

Scottish Association for Sleep Apnoea

AGM & Conference – 2nd October 2010

Grampian Hotel, Perth

Report on Conference 2010

Chair – Jean Gall, welcomed members, guests and representatives.

Chair then introduced Dr Tom Mackay (Clinical Director – Dept. of Sleep Medicine – Edinburgh Royal Infirmary) - who spoke to conference on the present position of the Sleep Lab. Better ways of handling patients are being looked at – using the services of NHS24 / GP's to become more involved with patient care / improved contacts with other hospital sleep centres to compare systems thus using best practice. DVLA also have a part to play in offering advice and looking at ways of handling OSA sufferers. Scottish Government have now recognised sleep medicine and have helped to set up the Scottish Sleep Forum, which meets twice a year. Dr Mackay suggested SASA should send representatives to this as a means of highlighting OSA and problems sufferers encounter. Chest, Heart & Stroke Scotland is also active in this forum and would be willing to form an affiliation with organisations such as SASA. There is also an International Conference held annually in Edinburgh, the next meeting is in March 2011. It should be borne in mind that the DVLA is still the authority that will allow you to continue to drive or not. It should be treated in the same way as drink/drive and in that respect a lot of it puts the onus on individuals to monitor their condition and be aware of the effects on their driving

There then followed a Question and Answer (Q & A) Session. Dr Mackay was thanked for attending this years Conference and Chair hoped members felt they had gained something from the Q & A session.

Chair – Jean Gall then gave Conference an update on the situation regarding the SASA Petition, which was still active within the Scottish Parliament. The letter received from Christine Grahame who apologised for being unable to attend Conference referred in particular to annual check-ups, one of the questions raised in the Q & A session held earlier.

The petition is now in the hands of the Health and Sports Committee of which Christine Grahame is now chairman. Following consideration of our petition the committee have written to the UK Medical Research Council and the UK Department for Transport for an update on research for sufferers of OSA.

Jean also read out a letter explaining why our request for a representative from DVLA to attend Conference had been declined.

Chair then introduced Mr Harry Purcell – Mr Purcell had provided such a good insight into the position in the NHS last year the committee had requested his return this year.

He gave the conference a historical insight into NHS funding past and present. Using information from the NHS website ‘NHS Choices’- under treatment for OSA it highlighted a number of options of treatments ranging from – mechanical dental appliances – prescription stimulant drugs – surgery. Some of these treatments would only be available if patients were to opt for private treatment.

This poses OSA sufferers and their partners with a variety of ways in seeking help for their condition. How can SASA help them?

Mr Purcell had in the past been involved in helping commission voluntary organisations set up to help fellow sufferers. So as well as campaigning by raising the profile of the condition and looking for improvements in services they can also give practical help by offering support to fellow sufferers.

He suggested the types of actions SASA could consider becoming involved in such as pressing -

- for more investment in research around the condition which could lead to more tolerant treatments.
- for research into CPAP therapy to make it more tolerable
- for pharmaceutical approaches

Higher Education Institutions could be approached which reduces costs of development.

What other actions can be taken –

- indirect approach such as the SASA website
- more direct approach by setting up local groups
- regional events
- ‘buddy’ system for newly diagnosed patients
- distribution of information packs
- surveying sufferers whether members of SASA or not, using marketing or polling agencies. This can promote interest and therefore raise the profile.

In response to Mr Purcell’s encouraging words Chairman advised Conference of a school in the South of Scotland who choose two charities to support and this year one of their chosen charities is SASA.

At this point Conference broke for Lunch.

Prior to the Conference and AGM recommencing a Raffle was held which raised £97.65p towards SASA funds. Thanks to Mrs Stephanie Walker and Mrs Misha Paul who ran the raffle and our thanks to all who contributed the prizes.

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Report on AGM

Attendance Register – A total of 39 members were registered as being present.

Chairman's Report –

The past year has been a question of catch-up. A number of things had been neglected over the past two years and a lot of time had been spent re-addressing these and endeavouring to ensure this is not repeated in the future.

There is however no time to waste, as it is my wish to maintain the progress made so far.

The Treasurer who is unable to be present and sends his apologies has been in regular contact with our Legal Representatives who advised us that there are many changes taking place within Charity Law which necessitates reviewing and where necessary re-writing our Constitution. Your committee will be concentrating on over the next year.

Minutes of AGM held at King Robert Hotel 10th October 2009

Minutes accepted – Proposed Alex Munro Wallace : Seconded David France

Matters arising –

Chairman pointed out that our Associations President was still Professor Sir Neil Douglas. Despite constant attempts to contact him and even being told he still acted as a consultant at Edinburgh Royal Infirmary they had no contact registered for him at the hospital.

Secretary's Report –

No immediate correspondence to report on, however it has been gratifying to see our website being used by OSA sufferers and their partners in search for advice on a variety of subjects including how to return an unused CPAP machine. It shows we have something in place already that people respond to.

Treasurer's Report –

(In the absence of the Treasurer John Paul gave this report)

Please see attached report

Our thanks to Mr John Campbell who has agreed to act as our Independent Examiner on a voluntary basis.

Membership Secretary's Report –

Very little change over the past 12 months. Overall a drop in numbers by 2.

Trying to create a better database to record membership details.

Membership cards have been reprinted and will be sent out later in the year.

Along with membership cards you will receive Standing Order Forms which we would like to encourage members to use and would also remind members to consider their subscriptions to be gift aided.

We would also ask that members returning these form to provide contact details – in particular e-mail addresses. This would help to reduce costs on distributing the Newsletter.

Election of Office Bearers.

Office bearers are appointed for a period of 3 years.

Our Vice Chairman has completed his term of office and we would ask the members if they wish to nominate a replacement. There being no nominations Alex Munro Wallace was asked if he would serve another term. This he agreed to.

The Committee have been extremely grateful for the very valuable input provided by our Website Consultant – Mark Lincoln and our Newsletter Editor – Mike Wilson.

They have served on the committee as co-opted members but it has been strongly felt that they should be full members of the committee.

Proposed – Ray Walker : Seconded David France

AOCB –

Vice Chair Alex Munro Wallace thanked present Chair – Jean Gall for her enormous input into the committee since taking up her post. He also felt the membership should thank the other members of the committee for the amount of time they spend travelling to and from committee meetings and their input which has helped SASA get back on track.

Date and Venue of next AGM –

Chair requested that the membership leave this decision with the management committee. It is intended to use the next newsletter as a means of finding out what the membership want from the Conference and AGM. Where they would like it to be held and when they would like it to be held.