

# NEWS

Barnsley & District Branch

April 2022



## Plant Stall

On Sunday 12th June we will be holding a plant sale in Locke Park alongside the Classic Car Rally. Three years ago, this event was very successful. Members contributed lots of plants and pots so we made a significant sum for the branch.

If you have green fingers, please try to help this year either by providing plants or coming to help on the day.

*See inside for more details*

## Find us online...

**Barnsley Branch WEB:**  
[barnsleyparkinsons.org](http://barnsleyparkinsons.org)

**EMAIL:**  
[info@barnsleyparkinsons.org](mailto:info@barnsleyparkinsons.org)

## \* Trip to York \*

Please note that the trip to York Railway Museum will now take place on **Thursday 30th June**.

Following the pandemic, the museum is no longer open on Mondays and Tuesdays. In addition, we have had a problem with booking the coach earlier in the month.

## Coming Up!

- 19th April: Ian McMillan
- 5th May: Lunch at Shaw Lane - 12.00pm
- 17th May: AGM plus  
Andy Foster - Fraud prevention
- 12th June: Plant Stall - Locke Park
- 30th June: Outing to York Railway Museum**
- 19th July: Angie Vaines - Nordic Walking
- 16th August: Janet Edmunds - Parkinson's Adviser

*Summer walks to be arranged in  
Wentworth Castle Gardens - details to follow.*



*More bowling pics on P4*

## Acting Chair's Chatter

Spring has sprung, the lighter nights are here and the Covid restrictions have been further eased, all of which has enabled our members to feel more relaxed about attending our recent events. However, here in Barnsley, the number of people contracting Covid is ever increasing. As I write, we have been notified of seven members currently suffering from Covid. Their symptoms are relatively mild but nevertheless unpleasant.

In March Carolyn Turton, our Dedicated Nurse Practitioner, attended the branch meeting and gave a talk regarding the importance of taking medication on time. If you missed the talk, Carolyn has provided a copy elsewhere in this newsletter. During the refreshment break, Carolyn held 'out-of-clinic' consultations which were greatly appreciated by those who met with her.

In March we held our ever popular 10 pin bowling morning followed by a lunch. Twenty-five people attended. What a great enjoyable time we had, as you can see from the pictures on the back page!

Crossroads Care, the company which provides our respite care service, and Making Space, which runs Barnsley Carers Service, are jointly funding a free lunch on Thursday 5 May at Shaw Lane for up to 50 of our members in recognition of the 20 years of us working in partnership. Names to Doris as soon as possible please.

Happy Easter to you all,

*Best wishes, Terry*

## Plant Stall : Can you help?

We now have the new gazebo and will need help manning it during the day. Philip will be the lead volunteer and can be contacted on 07522 131957. If you can bring any seedlings, plants etc. on the day, the stall will be near the bandstand. If you have plants but need us to collect them, just contact Philip before the day.

*Thank you, Rona*



2019 plant stall

# Timing is everything.....

When it comes to Parkinson's, medication is everything, and timing is critical.

Medications such as Co Beneldopa {Madopar} and Co Careldopa {Sinemet} are used to treat Parkinson's symptoms, they are the only medications that when in the body are converted into dopamine in the brain. This replenishing of dopamine with each medication dose is why it is very important for a person to take their medication in precise consistent dosages throughout the day. The goal for doing this is to maintain a steady supply of the medication and this will mean that dopamine levels in the brain will be consistent too.

There are many ways to ensure that medication is taken at regular intervals and on time.

- Setting alarms and reminders on mobile phones.
- Setting alarms and reminders on digital watches.
- Setting reminders on Alexa devices.
- Pill boxes can be purchased with alarms and reminders on too.
- Lifeline have a medication prompting service, which is basically a telephone call to the person advising them it is medication time.

It is very important that you get into a good routine with your medications and I am more than happy to discuss this with you as your specialist nurse.

Ensure that you take a supply of medication with you when going out and making sure it is ordered in good time from the pharmacy.

We generally advise that you should try and take this medication half an hour before meals or an hour after meals, this is because certain foods that are higher in protein can delay the absorption of these medications. This means they may take longer to get into the system and to the brain.

If you experience any side effects from your medications, please either contact me or your consultant, or a local pharmacist who can also give you really good medication advice. Parkinson's UK also have a helpline that people can call to discuss medication issues too.

It is very important to also know that this medication should not be stopped suddenly due to the risk of neuroleptic malignant syndrome, which can be life threatening.

The contact number for Parkinson's UK helpline is 0808 800 0303

The contact number for lifeline is 01226 773 300

Carolyn Turton Parkinson's Clinical Specialist Nurse 01226 645 180

## Recent Research

### Early signs:

Recent research has identified two early warning signs of Parkinson's Disease. Scientists examined the health records of more than a million people living in East London since 1980, of whom more than 1000 developed Parkinson's. As well as the well-known risk factors, the study found that hearing loss was associated with 66% likelihood of getting Parkinson's while epilepsy increased the risk by 2.5 times.

### Statins:

In addition to the known benefits of taking statins, an American study has shown that the drugs could prevent Parkinson's disease because they keep brain arteries healthy in old age. The leader of the study said that more research was needed but statins could be a therapeutic option in the future to help reduce the effects of Parkinson's in the general population of older adults. A wonder drug indeed!



## Bowling Pics!

After an absence of 2 years we were finally able to hold a 10-pin bowling session followed by a meal at the Metrodome. As always the staff were very helpful and everyone had a good time. 10-pin bowling is completely inclusive as there are facilities to help people with mobility problems, even people using wheelchairs.



On this occasion, the winners were Barry Pleasants and Sue Tibble, who hadn't bowled for many years. Doris provided the biggest surprise, not least to herself, by scoring 3 strikes. Well done to them all!

## BARNSELY AND DISTRICT BRANCH

### Branch President

Ian McMillan

### Acting Branch Chair

Terry Kendall 01226 767111

### Branch Secretary

Doris Wragg 01226 744670

### Nurse Specialist for Parkinson's

Carolyn Turton 01226 645180

### Parkinson's Local Advisor

0808 800 0303

### Acting Membership Secretary

Ann Marie Sephton 01226 384936

Many thanks to the contributors to this issue.  
Future items should be sent to **Sheila Ireland** at  
[sheilairland@hotmail.com](mailto:sheilairland@hotmail.com)

## Parkinson's UK

**WE'RE the Parkinson's support and research charity. Help us find a cure and improve life for everyone affected by Parkinson's.**

Free confidential helpline:  
0808 800 0303

Interpreting available:  
0800 111 4204

Visit us online at [parkinsons.org.uk](http://parkinsons.org.uk)

A charity registered in England and Wales (258197) and in Scotland (SC037554).

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