

WHAT	WHO	WHAT'S INVOLVED	WHEN	WHERE	BENEFITS
OVERVIEW OF BRANCH ACTIVITIES					
Communications					
Committee meetings	Branch Committee	Regular coordination, decision making of all branch matters	1st Monday monthly	Siddington Retirement Village	Maintain momentum of forward thinking committee
Website	Branch Chairman	Set this up to allow all branch information to be found online	-	-	All members and local community can learn about our work, also to have a focal point for newly diagnosed
Newsletters - seasonal	Chairman	Reverted to seasonal after website was released Mar-23 to communicate with non-online members	Seasonal	-	A communication round-up for all members not on email or online
Parky Pals Whatsapp group	All members who signed up	Set this up to allow members to communicate together			For all members who wish to communicate and share information about Parky People.
Fundraising					
1. Paul Mayhew Archer show	Committee	Comedy show to raise branch funds	12th April 2023	Bingham Hall, Cirencester	Raised £4,900
2. Hill & Valley Singers	Committee	Singers show to raise branch funds	13th May 2023	Cirencester Baptist Church	Raised £1,500
3. Clubbing Together	Committee	9th Annual golf tournament to raise funds for research	19th May 2023	Cirencester Golf Club	Raised £7,200
4. PPU6	Committee	6th Annual Parkinson's Music Party	23rd Sept 2023	Bingham Hall, Cirencester	Est raise £5,000
5. In-memoriam donations	Chairman , Treasurer	Liased with all local funeral directors, fund collections, etc	-	Cirencester & Stroud District	£1,905 YTD
Chairman's Innovation Projects					
1. Product Development - (Tap Test)	Chairman & Dr Tina Smith, Biomechanics, Wolverhampton Univ	Innovative 3D digital imagery to capture limb movement for analysis	on-going since Mar-23	Wolverhampton Univ & Branch	Focus on optimisation of movement, medication and slowing down symptoms
2. Incumbant Bike	Chairman & Dr Tina Smith, Biomechanics, Wolverhampton Univ	Specific exercise session with irregular movement to stimulate the brain	on-going since May-23	Wolverhampton Univ & Branch	Focussed on producing equipment for Gym's for Parkinson's people to benefit from this new exercise activity and PUK
3. Drumming Therapy	Chairman, Phil Smith & Professor Steve Draper, Hartpury Univ	MRI scans show new neurological pathways developing in the brain following drumming sessions - also with midi mapping and 3D imagery analysis	on-going since Jun-23	Hartpury Univ & Branch	Focussed on proving neurological pathways growth from drumming sessions, to then expand this knowledge with Parkinson's community (PUK)
Active Events					
Monthly members meeting - Cirencester	Branch Members & Committee	Member meetings to participate in or listen to talks / demonstrations organised by the committee to interest the members	3rd Monday each month 2-4pm	St. Lawrences Hall, Cirencester	Enables healthy chat and debate, a good meet up / catch up and opprtunity to lisen and share information about anything related to Parkinson's or otherwise
Monthly coffee morning - Cam / Dursley	Cam Members	Member meetings for thos living around Cam / Dursley area	3rd Thursday each month 10 - 12	Cam Parish Council Offices	Opportunity for members who cannot travel to Cirencester to have regular meet ups
Monthly afternoon Tea - Tetbury	Cirencester Members	Newly set up half way between branch area extremities	2ndThursday each month 2- 3:30pm	Goods Shed, Tetbury	Allows a different location and time of day to meet up and enjoy any events that are on at the venue
Monthly Cuppa-chat Cirencester	Cirencester Members	Member meetings to get together for a catch up with a coffe / bacon roll	Last Wednesday each month 10:30 - 12	Cirencester Baptist Church	Enables healthy chat and debate, a good meet up / catch up and opprtunity to lisen and share information about anything related to Parkinson's or otherwise
Longfields Well Being centre activities		Utilising the excellent Well-Being centre sessions at Longfields Hospice for people with PD and their carers	1st session 25th Sept - all day	Longfields Hospice, Minchinhampton	Making use of the free services provided, such as Tai Chi, chair exercises, mindfulness, art, etc. for members and their carers
Walking Group	All members as required	A regular walk, in a group of Parkinson's people in specific routes around the Cotswolds	every 6 weeks	Various Cotswold walks	Outdoor walking on fairly easy terrain and a good catch up
