

Chair's Chatter

I hope you had a happy Christmas and my best wishes for a happy and peaceful New Year. 2022 has been a year of coming to terms with the effects of the pandemic and the significant impact it has had on all our lives. As we go into 2023, I am pleased to say that the numbers attending our various activities are now pretty much back to pre-Covid levels.

The Natter Café at the Falco Lounge continues to go from strength to strength with people coming together on a monthly basis to share information and experiences while enjoying a free hot drink.

At the end of October, we ran our annual Carers' Day at the Bannatyne Spa. Whilst the carers were being pampered with massages and facials, the people with Parkinson's were enjoying a morning of games and quizzes organised by George Spencer. In the last few months we formed a partnership with Shaw Lane Sports Club. They have invited us to join their regular Thursday drop-in session where it is possible to meet with others to informally chat over a cup of tea and slice of toast or to play board games, quizzes and bingo. There is also a falls prevention class. In the summer months, there will be opportunities to participate in walking cricket, football and crown green bowls.

In November we ran our ever popular ten-pin bowling session at the Metrodome. We had 35 people participate in the bowling followed by a lunch. And, of course, our Monday afternoon exercise class continues to be the highlight of the week for many of our members.

In December we held our very successful Christmas party at Emmanuel Church, attended by the Mayor. During the afternoon, the Mayor presented Philip Thompson with the Parkinson's UK volunteer award. This award is in recognition of the significant contribution that Philip has made to the branch, particularly during his time as Chair. After a sumptuous buffet arranged by Ann-Marie, we were entertained by the 45 members of the U3A choir.

The first fundraising event of the year will be on Saturday 21st January 2023 at Oakwell when Barnsley will play Accrington Stanley.

Best wishes, Terry

Summer Walks

The final walk of the summer was at Elsecar Heritage Centre and included a short quiz. The winners were rewarded with some old fashioned humbugs.



In 2023, plans are in hand to provide 6 short walks starting in April with the additional incentive of a free "cuppa" at a local café. All walks are suitable for people with mobility needs and can be shortened or lengthened. *The only restriction is that, if you need help, you must have someone with you.* **Parkinson's UK strongly advises that branch volunteers should not provide care.** Further details will be available on our website:

www.barnsleyparkinsons.org

All walks will be on the last Thursday in the month with the first on April 27th at 10.30am.

Recognition of Philip's Dedicated Service

Philip Thompson has been given a prestigious award from Parkinson's UK for his long-standing dedication to the branch. Parkinson's UK has 440 volunteers and each year gives an award to those individuals who went the extra mile for the Parkinson's community. This year only 19 such awards were made.

Philip was our branch Chair for almost 11 years. During that time he provided motivation to the committee, and it is largely due to his hard work that the group is where it is today.

Philip humbly accepted the award from the Mayor of Barnsley, councillor Sarah Tattersall, on Tuesday 13 December 2022 at our Christmas party.

Philip has secured funding from the National Lottery, the local authority, Barnsley Football Club and national retailers such as Tesco and Marks and Spencer.

Terry Kendall, our current Chair, nominated Philip for the award. He said: 'Over his period in office, Philip has raised tens of thousands of pounds for the branch. Philip worked tirelessly in steering the branch to become more effective.'

Rose Crawley, network support officer at Parkinson's UK, added: 'Philip has been the most wonderful Chair of the Barnsley branch. He ticks every one of our values and is dedicated to supporting people with Parkinson's.'



Facebook

- ◆ To keep you up to date with branch activities we have now set up a Facebook page.
- ◆ If you use Facebook, you can find us at 'Parkinson's Barnsley'. Ken Booth, our
- ◆ webmaster has set up the page and whenever we have something to tell you, Ken will
- ◆ put the information on Facebook. If, like me, you're a newcomer to Facebook and you
- ◆ wish to be kept up to date then you have to go onto our page and click the 'Like' button
- ◆ then whenever we add new information it will automatically appear in your Facebook.
- ◆ Parkinson's adviser service is here to help throughout these difficult times.

Parkinson's Adviser Service

As we move into 2023, we know that day to day life is not getting any easier for people living with Parkinson's as we face further increases in the cost of living and uncertainty about our health care services. The Parkinson's adviser service is here to help throughout these difficult times.

If you feel you would benefit from our support, you can access this by self referral to the Information and Support Service via the following methods:

- Calling the helpline on 0808 800 0303 or
- Emailing hello@parkinsons.org.uk
- Submit a general enquiry by completing this form on our website:

<https://www.parkinsons.org.uk/about-us/general-enquiries>

You can also get support around financial issues at:

[Money, grants and benefits | Parkinson's UK](#)

Fun Activities!



Ten-pin Bowling



Carers Day



Afternoon Tea at
The White Bull Restaurant



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

BARNESLEY AND DISTRICT BRANCH

Branch President

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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

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Ann Marie Sephton 01226 384936

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