

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

ANNUAL GENERAL MEETING and
REVIEW OF 2019

26 February 2020



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Report Editor: Lesley Greenhalgh

AGENDA

1. Introduction and Welcome - **Sue Pickup, Crewe and District Group, Parkinson's UK**
2. Guest Speaker - **Steve Ford, Chief Executive, Parkinson's UK**
3. Questions

REFRESHMENTS

4. Apologies for Absence
5. Approval of the Minutes of AGM held 20 February 2019
6. Group Report
7. Area Update - **Marion Rogers, Area Development Manager, Parkinson's UK**
8. Election of Committee
9. Any Other Business

CREWE AND DISTRICT GROUP, PARKINSON'S UK ANNUAL GENERAL MEETING

20 February 2019

MINUTES

1. Introduction and Welcome

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

Dennis congratulated the committee, group members and friends for everything they had done during the last year and also extended thanks to Beechmere for their support in hosting the AGM and committee meetings during the year.

2. Guest Speakers

Group Chairman, Geoffrey Sheridan, introduced our guest speakers:

- Douglas Smith, Data Protection Officer, Parkinson's UK

Douglas gave an overview of his role within Parkinson's UK and a summary of what has been happening nationally.

- Marion Rogers, Area Development Manager, Parkinson's UK

Marion outlined regional activities and extended her sincere thanks from Parkinson's UK to the group for everything they do.

3. Apologies for Absence

Apologies for absence had been received from Jenny Allwood, Sheila Grainger, Lesley and Wyn Jones, Jeanette Longworth, Vivienne Ranson and Jenny Sadler.

4. Approval of the Minutes of AGM held 31 January 2018

Minutes of the AGM held on 31 January 2018 were proposed by Margaret Elwell, seconded by Linda Cooke and approved by the meeting.

5. Group Report

Geoffrey Sheridan referred those present to the Group Report contained in the AGM documentation. He thanked the committee and members for their efforts during the year.

6. Election of Committee

The following people were elected onto the committee:

Position	Nomination
Members seeking election in existing posts	
Chair	Geoffrey Sheridan
Deputy Chair	Sue Pickup
Secretary	Lesley Greenhalgh
Membership	Carole Buckingham
Fundraising	Linda Cooke
Committee	Bob Bennion
Committee	Margaret Elwell
Committee	Jenny Sadler
New members seeking election	
Treasurer	Jenny Allwood

Geoffrey Sheridan welcomed Jenny Allwood and thanked Sheila Grainger and Janet Wright who were standing down from the committee.

Marion Rogers thanked Geoffrey Sheridan for picking up the Treasurer's role for the last few months of the year on top of his Chair's duties.

7. Any Other Business

- a. Geoffrey Sheridan advised that thanks to the Everyone Project the group was able to hold a Mindfulness Course in 2019 for members. Details would be circulated once arrangements were confirmed.
- b. Alison Knott, Regional Fundraiser, had asked that the Parkinson's Walks in Stafford on 12 May, 22 June in Ludlow and Chester on 22 September be mentioned should anyone want to take part or volunteer.
- c. Allan Cooper raised Shirley Brocklehurst's concerns that there seemed to be confusion between her Dance Movement Therapy Classes and the chair-based exercise classes provided by CTC Healthcare. The distinct differences were discussed and the point raised that the committee had a responsibility on behalf of the local group to highlight different forms of exercise to members so that there was a choice.
- d. Presentations were made to Lesley Greenhalgh and Sue Pickup for producing the AGM document.



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.

2019/20 COMMITTEE MEMBERS

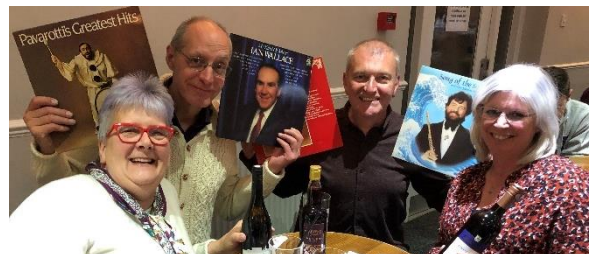
Geoffrey Sheridan (Chair)	Carole Buckingham (Membership)	Bob Bennion
Sue Pickup (Deputy Chair)	Linda Cooke (Fundraising)	Margaret Elwell
Jenny Allwood (Treasurer)	Lesley Greenhalgh (Secretary)	Jenny Sadler

We were greatly saddened by the deaths of Margaret Elwell and President Dennis Fricker. Margaret and Dennis worked tirelessly for Parkinson's UK and Dennis' persistence in his 20+ years with the group ensured that we finally got our Parkinson's Nurse. We miss both of them very much indeed.