Walking Football	All members as required	Commencing a new team sport for Parkinson's people to get active, competitive and enjoy the banter of sport	starts 6th Sept, then weekly 11am	Cirencester Arena	Healthy active, competitive sport and enjoyable banter
Chairman's cross-branch meetings	Chairman	Strategic meetings with other branch Chair's to share concepts, ideas, costs, innovations, etc.	Monthly from Aug-23	Rotation of branch venues	To share knowledge and information for the benefits of members and Chairs

Chamber of Commerce networking	Chairman	Fully utilising the networking benefits of collaborations with local businesses to help raise a deeper awareness of Parkinson's in the business community, to utilise their networks and Corporate Social Responsibility objectives, utilise any support available	Monthly through Cirencester Chamber of Commerce	Various venues	Wider collaborations and fundraising opprtunities
Member Meeting Talks / Demonstrations					
Longfields Well Being Centre	Events Organised by Branch Committee for members	Utilising the well-being centre services	Weekly according to their timetable	Longfields Hospice, Minchinhampton	Regular therapeutic activities
Art Taster session		Allowing members to try / learn how to paint	May-23	St. Lawrences Hall, Cirencester	Learning a new skill or enhancing existing skills
PUK CEO Q&A		A talk by Caroline Russell and Q&A session	Feb-23		Information about PUK
Tai Chi & PD Warrior		Exercise classes	Weekly according to their timetable	Longfields Hospice, Minchinhampton	Regular therapeutic activities
Get Out Get Active		Exercise classes	Weekly according to their timetable	Various venues around Gloucestershire	Regular therapeutic activities
AGM		Branch Annual General Meeting	Annually in March	St. Lawrences Hall, Cirencester	Governance
Gloustershire Parkinsons Advisor talk		Keeping up with Parkinson's Advisors' information	Annual updates		Information update
Parkinson's Nurse talk		Keeping up with Parkinson's Nurses information	Annual updates		Information update
Parkinson's Living Aids demonstration		Demonstration of living aids available from PUK catalogue to purchase	As per events calendar		Information update
Carers Hub talk		Keeping up with the Gloucestershire Carers Hub - multiple support / events			Information update
Mindsong		Therapy through participative group singing			Information update
Conductive Education talk		The benefits of Cinductive Education sessions			Regular therapeutic activities
Stroll Technology		The benefits of Stroll's AR technology and a demonstration			New technology demonstration
Ice Cream making / tasting talk		A talk on how ice cream is made and a taste of the produce			Tasting session
Drumming therapy sessions		Demostations of the benefits of drumming with a digital drum kit			New therapeutic activity to benefit the brain
Pets as Therapy		Demonstination of the benfits of using pets as therapy			Therapeutic respite
World Parkinson's Congress Ambassador talk		A talk following the WPC event in Barcelona from Alison Anderson, Ambassador			Information update
Cotswold Canal Trust		A talk about the work of the Canal Trust			Information update
BBC Radio Gloucestershire		Mark Cummings from BBC radio talks about his stories			Information update
Parkinson's Brain Bank talk		A talk from our chosen research project			Information update
Trips / Excursions					
1. Dare to Dabble - Nature in Art	Events Organised by Branch Committee for members	An opportunity to learn five different art techniques in a country mansion / garden setting	As per events calendar	Nature in Art, Twigworth, Gloucestershire	Learning a new skill or enhancing existing skills
2. Marjorie's Tea Party - garden party		An annual gethering at Marjorie Cunningham's garden, well enjoyed by members		Frocester, Glos	Catchup and meet up
3. Willow Trust boat trip - Severn river trip		A trip down the river Severn, annual outing		Sharpness, Glos	Boat trip
Activity Sessions					
Conductive Education Therapy sessions	Events Organised by Branch Committee for members	Regular sessions to train the brain to control movement	As per events calendar	St. Lawrences Hall, Cirencester	Regular therapeutic activities
Get Out Get Active Exercise		Regular exercise sessions at local facilities		Various venues in Glos	Regular therapeutic activities
Dance for Parkinson's		Regular dance classes specifically for People with Parkinson's		Forest Green Rovers Football Ground	Regular therapeutic activities
Walking Football		Regular competitive sport		Cirencester Arena	Regular therapeutic activities