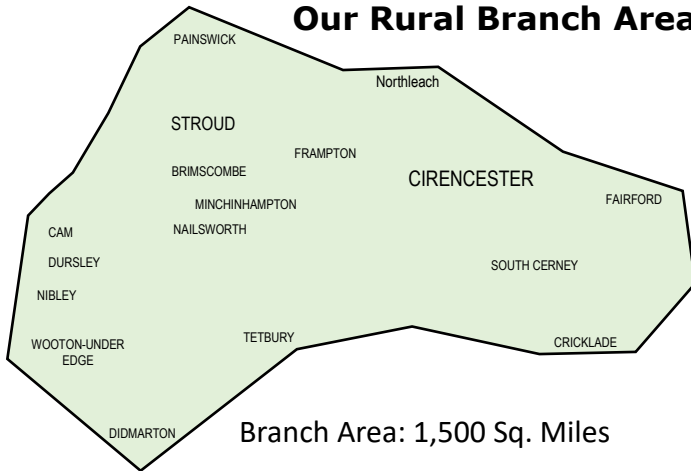


PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Our Rural Branch Area



OUR WEBSITE IS:

www.cirenstroudpuk.co.uk

Our Branch Phone Number Is:

07586 532635

Our Email Is:

cirenstroudpuk@yahoo.com

News Headlines

Welcome to our Spring 2024 Newsletter

This Newsletter gives those of you who do not have access to our website or email, an update on what has been happening since the last Newsletter, and a look forward to what we have planned for the rest of this year.

Note: All the information contained here is also on our website, (regularly updated) links to the relevant online pages are included for reference.

This Issue contains:

- AGM – 18th March 2024
- Final Status of Fundraising Events for 2023
- Committee volunteers - Updates
- New Stroud Local Group
- Membership
- Members meetings/Activities & Events
- Parkinson's Awareness Week
- Projects

AGM

The Branch Annual General Meeting took place on Monday 18th March, 2pm-4pm.

Jack Grant, the local Campaigns Officer from PUK officiated and gave an update on what is happening in PUK.

Committee nominations and elections took place, all current committee officials remain unchanged. We are always looking for more committee volunteers or helpers for our activities, please contact Karen, Secretary on cirenstroudpuk@yahoo.com OR 07586 532635

Cirencester and Stroud Branch Newsletter – Spring 2024

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Release Date: 22ND MAR 2024

Committee Nominations:

| Committee Position | Nominee | Proposed By: | Seconded By | Accepted by |
|------------------------------|---|------------------|----------------|---------------|
| Chair | Kevin Young | Steven Goldblatt | Angie Fenton | All Attendees |
| Treasurer | Jenny Hoffman | Karen Young | Lynn Alcock | All Attendees |
| Secretary/membership Sec | Karen Young | Kevin Young | Val Threlfall | All Attendees |
| Committee Members/Volunteers | Diane Shelley Kath Clements Steven Goldblatt Angie Fenton Janie Bates | Karen Young | Richard Alcock | All Attendees |

It has been an extremely busy year for the branch, the committee and our members and supporters too. We are pleased and proud to report on our work summarised below looking at everything we have been involved in from start to finish along with outcomes against our FOUR Key Objectives.

| FOUR KEY OBJECTIVES | | Apr-23 | Mar-24 | Change (degree of change) |
|---------------------|---|--|--|---|
| 1 | Increase Funds (fundraising projects etc.) | Balance £14,920 (up from £7,220 Jul-22) | Balance £21,800 (after £4,000 Brain Bank Project donation) | +£6,880 (46%) (+£10,880 with donation – 73%) |
| 2 | Increase Membership | 147 (up from 128 Dec-22) | 202 (New Stroud Group – increase expected) | +55(37.4%) (57.8% since Dec 2022) |
| 3 | Increase Attendance (Menu of Choice) | Av 25 (Cirencester & Cam) | Av 25 in three locations (Cirencester, Cam & Stroud) | Same average (from 2 to 3 regular groups) |
| 4 | Improve Communication | Launched Dedicated Website + seasonal Newsletter | Website established (shared & cloned by Cheltenham Branch) | Live information (Also, Seasonal Newsletter) |

What's been done? (Apr-23 to Mar-24)

We now have SEVEN Established / Regular Meetings / Activities - five new events (N)

o Cam Members Meeting

(a speaker / café meeting for people in Cam / Dursley area to get together)

o Cirencester Members Meeting

(a speaker / activity / meeting for people in Cirencester area to get together)

N Cuppa-Chat – Cirencester Baptist Church

(a monthly Café for people around Cirencester and surrounding areas)

N Tetbury Café

(a monthly gentle walk followed by a social chat for anyone living around Tetbury area)

N 'Parky Pals' Walking Football – Cirencester twice per month

(Developing a Cirencester Parkinson's Walking Football team)

N Nordic Walking for PD – Minchinhampton every Thursday

(sourced & trained a local instructor delivering fun exercise – couples encouraged)

N Stroud Members Meeting

(Opened a new speaker / activity Group for people in Stroud to get together)

Built Our Own Website:

Created, built / developed, and maintained. The go-to place for all information on our activities and news of updates related to Parkinson's. Cheltenham Branch have 'cloned' our website for their own use.