FUNDRAISING

Members and friends regularly hold events to raise money for Parkinson's UK. All fundraisers and supporters are thanked for their tremendous efforts.

Quiz Nights



Quizmaster Wyn Jones presided over two more quizzes in 2019 helping to raise more than £700. We are grateful to everyone who comes along to be challenged. Everyone is rewarded for their efforts with a fabulous fish and chip supper.

Bucket Collections



We are grateful to Morrisons, Nantwich, and Tesco, Crewe, who allowed us to raise awareness and carry out bucket collections in their stores and very appreciative of all of their customers who donated £1,050 over three days. A big shout out to all our collectors as well.

Garden Party

Thank you to Mike and Janet Wright for letting us use their house and garden for the Parkinson's Garden Party which raised nearly £900. Thank you also to Jane Rothrie who supported Janet during the preparations, Vivienne Ranson who served the teas and members of the committee and their families who baked and helped on the day.



Those who attended the event were entertained by theFunkyChoir.com who continue to be great supporters of Parkinson's UK and the Crewe and District Group.

Walk for Parkinson's



Group supporter, Ruth Southall, took part in the Kensington Garden Walk in memory of her father who had Parkinson's. Ruth, who has also helped with bucket collections and at other local events, raised a wonderful £445.

Susan Jones, daughter of group members Jean and Peter Rowley, and her friends Emily Raeburn and Claire Stewart, completed the Chester Walk donating £155 to the group.



Singing for Parkinson's

An evening with the Grove Singers raised £482.38.

Everyone who attended had a great time with excellent singing and very tasty strawberry scones.

Thank you to Jeannette Longworth who arranged the event.



Fashion Show

We are very grateful to the staff, family and friends of M&Co, Nantwich who organised and hosted a third Fashion Show which raised £442. Everyone who attended enjoyed seeing the new fashions, having a browse round the store and the refreshments provided.



FINANCE

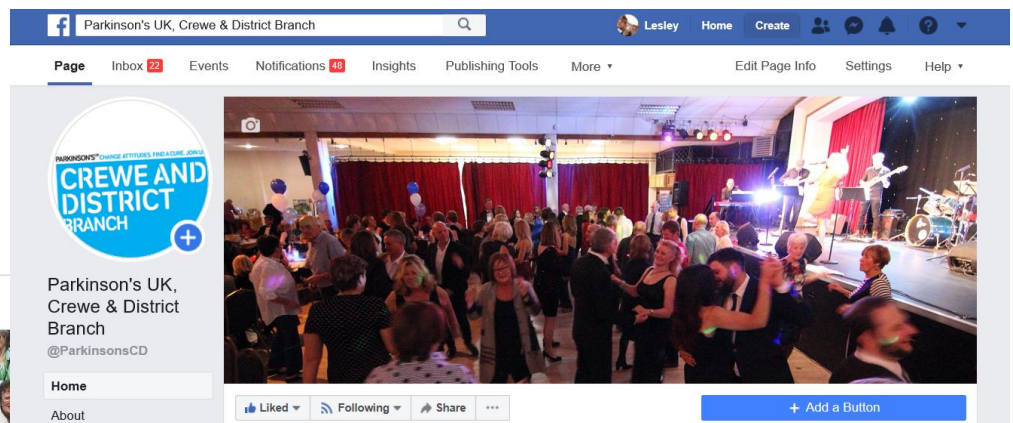
Group account - brought forward from 2018	£9,751.34
Income - Donations/Fundraising	£13,868.86
TOTAL:	£23,620.20
Payments	£8,764.33
Donation to Research	£8,500.00
TOTAL:	£17,264.33
Closing balance 31/12/19:	£6,355.87
Total Donations to Research 2019 see note below	£8,644.03

NB The savings account previously held at Head Office has been closed with all monies, including interest, going to research.

