

NEWS

Barnsley & District Branch

January
2022

★★★
 ★ **Information for New Members** ★
 ★ *The following meetings take place at the Emmanuel Church, Huddersfield Road.* ★
 ★ *General Meetings - 3rd Tuesday in the month* ★
 2.00pm - 4.00pm ★
 ★ *Exercise Classes - Weekly on Mondays* ★
 1.00pm - 2.00pm ★
 2.30pm - 3.30pm ★
 ★ 2.00pm - 2.30pm - Time for a Drink and a Chat ★
 ★ **Free taxis** are available for anyone with transport ★
 problems. Ask for a receipt and you will be ★
 re-imbursed by George. ★
 ★★★

Find us online...
Barnsley Branch WEB:
barnsleyparkinsons.org
EMAIL:
info@barnsleyparkinsons.org

Important Information

Please note that the AGM scheduled for February may be deferred because of the latest outbreak of the virus. Members will be informed of any changes.

Who is this man?



Please help us by wearing your name label at all meetings. We have been delighted to welcome so many new members but we would really like to remember your names.

***If you don't have a badge,
let Rona know.***

Coming Up!

- 15th February: AGM (possibly deferred)
 Mike Fisher - Clinical Trial for Parkinson's
- 15th March: Sue Mills: - Daily Living Aids
- 19th April: Ian McMillan
- 17th May: Andy Foster - Fraud Prevention
- 21st June: Outing to York Railway Museum

Coming Soon...

10-pin Bowling
 Natter Cafes (the name could change)
Details of times and venues to follow

Acting Chair's Chatter

I hope you have had a happy Christmas and my best wishes for a happy and peaceful New Year. As we start another New Year it must be said 2021 was probably one of the most difficult years we have ever experienced. Our whole way of life has been changed because of the pandemic and I expect it will never be the same again. So, we have to positively look forward to this New Year and readjust our way of life to whatever we consider to be "the new normal"!

One thing is certain, your committee is very positive and working hard to develop a programme of activities in order to enable us to come together to socialise, meet old friends and get to know new members and to welcome them into the Barnsley Parkinson's Family.

The current guidance from Parkinson's UK (PUK) is that whilst staff are expected to work from home and only attend in person meetings if it is absolutely necessary, so far as volunteers and Branches are concerned, it is up to us to decide how we wish to manage our activities within the Government guidelines ensuring we maintain everyone's safety and wellbeing. It is for that reason we have had to postpone our AGM once again. This is because the rules state that a PUK staff member must be present at the AGM.

At the January meeting of the committee, it was agreed we should begin to restart our programme of activities, commencing with the ten-pin bowling event. Just how far these plans are developed depends on the views of yourselves. We shall explore the ideas with those attending the January Branch meeting and the exercise classes and make decisions accordingly.

During December we held our very successful Christmas party attended by the Mayor and our Parkinson's Clinical Nurse Specialist Carolyn Turton. The number attending the exercise classes continues to increase each week. We still have vacancies in the class, so if you are feeling somewhat lethargic there is no better way of helping you manage your Parkinson's than taking regular exercise. If you haven't attended the class yet, maybe you've been put off by thinking you have to go out and get yourself clad in lycra and a sweat band! Nothing could be further from the truth. Bronia, who runs the sessions, has over 25 years' experience in running exercise programmes for people with Parkinson's. The exercises are very gentle and great fun. There are certainly no great workouts!

For our carers, we offer a free respite care service in the home, to enable the carer to go out for four hours each month while a carer from Crossroads, a nationally-run care company, comes to your home to sit with the person with Parkinson's. Philip has written a more detailed explanation of the service; his article appears elsewhere in this newsletter.

We have started a Just Giving page to make it easier for people to make donations directly to the Branch. Our website has a link to the Just Giving website, alternatively you can access it directly by typing www.justgiving.com/fundraising/barnsleyparkinsons. The site has been active since November and by mid-January had already raised £333.00.

Talking of fundraising, we planned our first fundraising event for Saturday 15 January 2022, a bucket collection at Oakwell when Barnsley were meant to be playing Blackpool – alas Covid strikes, the match is called off and no bucket collection!

Best wishes, Terry

Grand Re-opening - 19th October 2021

We were all delighted when we finally managed to re-start our in-person activities, albeit with sanitiser and optional face masks. We welcomed many new members, who we hope will continue to attend our meetings, exercise classes and other events. The first meeting was treated as an opportunity for people to meet and socialise and to exchange experiences over the past 18 months. Sadly, there were several friends who we had lost during the pandemic, although not to Coronavirus.

That apart, it was a welcome return to 'normality'. Terry kindly provided a 'welcome back' cake.



Respite Care in the Home

Introduction

You may have heard of references to our respite care in the home service from the chair at sometime during the first two meetings since our “relaunch”. In fact, we have had one or two tentative enquiries already about the service. This service is very much what it says on the tin, so to speak. The branch has a contract with a local company, **Crossroads Care, Barnsley**, part of a national franchise, to provide a trained carer in your home to allow a limited amount of respite for you, the carer of a person with Parkinson’s and when both of you live at that address within the Barnsley Metropolitan Borough. There are no requirements that both or either of you are branch members and **the service is free**.

Limitations: The emphasis is on the word “limited” because Parkinson’s UK rules do not allow branches to provide any service which a local authority is obliged by law to deliver. Local authorities are required to provide social care according to assessed need which often means having a trained carer in your home. Our branch service is outside this restriction because we regard it as something extra, something free and something providing a little more free time for a carer.

It amounts to **4 hours per calendar month**, which can be used with a degree of flexibility, 2 hours on consecutive weeks for example, but not 1 hour per week.

Funding: The branch contract with Crossroads Care, Barnsley is renewable annually so the likelihood of a sudden termination of your respite is highly unlikely. The current contract is the second in successive years funded by the National Lottery.

Getting started: The first step in obtaining the service is **to obtain, complete and return** an application form from Doris Wragg, the branch secretary (contact details on back page of the newsletter). This will be checked by two senior branch officers that you meet all 4 of the necessary requirements. The assistant treasurer then forwards your details to Crossroads Care, Barnsley to make the necessary arrangements for their staff’s visits.

Note: Any arrangements you make with Crossroads Care, Barnsley for additional respite will not be part of the branch’s contract and will have to be paid for by yourself.

Parkinson’s UK Grants

People with Parkinson's or other forms of progressive parkinsonism, and unpaid carers, can apply for a Parkinson's UK Grant up to £1,500.

There will be 3 funding rounds for Parkinson’s UK Grants in 2022:

Round 1 opens on 10 January and closes on 25 February.

Further dates will be advertised on the Parkinson’s UK website.

Check the following website for the application form and further information about who can apply and what can be funded.

www.parkinsons.org.uk/about-us/parkinsons-uk-grants

Party Pics!

Somewhat to our surprise, we were able to hold our Christmas party in 2021. Bringing it forward by a week proved to be fortunate, as shortly afterwards we learnt of Omicron, the latest version of the virus, which despite its best efforts, didn't manage to disrupt Christmas plans too much this year but just led to a surge in lateral flow testing and a mad scramble to secure enough tests before meeting up with family.



The party was a great success and resulted from much hard work on the part of committee members. Special thanks go to Ann Marie who provided the food and to George who did most other things. Thank you to members who provided items for the hampers, which were beautifully put together by ladies from Inner Wheel. It was good to hear the U3A Choir again and have chance to join in with some carols.



BARNSELY AND DISTRICT BRANCH

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Many thanks to the contributors to this issue. Future items should be sent to **Sheila Ireland** at 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

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

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