

Local Contact Details

Clinical Nurse Specialist for Parkinson's: Point of contact for anyone who has Parkinson's and who needs help, advice, support, advocacy or education. Referrals can be made by the patient, carer, family member or any professional involved in their care. Contact Carolyn Hodkin on **01226 645180**.

Parkinson's Local Advisor: Provides confidential, one-to-one information and support about Parkinson's and local services to anyone affected by the condition including family, carers and friends. Acts as an advocate and can liaise with health, social care and other local professionals to access the support you need. For information about living with Parkinson's day to day, managing symptoms and emotional support please contact Sharon Gray on **0344 225 3637**, or email sgray@parkinsons.org.uk

Chairperson

Philip Thompson: **01226 730418**

Secretary

Doris Wragg: **01226 744670**

Membership Secretary

Granville Dransfield: **01226 711302**

Diary Dates 2018 - 2019

20th March : Andrew Foster - frauds and scams

17th April : Ian McMillan (TBA)

15th May : Bhanu Ramaswamy - Physiotherapist

19th June : Brodsworth Hall

17th July : Raymond Walker - Barnsley Now and Then

21st August : Harewood House

18th September : U3A choir

16th October : Heather Mortiboys - Research Update

20th November : Colin Graham - The Magic of the Scottish Islands

12th December (1pm) : Christmas Party. *Please note, this is a Wednesday*

2019

15th January : Sarah McHale - The New Town Centre

19th February : AGM

**Meetings at Emmanuel Church,
Huddersfield Road.
Barnsley S75 1DT**

2pm - 4pm

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

**Support for You
in Barnsley**

Advice

Activities

Exercise

Contacts

Respite

Meetings

Friendship

Events

Ideas

Counselling

Outings

Support

**Parkinson's UK
Barnsley & District Branch**

About Parkinson's UK in Barnsley

We are here to help you, your family and your friends. You may have recently been diagnosed by a consultant or GP as having Parkinson's.

You are one among the 127,000 in the UK who have also been diagnosed - so take comfort - you're not alone.

You may know little about Parkinson's. You may be feeling confused, bewildered, even angry.

You may not want to talk about your diagnosis. All these feelings are quite normal and that is why there are people in the Barnsley branch who can help you.

Monthly meetings and events: We provide a series of informative, interesting and varied monthly meetings and events suitable for all members.

Newsletter: We publish a quarterly Newsletter to keep members up-to-date with branch events and activities.

Fundraising: We arrange and take part in fundraising events to raise sufficient funds for our activities and to fulfil our aims.

Free Exercise: Two sessions, one seated, one for those more able, are held at Emmanuel Church. Referral is needed. To enrol, please contact our Local Advisor Sharon Gray. A Wii Fit Plus is also available for loan.

Help for Carers: A limited amount of free care is provided by *Crossroads Care*, enabling carers to have some time off.

Counselling: Confidential free counselling is available, by clinical referral from the Parkinson's Local Advisor, to people with, or affected by, Parkinson's. Please contact the Parkinson's Local Advisor for further information.

Holidays: There's a draw for a free holiday in the autumn at a Blackpool hotel, supported by Parkinson's UK. The hotel runs activities specially tailored for people with Parkinson's and their carers. To apply, please contact the Secretary.

Free Days out: There are days out in June and August.

Transport: Free transport is available for members who have difficulty getting to and from monthly meetings.

Christmas: There's a Christmas party in December, with entertainment.

For more information about Parkinson's UK in Barnsley, or to join Parkinson's UK, please contact:

Philip Thompson: 01226 730418

Membership costs just £4 per year

Why not visit the branch website at:

barnsleyparkinsons.org.uk.

Here you will find branch information, meeting dates, picture gallery, newsletters and much more.

or email: info@barnsleyparkinsons.org.uk

About Parkinson's UK

Free confidential helpline:
0808 800 0303

Interpreting available:
Textphone **0800 1114204**.

Visit us online at parkinsons.org.uk

Drop us a line at hello@parkinsons.org.uk

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom.

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