

PARKINSON'S^{UK}
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AGM

Crewe and District Group

and **REVIEW OF 2023**

5 March 2024



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AGENDA

1. Introduction and Welcome - **Carole Buckingham, Chair, Crewe and District Group**
2. Guest Speaker - **Charmaine Estember, Clinical Skills Tutor, Patients as Educators Administration Team, Faculty of Medicine and Health Sciences, Keele University**
3. Apologies for Absence
4. Approval of the Minutes of AGM held 28 February 2023
5. Group Report
6. Area Update - **Amanda Ashworth, Local Volunteer Officer - North West**
7. Election of Committee
8. Any Other Business

REFRESHMENTS

CREWE AND DISTRICT GROUP, PARKINSON'S UK

ANNUAL GENERAL MEETING

Tuesday 28 February 2023

MINUTES

1. Present

Joan Bebbington, Carole Buckingham, Dr Chesney Craig, Anne Edge, Geoff Edge, Vicky Ellis, Marylou Evans, Mike Evans, Ruth Faulkner, Keith Faulkner, Irene Goodwin, Heidi Greig, Lesley Greenhalgh, Emma Hughes, Val Lyon, Sue Marsh, Chris Mawson, Mary Mawson, Graham Pickup, Joan Sexton and Mike Sexton.

2. Introduction and Welcome

Chair, Carole Buckingham, welcomed everyone to the meeting and thanked them for their attendance. She congratulated the committee, group members and friends for everything they had achieved during the last year and thanked Jenny Allwood, Bob Bennion, Linda Cooke and Paul Fricker who were stepping down from the committee for their work for the group. She encouraged all members to make suggestions about services the group could offer or signpost to or submit ideas of events that could be held.

3. Guest Speaker

Carole Buckingham introduced our guest speaker, Dr Chesney Craig, Manchester Metropolitan University, who talked about her research into fall prevention and rehabilitation in older adults and people living with Parkinson's.



4. Apologies for Absence

Apologies for absence had been received from John Aaron, Bob Bennion, Joyce Duffy, Carole Gallimore, Stephen Gallimore, Alistair Greig, David Higgins, Sue Hughes, Alan Jones, David Jones, Norma Jones, Wendy Jones, Wyn Jones, Pam Maddock, Vivienne Ranson, Gill Roban, Vic Roban, Sue Pickup, Ken Steel, Sue Steel and Janet Wright.

5. Approval of the Minutes of AGM held 22 March 2022

Minutes of the AGM held on 22 March 2022 were proposed by Marylou Evans, seconded by Jenny Sadler and approved by the meeting.

6. Group Report

Carole Buckingham referred those present to the Group Report contained in the AGM documentation.

7. Area Update

Area Development Manager - North of Parkinson's UK, Emma Hughes, gave an update on what has been happening in the area and nationally.

8. Election of Committee

The following people were elected onto the committee:

Chair:	Carole Buckingham
Secretary:	Lesley Greenhalgh
Membership:	Marylou Evans
Members:	Myke Evans
	Jenny Sadler
	Joan Sexton
	Mike Sexton

Carole said that if anyone was interested in joining the committee they would be most welcome. We urgently need a Treasurer.

9. Any Other Business

a. World Parkinson's Day - Tuesday 11 April

Carole Buckingham and Marylou Evans advised that they would be appearing on two radio shows in Northwich and Crewe on World Parkinson's Day to talk about all things Parkinson's.

b. Keele University - Patient Educators

Carole has received information from Keele University about a requirement for Patient Educators to help at their new NHS training centre. Members from Keele are attending the Winsford meeting in March to outline the help required.

c. Table Tennis

We have been approached by Table Tennis England offering free sessions in Nantwich. More details to be circulated to members as they are known.

d. Spring Quiz

Everyone was urged to attend the group's next quiz on Friday 21 April from 7pm at Nantwich Cricket Club.

CREWE AND DISTRICT GROUP REPORT

2023 COMMITTEE MEMBERS

Carole Buckingham - Chair	Myke Evans
Lesley Greenhalgh - Secretary	Jenny Sadler
Marylou Evans - Membership	Joan Sexton
	Mike Sexton



We were delighted to welcome Gifty Obeng-Fosu to the committee in October who has joined us as Treasurer. Thank you to members of the committee who supported the Treasurer's role during the year.

We were greatly saddened by the deaths of former committee members Jenny Allwood and John Blower and express our condolences to their families.

FINANCE

Group account balance brought forward from 2022	£9,274.58
Income: Donations /Fundraising	£10,616.55
Total	£19,891.13
Payments	£3,795.00
Transfer to Head Office to be used for research	£3,000.00
Total expenditure	£6,795.00
Closing balance as of 31/12/2023	£13,096.13

We continue to be amazed at the donations given to support our group and are especially grateful for the in memoriam donations which are given at a particularly difficult time.

FUNDRAISING

Quiz

Two quizzes hosted by Quizmaster Wyn Jones in April and November at Nantwich Cricket Club raised £736.70. Great questions, good company and a fish and chip supper - the best way to spend an evening.



