



Parkinson's UK

For every Parkinson's journey



January 2026



A brand new year. A new beginning. As we know, each year brings both joyous events to revel in and tribulations that are sent to test us. We'll celebrate the good times and support each other through the bad. We are the Barnsley Parkinson's family and we are much stronger together. So, here's to strength and unity in 2026!



Everyone's a Winner!
Ten-Pin Bowling & National Lottery Success.



Chair's Chatter

Well, 2026 is upon us!. I hope you've all had a lovely Christmas and I wish you all the best for the coming year. Once again we have an event-filled twelve months ahead of us. Please check our 'Coming Up' section in every edition of our newsletter for more details of our programme of activities.

Since we published our October newsletter, we have enjoyed several well-attended events. Firstly, there was our very popular afternoon tea at Audrey's Coffee House & Deli in Darfield. 42 people joined us on that occasion. On 4th November, 27 came together at the Carlton Bowl for the second of our twice-yearly ten-pin bowling days. Terry White won the prize for the highest score and Ken Pickering won the coveted skittle!

We held our annual Carers' Pamper Day on 20th November at Bannatyne Health Club and Spa. This was an opportunity to say thank you to our hard-working and often overlooked care-givers who look after our colleagues with Parkinson's throughout the year. We had 9 carers who were treated to a facial or a massage as well as having free access to the pool and gymnasium. After the pampering sessions we all came together for lunch and our carers were presented with a box of Lindt chocolates.

60 people attended our Christmas party that took place on 9th December at Emmanuel Church with the Mayor and Mayoress in attendance. Cawthorne Band entertained us with a wonderful selection of festive music.

Our friends on the management team at the Falco Lounge generously provided complimentary tapas at our pre Christmas Natter Café on 11th December.

I am pleased to announce that I have managed to secure funding from the National Lottery Community Fund, the sum of £14,784, to fund our ever popular Respite Care in the Home service. If you are a carer of a person with Parkinson's, the details of this service are on the opposite page.

May I take this opportunity to wish you and your family a happy and prosperous New Year.

Best Wishes, Terry



Coming Up...

20th Jan Branch meeting - Speakers Ailsa Dragan (PUK Community Fundraiser for Yorkshire) and Bev Lee (Deep Brain Stimulation update)

17th Feb Branch meeting (AGM) - Speaker Emma Gibson (Age UK)

17th Mar Branch meeting - Speakers Carolyn Arnott (Nurse Specialist for Parkinsons) and Dr Thomas Payne, Neurology Registrar at Sheffield Uni

* The date for ten-pin bowling will be announced in due course*

Kidneys & Parkinson's

Recent research suggests a link between kidney health and Parkinson's, as the kidney may be the site where a protein that causes Parkinson's originates before spreading to the brain. Poor kidney function may hinder the removal of this protein, increasing inflammation and oxidative stress that contribute to Parkinson's development.

Barrie, our Research Champion, has published the article, in full, on our website in the Research Roundup section.

Respite Care in the Home

As some of you may already be aware, our Chairman, Terry Kendall, has made a successful bid to secure some funding from the National Lottery. This money is earmarked for our Respite Care in the Home programme to help those caring for a person with Parkinson's. Each carer is entitled to four hours' respite each month which can be taken all at once or in two lots of two hours. If you would like to participate in this scheme, please speak to Doris Wragg. Her contact details are on the back of this newsletter.

Recent Donations

Pilley Hub £60.00

Anonymous £700.00

PUK (for Strolll project) £1875.00

Two Community Clubs in Dodworth £721.00

Barrie Cooper £120.00

Christine Howard £100.00

Friendly Masonic Lodge £275.00

Obituaries

Eric Evans, who had been a member since 2016, sadly passed away on 19th November 2025.

Our thoughts are with his wife Heather, family and friends.

Your Parkinson's Group Needs You!

As recently announced, our Chairman Terry Kendall will be retiring from the Branch at the end of 2026. George Spencer, one of our founder members who formed the Branch in 2002, retired at the end of last year. Our treasurer, Kathie Sharman also retired in December. To keep our activities running, we are looking for enthusiastic volunteers to help with daily tasks and future events. We cannot stress highly enough that, unless we get people to step up and assist in the day-to-day running of the Branch, we shall have to radically reduce our programme of activities. If you think you might be able to help, please speak to Terry or Ann-Marie. Their contact details are on the back of this newsletter.

What Happens When?

Branch Meetings	3rd Tuesday of the month, 2:00pm to 4:00pm. Emmanuel Church.
Exercise Classes	Weekly on Wednesdays, 1:00pm to 2:00pm and 2:30pm to 3:30pm. 2:00pm to 2:30pm is time for a drink and a chat. Emmanuel Church.
Boxing Classes	Weekly on Fridays, 11:00am to 11:45am. Afterwards time for a drink and a chat. Wentworth Community Hall.
Golf Driving	1st Tuesday of the month, 11am. Sandhill Golf Club (April to September)
Aly's Amble	4th Thursday of the month (April to September)
Natter Cafés	2nd Thursday of the month at the Falco Lounge in Barnsley Town Centre. Drop in between 10:30am and 12:00 noon.

BARNSTABLE AND DISTRICT BRANCH

Branch President

Ian McMillan

Branch Chair

Terry Kendall 07515 051075

Branch Secretary

Doris Wragg 01226 744670

Nurse Specialist for Parkinson's

Carolyn Arnott 01226 644575

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Events Organiser

Alyson Francis 07805 521770

Many thanks to the contributors to this issue.

Future items should be sent to:-

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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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