We also achieved the following: -

- Finalist - Cirencester Chamber of Commerce Awards for “Team of the Year”
- Winner - Cirencester Community Awards for “Team of the Year”
- Initiated a project to establish the benefits of Drumming as Therapy for PwP
- Initiated a project to determine the benefits of a Recumbent Bike for PwP

We planned four main fundraising projects (Jan-23 – Dec23):

April – Branch Event: Paul Mayhew-Archer comedy show - The Incurable Optimist (£5,599.26)

May – Branch Event: Hill & Valley Singers (£1,500 donation)

May – Joint Branch Event: Clubbing Together Golf Day (£517 to branch, £6,700 to research))

Jun – Additional Event: Minchinhampton Gardening Club (£144)

Sep & Dec – Branch Event: PPU6 Awareness Concert (£5,269.03)

Total raised from our involvement - **£19,729.29.**

(£13,029.29 paid direct to our Branch Account from the above events plus £6,700 was paid directly to Parkinson’s UK research)

It was proposed at the AGM by Kath Clements, seconded by Janie Bates, and agreed by all members present, that a sum of £5k from the 2023 year-end account balance would be donated, with a potential of a further donation later in the Year dependant on the result of any fundraising efforts. A number of options as to where to donate to where discussed:

Options are:

- Research – (note if it was agreed to go to research, then the Branch is to agree which project it is to go to)
- Where the need is greatest
- Financial Assistance Programme
- To Support work in your region
- Improving Services

It was agreed that this decision would be made later. Options are to be circulated to all members for a consensus along with potential research projects.

There are a number of proposed Fundraising events for 2024:

The Big Cream Tea

This is a Parkinson’s UK nationwide event for World Parkinson’s Day on 11th April, trying to break the record for the greatest number of cream teas held in the country.

Here at the C&S branch we have the following being planned to support this initiative:

Several Cream tea events are being held across our region during Parkinson’s Awareness Week in April (8th – 13th), come along and wear something **BLUE**.

- Cream Tea at Stroud Members meeting on Tuesday 9th April 1.30 - 3.30pm
- Cirencester Golf Club – Cream teas from 8th - 12th April
- Siddington Park - Saturday 13th April from 11am
- Tetbury Goods Shed – Thursday 11th April 1.30pm - 3.30pm
- Fenton’s Café – South Cerney Saturday 13th April 2pm - 4pm
- Cam members meeting – venue to be arranged.

Other Fundraising Activities in 2024 (with estimated funds to be raised):

Captains Charity - Cirencester Golf Club – Our Chair, Kevin Young, is the 2024 Captain of Cirencester Golf Club, and our Branch is his chosen charity, various events are to be held throughout the year raising funds for our branch (~£8,500)

Clubbing Together - Gloucestershire Golf competition at Cirencester Golf Club on 17th May – Proceeds of the Day go to PUK Research, with the takings at the Halfway House being donated to our Branch (~£7,000)

PPU7 – October 2024 – Charity Concert, Raffle and Auction with all proceeds being donated to our Branch (~£5,000)

McGills – A local organisation has selected our Branch as their charity to support for 2024 (~£2,500)

Murder Mystery Event – May (~£500).

POTENTIALLY £24,000 COULD BE RAISED FROM THESE EVENTS THIS YEAR

Other activities we will focus on in 2024:

- We will maintain all current activities (as reported)
- We aim to get closer to Parkinson's Nurses to be more jointly collaborative.
- We aim to gain funding to support the start and conclusion of two projects.
- Drumming as Therapy
- Recumbent Bike project
- We aim to have a full squad of players for a Cirencester Parkinson's Walking Football Team (Parky Pals)
- Recruit more Committee Volunteers

Committee Volunteers

Unfortunately, **Barry Thornicroft** who joined the committee in October to help set up the Stroud Branch has had to step down due to health reasons. **Janie Bates** joined the committee in February.