Hough and District WI Coffee Morning

Hough and District held a coffee morning which raised a magnificent £464.01.

Bucket Collection

Morrisons in Crewe very kindly gave us the opportunity to hold a bucket collection at their store in July with £215.56 being donated.

Marbury Walk

At least 17 members completed the Walk for Parkinson's, at Marbury Country Park, Northwich in September and raised in excess of £6,300 on what was a well-organised and fun day. Carole and Pete Buckingham had a stall to distribute Parkinson's literature and also held a raffle which raised a further £100.



GROUP ACTIVITIES

Drop-In Sessions

Our drop-ins offer a chance for people with Parkinson's and their families and friends to come along and meet others in the same situation, to receive information and support and not feel isolated.

A lot of friendships have been made at the sessions. As well as gaining information and meeting others, there are games to play all of which are great for co-ordination, memory and just plain fun. Before the meeting many members have lunch which is really good and affordable.



Monthly Lunch

The monthly lunches are very popular as the food is very good and it's another chance to have a chat and catch up with everyone.

Exercise Classes

Classes are suitable for all abilities, including people in wheelchairs. They have proved very popular and the feedback we have received is that the classes are not only good for physical health but have a very positive effect on mental health as well. Many members of the class have lunch in the cafe afterwards. It's a really nice sociable time.

Lewis Bailey who runs the classes specialises in working with people with Parkinson's. The classes combine exercise and movement to music in a fun and inclusive way, provide a lively space to get the body moving and help work on coordination, balance, and timing to music.

Winsford Meetings

Many people who can't come to the drop ins or the exercise class come to the monthly meetings in Winsford. There are refreshments and a raffle and occasionally there is a speaker. Everyone is kept up to date with events that have happened and anything that is up and coming. Pamphlets are put on the table for people to help themselves. They cover many subjects such as drug treatments, driving, coping with Parkinson's, diet etc. There are badges and arm bands for sale. There is time for anyone if they have questions they would like answered.

The second half of the meeting is social as everyone catches up with each other and there is plenty of support for anyone who needs it.



SOCIAL EVENTS

Christmas Lunch

41 members of the group joined one of the Christmas Lunches held at Hopes and Beams. The event was subsidised by the last of the generous grant from Crewe Town Council and was very much enjoyed by all who attended.



AWARENESS



World Parkinson's Day

Carole Buckingham and Marylou Evans appeared on Radio Northwich and The Cat Radio talking about all things Parkinson's.

D-Fest, Winsford

Carole Buckingham had a stall at this annual event.

ELECTION OF COMMITTEE

Retiring Members:

Lesley Greenhalgh:	Secretary
Marylou Evans:	Membership and Information

Members seeking election in existing posts:

Carole Buckingham:	Chair
Gifty Obeng-Fosu:	Treasurer
Myke Evans:	Committee Member
Jenny Sadler:	Committee Member
Joan Sexton:	Committee Member
Mike Sexton:	Committee Member

New members seeking election:

Steve Calland:	Committee Member
Heidi Greig:	Committee Member
Allan Kirkham:	Committee Member
Vivienne Ranson:	Committee Member
Tim Robinson:	Committee Member
Rho Schoneville:	Committee Member

2024 EVENTS

Thursday 11 April:	World Parkinson's Day
Friday 3 May:	Quiz, Nantwich Cricket Club - 7 for 7.30pm
tbc:	Afternoon Tea, Hopes and Beams
tbc:	Autumn Quiz
Saturday 28 September:	Marbury Sponsored Walk, Northwich
tbc:	Christmas Lunch, Hopes and Beams



Full details of these events and others that are added to the calendar will be put on social media and on our website. Please contact one of the committee if you would like more information.

REGULAR EVENTS

Weekly Drop-ins - Hopes and Beams

- Every Tuesday (apart from the 2nd when it is replaced by the lunch).
- Between 1.30 and 3pm.
- £2 including refreshments.
- No need to book, come along for the whole session or just a few minutes.

Monthly Lunches - Poppy's Café, Hopes and Beams

- 2nd Tuesday of the month from 12 noon.
- The lunch is open to the wider community but there is a Parkinson's table.
- £10 which includes tea/coffee - members currently receive a £3 subsidy which means they pay a £7 contribution.
- Please ring Hopes and Beams on the Monday morning before the Tuesday on 01270 255355 to confirm your place.

Hopes and Beams is a former school now Community Centre operated by volunteers that our Group uses for some of our events. The address is Broad Street, Crewe CW1 3UD. Broad Street runs down the left hand side of the cemetery/crematorium in Crewe.

Exercise Classes - Winsford Library

- Every Thursday between 11am - 12 noon.
- Arrive 15 minutes early to ensure a prompt start.
- Winsford Library, High Street, Winsford, CW7 2AS - there is a lift.
- £6 (this fee ensures that the majority of the charges are covered by attendees - any shortfall is covered by Crewe and District group)
- Classes run by Lewis who is fully trained and a specialist in seated exercises, with music, for Parkinson's. Suitable for all abilities.
- Classes are open to partners/carers as well as people with Parkinson's although people with Parkinson's will be prioritised if class numbers increase.
- There is a lovely cafe at the library where they serve simple lunches at very affordable prices which allow for a chat and get-together after the class as well.