We are always sad to hear of the passing of members. This year the group has received in memoriam donations of just over £2,500 which is a wonderful tribute. We are extremely grateful for all donations. Without them there would be many things we could not do to support local people with Parkinson's and their carers and we wouldn't be able to donate to research in the eventual aim of finding a cure. Thank you to everyone.

SOCIAL MEDIA

The group has increased its presence with social media on Twitter and Facebook.



On both sites search ParkinsonsCD to find and follow us.

PARKINSON'S AWARENESS and INFORMATION EVENTS

Group members have supported numerous events throughout the year including:

- Winsford Wellbeing Week
- International Women's Day, Winsford and Crewe
- Drop-In Café, Tarporley
- Mid Cheshire Hospitals Health and Wellbeing Staff Event
- Health and Wellbeing Event, Lifestyle Centre, Crewe
- Congleton Community Wellbeing Fayre
- Crewe Senior Forum Wellbeing Event
- Cheshire East Carers Day
- Voluntary Services Exhibition, Leighton Hospital
- Cheshire West Hustings



Raising awareness of Parkinson's UK and the Crewe and District Group is vitally important. We believe that the more people that know about the condition, the charity and the national, regional and local support available to those with Parkinson's, their family and friends the better.

SOCIAL EVENTS

Carers Garden Tour and Lunch

The group believes it is important to support the carers of people with Parkinson's as well as those with the condition.

In August we organised a third trip for carers 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 who are tremendous supporters of Parkinson's UK.

The group had a look around the formal courtyard garden and informal gardens as well as wild flower meadows, natural ponds and woodlands.



Trentham Gardens Trip

Supported by Crewe Rotary Club, the group organised a coach trip to Trentham Gardens in June which included lunch and access to the gardens.

38 members came on the trip and had a relaxing day.



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

Our annual Afternoon Tea at Hunter's Lodge was a lovely event combining tasty sandwiches and cakes with good company - a winning combination.

Christmas Lunch

We held our Christmas lunch at the Hunters Lodge in Crewe with 69 members attending. A great time was had by all.



Winsford Sub-Group

The monthly Winsford sub-group meetings are very well supported with everyone helping to make the afternoons enjoyable. There is often a speaker and always refreshments.

Monthly Catch-Up, Duke of Gloucester

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

Therapeutic Dance Moves for Parkinson's

The group currently offers three Therapeutic Dance Moves for Parkinson's groups. The groups are well-established now and each has developed its own sense of cohesiveness and identity.

The sessions contain movements which help manage the physical symptoms of Parkinson's and improve strength, balance and co-ordination.



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.

Shirley Brocklehurst who runs the classes is going to be running Movement in Mind for Carers classes. Group member Marylou Evans carried out a sponsored 24 hour silence raising £513 which is enough to fund a pilot course for 6 people for 6 weeks.

If you are interested in attending please contact Shirley direct on mobile 07760 428554 or e-mail shirley@transformotion.org.uk.



ACKNOWLEDGEMENTS

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

Mrs A Edmondstone, Military Arms, Sandbach; Mrs Anne Brooks and family; Crewe Rotary Club; Mrs H Turner, Crewe Golf Club; Mrs Pixton; Mike and Janet Wright; Kathleen Rodin; M&Co, Nantwich; Tim and Juliet Foden; Nantwich Cricket Club; Minshull's Nursery; Winsford Library; Eileen Dimelow; theFunkyChoir.com; Mrs J Cox; Peter and Jean Rowley; Mrs Sue Jones; Linda Walker and friends; Grove Singers; Ruth Southall; Susan Jones, Emily Raeburn and Claire Stewart; Bentleys; CTC Healthcare; Tesco, Crewe; Morrisons, Nantwich; Jan Cox; Eileen Preece; Jean and Brian Deuble and Sandbach Concert Series.

