

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

NEWS

Barnsley & District Branch

**June/July
2020**

SPECIAL LOCKDOWN EDITION

**See pages 2 and 3 for
your lockdown pictures**

Find us online...

Barnsley Branch WEB:
barnsleyparkinsons.org.uk

EMAIL:
info@barnsleyparkinsons.org.uk

Chair's Chatter

Tomorrow, Monday 1st of June sees the start of Volunteer Week. In the midst of the pandemic, this is a timely reminder of the part which volunteers are playing in making life tolerable for so many of us, including Rona and myself, because Rona has been identified as extremely vulnerable. We have had a volunteer assigned to us by Age UK who is doing a marvellous job.

But what of the branch? Sadly and for obvious reasons, not a lot. The committee is keeping the general situation under review by virtue of 'Zoom' sessions also at regional and national level. We have been able to continue the availability of the Hospice counselling sessions, now by telephone. The respite care service provided by Cross Roads Care continues subject to their staff being available. Referrals for the former are through Carolyn the Parkinson's nurse (01226654180) and for the latter through the Parkinson's helpline (0808 800 0303). Exercise classes will not resume until some degree of normality returns.

I hope you are all keeping well and have found lots of interesting things to do, complying with the government's advice of course. Personally, I shall never again have to go to a barber's shop!



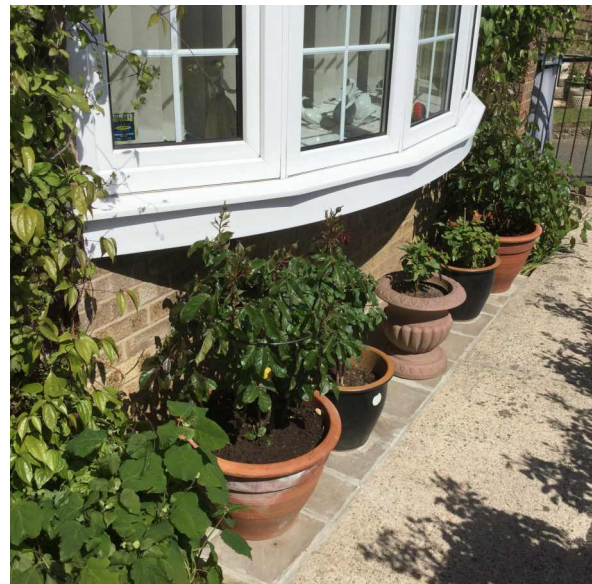
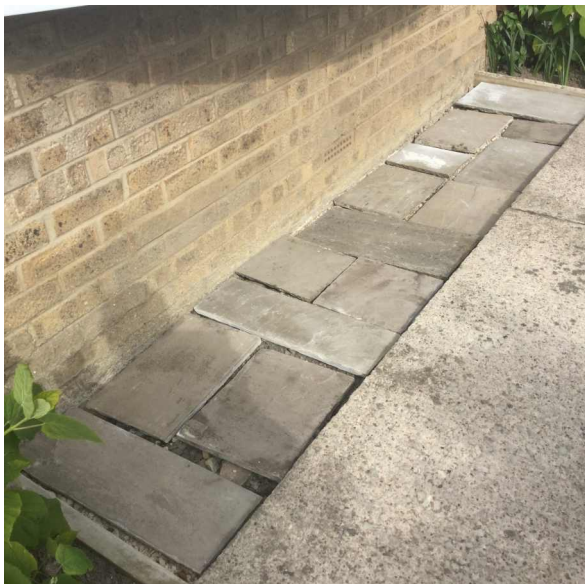
*Rona's
New Career*



Melvin and Lynda have been busy



Transformation (but what has George buried?)



Ken is practical and creative



while Philip gets his exercise



Growing Seeds



Susan Ellam-Rutt

Susan's Lockdown

None of us knew exactly what it would be like in lockdown but I knew I didn't want to be idle or spending more time on housework. All my usual activities ended in one week; my Parkinson's keep fit, my Pilates class, the small local pool I use once a week and 2 new classes I had just started. These were Nordic walking and a short course of special exercises run by the Barnsley physiotherapists. To try to replace these, I decided first of all on regular walks in the local area without using the car to get anywhere. Fortunately here at Hoylandswaine we are surrounded by a huge number of footpaths. The best walk we have done recently was through the woodland at Banks Bottom, not far from Silkstone. We have taken that route in the past but never in May. The bluebells there were wonderful, along with masses of wild garlic and yellow archangel.

Given the time of year and the weather, gardening was always going to be an important activity. My garden is not very big and there is a lot of rockery where I have perfected the art of over-balancing without damage to me, or the plants! It's a kind of free-form cottage garden with many years of experimenting to see what will grow at nearly 800 feet on clay soil. At the moment it is at its best because a dark pink hawthorn is in full blossom and the fern patch is a variety of every colour green. The other thing that has taken up my time is my family tree. I started it a few years ago but it takes a lot of time and the lockdown was ideal. It is now addictive and I am spending too much time on the iPad. It is important that I finish it because I have 2 American nephews and an Italian niece who know very little of their British roots. By the time it is finished we might be able to take it to them in person.

The only thing I am really missing is a visit to the hairdressers!

Susan Grant

Sheila's Squirrel



Naughtily destroyed the squirrel-proof peanut holder and tried hard with the new one. Very unpopular with the resident nestful of fat little Great Tits.

Susan's Pictures



Lockdown Exercise

Shirley and I have really missed our weekly Monday afternoon exercise classes. The regular exercises made us feel refreshed and the opportunity to socialise over a cup of tea and piece of cake was invaluable.

Oh, how coronavirus has changed all that! In the week following the start of Lockdown, Bronia emailed exercise class members with 27 activity sheets containing various exercises along with a monthly calendar which is designed to actively improve one's strength, balance, mobility and movement habits.

We had a couple of telephone calls from Bronia to check how we were coping with the exercises. Well, a bit like 'home schooling', we started off well and to be honest the enthusiasm has waned somewhat. We need a Bronia 'ROAR' to get us motivated again!

Our thoughts go to what happens when we re-start our Monday afternoons!

- What will the new normal be like?
- Will Bronia have to re-assess each person?
- How will the room be set out to comply with social distancing?
- Can we still use the equipment?
- Recognising how important it is to have the time to socialise over a cup of tea and a natter, can we still have refreshments?

The list is endless. But I am sure Bronia, along with her professional body and Parkinson's UK, will give us the necessary guidance.

Now, where did we put that exercise calendar

Terry

BARNSELEY AND DISTRICT BRANCH

Branch President

Ian McMillan

Branch Chair

Philip Thompson: 01226 730418

Branch Secretary

Doris Wragg: 01226 744670

Nurse Specialist for Parkinson's

Carolyn: 01226 645180

Parkinson's Local Advisor

0344 225 3637

Membership Secretary

Granville Dransfield: 01226 711302

Many thanks to the contributors to this issue.
If you wish to contribute in future, please send items 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:
0800 800 0303

Interpreting available:
0800 111 4204

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