



## Chair's Chatter

Since our last Newsletter in April, there has been a hive of activity within the branch.

We have been seen in the community with a fundraising event at Barnsley football ground and had our gazebo in the town centre as part of World Parkinson's Day (WPD). We also teamed up with the Physio team at Barnsley hospital's A&E department on WPD to raise the awareness of the importance of exercise for people with Parkinson's. People attending the hospital outpatient's department on that day were asked to do a repeat exercise of stand-up-sit down exercises. 2,387 such exercises recorded. We held a plant sale at Locke Park Classic Car Show and a fundraising event at Tesco in Penistone. Our summer walks programme started in April with a walk round Locke Park. In May it was Worsbrough reservoir and in June Cannon Hall. In June we also had our annual day out, when 40 members went to Cleethorpes.

Our Natter Café was one year old in May. I'm pleased to say it is operating exactly as I envisaged. It enables anyone within the Barnsley area with a diagnosis of Parkinson's Disease (or their family members) to meet informally over a tea/coffee to discuss common problems and experiences in dealing with and coping with Parkinson's. We meet between 10.30am and 12 noon on the second Thursday of each month in the Falco Lounge café next to the Central Library. It is being used as a drop-in session with different people attending. We have an average attendance of 12 each month.

With the sad passing of Susan Grant, George Spencer having decided to step back from the committee at the end of next January, coupled with Sheila Ireland having moved out of the area, we have a number of volunteer vacancies.

We urgently need:-

A person to take the minutes at our monthly committee meetings,

A research champion to keep the members abreast of current research programmes.

Someone to compile the quarterly newsletter.

A person to arrange a speaker for the monthly branch meeting.

An assistant treasurer.

Assistance in administering the weekly Monday afternoon exercise class.

If you are interested in any of the roles or know of someone outside of the branch who could assist, please come and talk to me or any committee member.

*Best wishes, Terry*

## Movers and Shakers

This is a Podcast by several well-known people who have Parkinson's, (ex)-BBC employees, Jeremy Paxman, Gillian Lacey-Solymar, Paul Mayhew Archer, Rory Cellan-Jones and Mark Mardell, plus the judge Sir Nicholas Mostyn. They discuss how the disease has affected their everyday lives and how they cope with the changes and also talk about drugs and other treatments. The Podcast has been so popular with listeners that tickets for a live recording in September were sold out immediately.

The Podcast can be accessed through the Internet by typing 'Movers and Shakers' into the search box.

## Not to be Missed...

- 13th July: Natter Café – Falco Lounge
- 18th July: Branch meeting – Daniel Kelly - Dietician
- 27th July: Summer Walk – Dearne Valley Country Park
- 29th July: Coffee Morning – Staincross Methodist Church
- 10th Aug: Natter Café – Falco Lounge
- 13th Aug: Locke Park Gala
- 15th Aug: Branch Meeting – Becky Green – NHS Speech Therapist
- 31st Aug: Summer Walk - Newmillerdam
- 9th Sept: Penistone Show – Information Stand
- 14th Sept: Natter Café – Falco Lounge
- 19th Sept: Branch Meeting – Juliet Tizzard – Parkinson’s Director of External Relations
- 28th Sept: Summer Walk – Guided Walk - RSPB Old Moor
- 12th Oct: Natter Café – Falco Lounge
- 17th Oct: Afternoon Tea at the White Bull Restaurant, Cannon Hall
- 2nd Nov: Carers Day – Bannatynes & Holiday Inn

## Carers Roadshow

Barnsley council recently held a Carers Roadshow in the Glassworks during June. Terry attended and picked up some useful information. We are not promoting or endorsing any of the services, although some of the information could be useful to members.

NHS Mobility Assessment Clinic – Every Wednesday 9.30am – 12 noon. New Street Health Centre. Just drop in for a mobility assessment to get assessed and given appropriate equipment and advice.

DIAL Barnsley (01226 240273) – McLintocks Building, Summer Lane. – Offer a range of services including:-

A disability advice line - information or advice on disability or caring for someone.

Independent Complaints Advocacy Service – support to complain about the NHS or Social Care Treatment that you have received and helping you to make a complaint.

DIAL energy advisers - advice for anyone struggling to pay energy bills or who need help to switch suppliers.

Beacon South Yorkshire Carer Support – 19 Doncaster Road Barnsley 01226 814012 (9am – 3pm) – offer confidential advice support & counselling to carers whose physical or mental wellbeing is being affected by their responsibilities.

Not forgetting of course the services already available to you through the Branch: Confidential helpline through Parkinson’s UK, Respite Care through Crossroads, Counselling Service through Barnsley Hospice, Carers support services and assistance in making benefit claims through Barnsley Carers Service.



### Trip to Cleethorpes



### Worsbrough Walk



### Plant Stall



## 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

## BARNSELEY 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 Turton 01226 644575

### 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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