ELECTION OF COMMITTEE

Conducted by Regional Officer

Retiring Members:

Geoffrey Sheridan: Chair

Members seeking election in new post:

Carole Buckingham: Chair

Members seeking election in existing posts:

Sue Pickup:	Deputy Chair
Jenny Allwood:	Treasurer
Lesley Greenhalgh:	Secretary
Linda Cooke:	Fundraising Coordinator
Bob Bennion	Committee Member
Jenny Sadler:	Committee Member

New members seeking election:

John Blower	Committee Member
Marylou Evans	Committee Member
Dee Gardner	Committee Member

2020 EVENTS

Thursday 19 March	Coffee Afternoon and Craft/Card Stalls - 2 - 4 pm Vivienne, 22 Howbeck Crescent, Wybunbury, Nantwich, CW5 7NX
Friday 27 March	Quiz, Nantwich Cricket Club - 7 for 7.30 pm
Wednesday 8 April	Parkinson's Awareness Day
Friday 12 June	Bucket Collection, Morrisons, Nantwich
tbc June	Garden Party
Tuesday 14 July	Afternoon Tea, Hunters Lodge - 3 for 3.30 - 5.30 pm
tbc August	Carers Lunch
Friday tbc October	Quiz, Nantwich Cricket Club - 7 for 7.30 pm
Saturday 5 December	Christmas Lunch, Hunters Lodge - 12.30 for 1 - 3.30/4 pm

Full details will be detailed on social media and on our website. Please contact one of the committee if you would like more information.

GROUP LUNCHES

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.

Lunches are 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.

THERAPEUTIC DANCE MOVES FOR PARKINSON'S

Monday: 11.30 - 12.30 - Willowmere, East Road, Middlewich, CW10 9HW

Monday: 14.00 - 15.00 - Chrysalis Studio, Beam Heath Way, Nantwich, CW5 6PQ

Thursday: 12.00 - 13.00 - Winsford Library, High Street, Winsford, CW7 2AS

For information or to enquire about availability, contact Shirley Brocklehurst - 07760 428554 - shirley@transformation.org.uk.

LOCAL SUPPORT

We are very lucky to have the support of Sue Hughes who is a Parkinson's UK Local Adviser for the North West. Sue has provided the following report:

From March 2019 to Feb 2020 I have had 809 client enquiries. Roughly 18% of all enquiries for the North West team. I work 21 hours on Tuesday - Thursday. Clients can contact me via the helpline on 0808 800 0303, via 0344 225 3756 (direct line) or via email shughes@parkinsons.org.uk.

Issues vary from:

- Full initial assessments covering finance, mobility, nutrition, care, housing, emotional support and difficult subjects such as pain, advanced decisions, fear of the future and cognitive difficulties.
- Medication - I can signpost onto relevant clinicians.
- Helping with disability benefit applications.
- Referrals to third parties and statutory agencies - PNS - social services - carer support etc.
- Helping to complete blue badge applications.
- Helping with complaints.
- Signposting to local support following full assessment.
- Plus many more.

The case study below might help understand what support is available:

- Client of working age - diagnosed 4 years ago.
- Off work sick for last 9 months
- I helped client with the following:
 - Made referral to Parkinson's Nurse
 - Employment advice
 - Letter of support to employer
 - Advice on early retirement
 - Detailed benefits advice
 - Facilitating apomorphine referral
 - Driving licence renewal - liaising with DVLA and GP and consultant
 - Access to work support
 - Employment support allowance - help to complete form
 - Consultant appointment - referral
 - Hospital discharge
 - Help to complete Personal Independence application form
 - Help with evidence for a health care complaint
 - Blue badge application

Sue Hughes
Local Adviser - NW, Parkinson's UK
E-Mail: shughes@parkinsons.org.uk
Helpline: 0808 800 0303 - Helpline
Direct Line: 0344 225 3756

CONTACT DETAILS

Crewe and District Group

Mobile: 07749 596425
E-Mail: CreweandDistrictParkinsons@live.co.uk
Website: www.crewe-parkinsons.org.uk

Secretary - **Lesley Greenhalgh**

Telephone: 01270 567513
Mobile: 07772 068319
E-Mail: lesley@lcgreenhalgh.co.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

Emma Hughes, Regional Network Support Officer, Parkinson's UK

Telephone: 0300 123 3683
E-Mail: elhughes@parkinsons.org.uk

VOLUNTEERING



We are 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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