

**PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.**

# NEWS

Barnsley & District Branch

April 2023



**Find us online...**

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

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

**FACEBOOK:**  
Parkinson's Barnsley



**Susan Grant  
1947-2023**



## Chair's Chatter

We are dedicating this quarter's Newsletter to the memory of Susan Grant, one of our longest serving Branch members who joined us in 2004. Throughout this time Susan was very enthusiastic and readily participated in our many activities. As a committee member she took on the roles of minute taker and Research Champion. Susan's enthusiasm was infectious and inspirational to us all and she will be sadly missed.

In February we held our AGM, officiated by Tracy Westgarth, Parkinson's UK Senior Area Development Manager. During the meeting members raised the difficulties they had experienced in getting their medication on time whilst in hospital. Tracy and I agreed to take this matter forward with the hospital in order to resolve the problem.

Looking ahead we have an interesting and varied programme of activities planned through to January next year. Following a survey I conducted in January with members of the exercise class and those attending the branch meeting, the most popular choice for our annual outing in June was Cleethorpes. I also sought suggestions for topics to be discussed at future branch meetings. Accordingly, I have arranged for speakers to talk to us about research programmes, diet and speech therapy.

At our March committee meeting George Spencer advised us that, at the end of the year, he would be relinquishing his many and varied roles. George was instrumental in forming the branch back in 2002 and has a wealth of knowledge and experience that is going to be difficult to replace.

With George's decision and Susan's passing we have a desperate need for volunteers to assist in the running of the branch. So if you, or anyone you know in the wider community, is interested in helping us then please let me know as soon as possible.

*Best wishes, Terry*

## Obituary - Susan Grant

Dear Alex

I find this the most difficult letter to write because how does one find the appropriate words to encapsulate the many ways in which Susan illuminated the lives of all who came into contact with her.

As a committee member she was a regular contributor providing valuable insights from someone who had Parkinson's to our decision making. Apart from the difficult task of making sense of often wide ranging and dare one say irrelevant discussions, in accurate and succinct minutes.

Susan was also an enthusiastic member of the exercise class. She encouraged her colleagues to take the benefits further forward with the Nordic walking class and the use of a WiiFit+ device. Everyone was amazed at her skill in the demonstration she gave at a branch meeting of this piece of apparatus.

Research into the causes of and a possible cure for Parkinson's were of particular interest to Susan. She personally participated in some research programmes and was keen to take on the role of branch research champion, involving regular feedback to the branch on the current avenues of this work.

Speaking from our 15 years of branch membership, Susan was loved, respected and admired by all with whom she came into contact. She will be sorely missed.

You have our deepest sympathy in your loss.

*Philip & Rona Thompson*

## Not to be Missed...

- 11th Apr: World Parkinson's Day - Awareness stand in town centre & Barnsley Hospital
- 13th Apr: Natter Café - Falco Lounge
- 18th Apr: Branch meeting - Ian McMillan
- 27th Apr: Summer walk - Locke Park
- 11th May: Natter Café - Falco Lounge
- 16th May: Branch meeting - Heather Mortiboys - Current Research Projects
- 25th May: Summer walk - Worsbrough Reservoir
- 8th June: Natter Café - Falco Lounge
- 11th June: Locke Park Vintage Car Rally - Plant Sale
- 20th June: **No branch meeting**
- 27th June: Outing - Trip to Cleethorpes
- 29th June: Summer walk - Cannon Hall
- 13th July: Natter Café - Falco Lounge
- 18th July: Branch meeting - Daniel Kelly - Dietician

## World Parkinson's Day

World Parkinson's Day is Tuesday 11 April. We have arranged for the town hall tower to be lit up at night in blue, Parkinson's corporate colour. We shall have awareness stands in both the town centre on the day and in Barnsley hospital.

Parkinson's UK have suggested people submit poems of a maximum of 5 lines in length to highlight their Parkinson's journey, either as a sufferer or as a person affected by Parkinson's.

Below is one of those poems written by Maxine Mellor one of our members.

*Remember how Mam loved to dance and now can't even walk?  
Remember how we'd hear her sing, now rarely hear her talk?  
How can the lack of Dopamine take all this life away?  
Let's come together to find a cure for Parkinson's one day.*

And one by Colette Mellor

*You don't know me I'm PSP\*  
You might have met my family  
I'll steal your voice and mobility  
You'll have no choice. Can't stop debility  
I'll leave the joys of your personality*

\*Progressive Supranuclear Palsy (a form of Parkinson's)



## Plant Sale

Our annual plant sale takes place in Locke Park on 11th June. Please help in any way you can, either by providing plants or helping on the stall on the day.

Further details from Terry

## Trip to Cleethorpes

By popular demand, our annual outing this year is to Cleethorpes and will take place on the 27 June 2023. We have booked the coach for pick up at Tesco's Stairfoot car park at 10.30am. The coach has a hydraulic lift and is capable of accommodating wheelchairs. Names to Doris or George.

## Ten-pin Bowling



## What Happens When!

- Branch meetings* - 3rd Tuesday in the month - 2.00pm - 4.00pm - Emmanuel Church
- Exercise classes* - Weekly on Mondays - 1.00pm - 2.00pm & 2.30pm - 3.30pm  
2.00pm - 2.30pm - time for a drink and a chat - Emmanuel Church
- Natter Cafés* - 2nd Thursday in the month - drop-in at the Falco Lounge, Town Centre between 10.30 and 12.00
- Walks* - Last Thursday in the month, **summer only**. Various venues. See Events guide for details

## BARNSELY AND DISTRICT BRANCH

### Branch President

Ian McMillan

### Branch Chair

Terry Kendall 01226 767111

### Branch Secretary

Doris Wragg 01226 744670

### Nurse Specialist for Parkinson's

Carolyn Turton 01226 645180

### Parkinson's Local Adviser

0808 800 0303

### Membership Secretary

Ann Marie Sephton 01226 384936

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