Nantwich Parish Hall; Sue Mould; Probus Club, Sandbach; Marks and Spencer; Jubilee Centre; Angela Goodwin; Vale Royal Masonic Club; Karen Wardley and family; Sandiway Pantomime Group; Mrs S Burge; Jenny Petrie and theFunkyChoir.com; Mrs P Payne.

and many individuals too numerous to mention.

ELECTION OF COMMITTEE

Conducted by Regional Officer

Retiring Members:

Sheila Grainger Treasurer

Members seeking election in existing posts:

Geoffrey Sheridan:	Chairman
Sue Pickup:	Deputy Chair
Lesley Greenhalgh:	Secretary
Carole Buckingham:	Membership Secretary
Linda Cooke:	Fundraising Coordinator
Bob Bennion:	Committee Member
Margaret Elwell:	Committee Member
Jenny Sadler:	Committee Member

New members seeking election:

Jenny Allwood: Treasurer

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.

2019 EVENTS

DATES FOR YOUR DIARY

Wednesdays until 13 March	Exercise Class, CTC Healthcare, Nantwich - 2.30 - 3.30 pm
Friday 5 April	Quiz, Nantwich Cricket Club - 7.30 pm
Thursday 11 April	World Parkinson's Day
Saturday 22 June	Garden Party, Baddiley
Tuesday 9 July	Afternoon Tea, Hunters Lodge - 3 for 3.30 - 5.30 pm
October tbc	Quiz, Nantwich Cricket Club - 7.30 pm
Saturday 7 December	Christmas Lunch, Hunters Lodge - 12.30 for 1 - 3.30/4 pm

Full details will be circulated to members in a newsletter and on our website.
Supermarket collections will be listed on our website.

GROUP LUNCHESES

Group lunches will be held on the 2nd 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.

Until at least June lunches will be held at 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.

Dingle Recreation and Community Centre, High Street, Winsford, Cheshire CW7 2AS

YOUNG AT HEART GROUP

The YAHS meet on the 4th Thursday of the month from 7.30/8 pm.

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

DROP-IN CAFÉ (joint event with the MS Society)

- Northwich Lifestyle Centre. 2nd Monday of the month - 10.30 am to 12 noon.

DANCE MOVEMENT THERAPY CLASSES

Monday - 12 noon - 1 pm - Elworth Cricket Club, London Road, Elworth, Sandbach, CW11 3BF

Monday - 2.30 - 3.30 pm - Beechmere, Rolls Avenue, Crewe CW1 3FT

Thursday - 12 noon - 1 pm - Winsford Library, High Street, Winsford, CW7 2AS

CONTACT DETAILS

Crewe and District Group

Mobile: 07592 554270
E-Mail: CreweandDistrictParkinsons@live.co.uk
Website: www.crewe-parkinsons.org.uk

Group Secretary - **Lesley Greenhalgh**
Telephone: 01270 567513
Mobile: 07772 068319
E-Mail: 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:

Sue Hughes

Telephone: 0344 225 3756
E-Mail: adviser6.northwest@parkinsons.org.uk

Head Office, Parkinson's UK

Telephone: Free confidential helpline: 0808 800 0303
Website: www.parkinson.org.uk
E-Mail: hello@parkinsons.org.uk

Charity Number: 258197 www.parkinsons.org.uk

Sarah Amphlett, Volunteer Co-ordinator

Telephone: 0300 123 3683

There are currently vacancies for volunteers to help the national charity in this area - a Fundraising Administration and Research Volunteer and a Speaker Volunteer.

VOLUNTEERING



The Group 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.

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