We are still looking for volunteers to help with the running of the Branch and its activities, so if you want to become a volunteer, please contact Karen Young, Secretary on 07586 532635 *Website link to Committee page is [HERE](#).*

Stroud Local Group

We held our first Members meeting at The Pavilion in The Park, Road, Cainscross, Stroud on 9th January. It was well attended with over thirty people, both existing and new members. Ruth Wright, the Area Fundraiser from PUK attended, and Tim Bird ran an exercise class which everyone enjoyed.



The meetings are held every 2nd Tuesday commencing at 1:30 until 3:30pm. The Pavilion in The Park, (Victory Park, Lower Church Road, Cainscross, Stroud GL5 4JE) Link to Stroud Local Group on our website is [HERE](#) where all information will be uploaded as it develops.

Membership

Our membership numbers have increased recently, in connection with the opening of the Stroud meeting, we now have around 202, which is a 57% increase in our membership since December 2022.

We have seen a decline in attendance at the Cirencester Meeting, due to our members now attending the Stroud meeting, which is closer for them. However, we are about to embark on a local marketing campaign to make more people aware of our Branch and the support and activities we offer for people living with Parkinson's in our area.

We have sadly lost six members, since the last Newsletter: Gillian Alder who died in Oct 2023, Harry Reeve & Stewart Price who both died in Dec 2023, James Hobbs died in Feb 2024, and Stuart Edlington & Ann Perry who died in Mar 2024.

Members Meetings/Activities & Events

MEMBERS MEETINGS

Below is a summary of the speakers booked for our members meetings for the rest of 2024, Members are invited to attend any (or all of the meetings), updates will be on our website.

| | CIRENCESTER 3rd Mon 2pm - 4pm | CAM 3rd Thurs 10.30am - 12pm | STROUD 2nd Tues 1.30pm - 3.30pm |
|-------|---|--|--|
| Month | St Lawrences Church Hall, Countess Liliias Rd, Cirencester | Cam Parish Council Rooms 4 Noel Lee Way Cam, GL11 5PS | The Pavilion in The Park, Victory Park, Lower Church Road, Cainscross, Stroud GL5 4JE |
| Apr | 15th Mary Burton - Physio Phil Collins - The two Ronnies History | 18th Bill Cowley - Scams | 9th Sarah Live well & Dance - Taster Session CREAM TEA - WPD |
| May | 20th WWT - Peter Cranswick Flight of swans | 16th Medical Detection Dogs | 14th Kate Mindsong |
| Jun | 17th Kate Holland - Chair Excercise Medical Detection Dogs | 20 th Claire Greenwood | 11th TBA |
| Jul | 15th Caroline Peyton. - Nutritionist | 18th Andy Beamish | 9th Sue Mills - Living Aids (1 hour presentation) |
| Aug | 19th Sue Mills - Living Aids (1 hour presentation) | 15 th TBA | 13th medical detection dogs |
| Sep | 16th Kate Holland Phil Collins - Gloucestershire Inventions | 19 th Tba | 10th Stephen Moore Carers Hub |
| Oct | 21st Kate Holland William Cooper History of Cirencester | 17 th TBA | 8th George Gverich Parkinson's Brain Bank |
| Nov | 18th Red Arrows Pilot - Andy Wyatt | 21st | 12th |

The December meetings will be replaced by the Annual Christmas Lunch

Regular Social meetings

Cuppa-Chat – Cirencester Baptist Church. On the last Wednesday of the Month, we hold a social gathering over a coffee and a bacon roll 10.30am-12.00.

Tetbury Café - Tetbury Goods Shed. On the 2nd Thursday of the month - a monthly gentle walk followed by a social chat 1.30pm-3.30pm

Regular Activities

Parky Pals' Walking Football – Cirencester twice per month 1st and 3rd Tuesday at Cirencester Arena

Nordic Walking for PD – Minchinhampton every Thursday

Chair exercise – Arranged in Cam – get info from Kath Clements on

Outings (contact Karen on 07586 532635 for more information):

Dare to Dabble - Wednesday 17th July.

Come and have a go at a few different art activities in the beautiful setting of Nature in Art in Twigworth, only 10 places are available – so please book as soon as possible.

Willow Trust Boat trip – Wednesday 11th September

A gentle trip down the River Severn places are limited – so please book early.

Visit to Parkinson's Brain Bank – London – to be arranged.

Projects: Funding & Participation (contact Karen on 07586 532635 for more information):

Drumming as Therapy – we are asking for participation in a drumming exercise study that may prove beneficial for anyone with Parkinson's.

Recumbent Bike project – we are asking for participation in an exercise routine that may benefit someone with Parkinson's.