Winsford Meetings - St Andrew's Methodist Church

- Last Thursday of the month (not August or December)
- 1.30 - 3.30pm
- St Andrews Methodist Church, Dingle Lane, Winsford, CW7 1AA
- No charge to attendees but there is a raffle.

Drop-In Café - Northwich Lifestyle Centre (joint event with the MS Society)

- 1st Monday of the month
- 10.30am - 12 noon
- Brio Leisure, Memorial Court, Chester Way, Northwich, CW9 5QJ
- Anyone is welcome to chat and share stories and swap ideas.





Table Tennis

- 3rd Monday of the month.
- 11am -12.30pm
- Bob Hope Academy, rear of Elim Church, London Road, Nantwich CW5 6LW
- No current charge
- Bats and balls provided. Wear flat soft soled shoes.
- Wheelchair access.
- Jan Johns - 07844 310209 - janjohns1956@outlook.com

Bike Therapy for People Living with Parkinson's

- Run by Everybody Health and Leisure
- Dedicated group cycling class at Crewe Lifestyle Centre for people living with Parkinson's.
- Classes will be tailored to each individual and cater for all needs and abilities.
- Booking is essential - 01270 685589 - ebhealthy@everybody.org.uk

Pure Gym

- Free for people with Parkinson's and their carer.
- Email purehelp@puregym.com for details.

GROUP MEMBERSHIP

We have a voluntary annual subscription of £10 to help with the running costs of the group. We have decided that the 12 month period should cover the period April to March to avoid any confusion.

You can pay by cash or cheque, made payable to Parkinson's UK, at drop-ins or group meetings or by direct debit:

Bank: **Barclays** Sort Code: **20-00-00**
Account: **23777812** Name: **Parkinson's Disease Society of the United Kingdom**

Please put your name(s) including surname in the reference field.

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 or manning a leaflet stand, please contact us.

We would love some new people on the committee to add different ideas and support the existing committee. If you are free on the first Tuesday of the month between 7 and 9pm why not consider joining us. You can take on as much or as little as you like.

LOCAL SUPPORT

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

I hope everyone is keeping well. It was lovely to catch up with the Winsford group in November; thanks to Carole for the invite. I am looking forward to our mini surgeries this year at Winsford library on Thursday 25 April and Thursday 24 October.

As you may know, we recently launched our refreshed strategy - Every Parkinson's journey - setting out our priorities through to 2026. It's a key opportunity to bring colleagues together in England Regional teams and Country teams, to maximise effective support for communities. The North West region currently has 8 local advisers (PLA). In the strategy, we were allocated an extra 14 PLA hours and 2 of the team have been able to increase their working days and we will soon be recruiting 2 new PLAs to the North West team.

You can signpost people in need of support to our Adviser Service through our national helpline - freephone 0808 800 0303, or email hello@parkinsons.org.uk. If I have supported you as a client in the past and you have my direct contact details then please feel free to use them.

So far, this year has remained a busy one for me too. I complete on average about 220 client tasks per month ranging from emotional support and signposting to local services, to completion of complex benefit forms and advocating on behalf of clients. Every day is different and I enjoy the challenge. This is my sixteenth year working as an adviser with Parkinson's UK and I feel very privileged to have had the opportunity to work alongside people affected by Parkinson's, to try to make a difference however small that might be.

Sue Hughes
Parkinson's Local Adviser, Northwest Team
Eastern Cheshire, South and Central Cheshire

INFORMATION

Parkinson's UK Personal Grants

People affected by Parkinson's can apply for a Parkinson's UK personal grant. You can find out more about the grant by clicking on the link below.

<https://www.parkinsons.org.uk/about-us/parkinsons-uk-personal-grants>

Supported Transport

Cheshire East have a community transport service called FlexiLink which proves an alternative means of travel for Cheshire East residents if they have a disability, are aged 80 or over, or live beyond the reach of any other public transport. The fare is £3 per journey or free if you have a concessionary bus pass. All journeys must be pre-booked so that routes can be planned efficiently. More information can be found on their website.

<https://www.cheshireeast.gov.uk/public-transport/flexible-transport-services/cheshire-east-flexible-transport-service.aspx>

CONTACT DETAILS

Crewe and District Group

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

Bank Details: New Bank Account - Barclays
Name: **Parkinson's Disease Society of the United Kingdom**
(or as much as you can fit in)
Account Number: **23777812**
Sort Code: **20-00-00**

Cheques made payable to **Parkinson's UK**

Head Office, Parkinson's UK

Telephone: Free confidential helpline for support: freephone **0808 800 0303**
Website: **www.parkinson.org.uk**
E-Mail: **hello@parkinsons.org.uk**
Facebook: **Parkinson's UK - Community Group**

Charity Number: **258197**

Amanda Ashworth, Local Volunteer Officer, Parkinson's UK

Telephone: 0344 225 9846
E-Mail: **aashworth@parkinsons.org.uk**



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