

NEWS

Barnsley & District Branch

June
2021

Come and Join Us

On **Thursday 29th July** at **10.30**

for a walk in Locke Park

followed by refreshments in the café

Meet in the car park

Further walks are planned for :

Thursday 26th August at **10.30** at Cannon Hall

Meet in the farm shop car park

and

Thursday 23rd September at **10.30** in

Dearne Valley Park

*Meet in the car park opposite the
Indian Restaurant on Pontefract Road*

Find us online...

Barnsley Branch WEB:
barnsleyparkinsons.org.uk

EMAIL:
info@barnsleyparkinsons.org.uk

Previous Walks



Cannon Hall



Worsbrough Park

What a year!

This time last year we were all hoping that the worst was over but, sadly, we discovered that it wasn't. This year's lockdown has probably been worse than the first for many people. The first time there was an element of novelty and once we had solved the problem of getting sufficient groceries, we were able to tackle jobs that we had been putting off. By this winter's lockdown, we were resigned to our fate and lacked the will to look for new things to keep us busy. There wasn't even much opportunity to garden.

However, now that most people have had at least one vaccination and many of us two, we can at last look forward to some freedom. Meeting family and friends in real life instead of on a screen is a real treat and hopefully, we will all be able to meet up in a more normal fashion before too long. Personally, I am really looking forward to not having to wear a mask, though that might take some time yet.

Vice-Chair's Chatter

Hello everyone,

Vice -Chair chatter this time around as I've been standing in for Terry for a few months (with a lot of help from the rest of the committee) following the sad death of his wife Shirley earlier in the year. We are in the process of trying to sort things out to enable us to restart indoor face to face meetings and the exercise classes, hopefully in September/October. We have some speakers lined up (mostly postponed from 2020) but in the meantime we are planning some walks where we can at least meet and catch up. Hope that you are all keeping well and enjoying the sunshine while it lasts.

Ann-Marie

Parkinson's UK Information and Support Service

Who we are

Parkinson's UK is the charity that drives better care, treatments and quality of life for everyone affected by Parkinson's. Because we're here, no one has to face Parkinson's alone.

How to access Parkinson's UK Information and Support Service

Parkinson's UK aims to ensure all people affected by Parkinson's have the information they need to take control, live a life that is as fulfilling as possible and feel able to take an active role in their treatment. We provide the highest quality information and support for people living with Parkinson's across the UK.

Our **Parkinson's Adviser Service** is a vital part of the support we provide. We have detailed knowledge of Parkinson's and its impact on daily living. We provide free, confidential, one-to-one information and practical help around all things Parkinsons related, including benefits and employment, blue badge schemes, carers' support, housing, social care, planning for the future, local activities, emotional support and much more. The service is there for anyone affected by the condition, including carers, family and friends.

How to contact us for information or to make a referral

To access the **Parkinson's UK Adviser Service**, in the first instance please contact our free confidential national helpline on 0808 800 0303. Lines are open Monday to Friday 9am to 7pm and Saturday's 10am to 2pm

or email: hello@parkinsons.org.uk

Our skilled advisers will be happy to help. If needed, you will be put in touch with a Parkinson's Local Adviser, who will ensure you receive the tailored, local support you need. Please be reassured our service is there for everyone and will provide high quality information, and support to meet each person's individual needs.

Lauren Arnold, Parkinson's Local Adviser

The Lighter Side

Two sheep are standing next to a stone wall. One says, "Look over there. Some new sheep have come into the next field. Let's jump over and make friends with them."

The other sheep replies, "We can't do that. We're in flockdown."

Seen in the Dalesman



A Tribute to Bob Bridges

Volunteer Branch Newsletter Editor 2012-2019

It was with sadness that we learnt of the death of Bob in June of this year. Many of you may not have met him, a retired professional graphic designer and editor who had 30 years of experience before retiring on ill health grounds and moving to Barnsley.

It was a lucky day that Philip went into Barnsley VAB to try and replace Rona who had been producing the quarterly newsletter since 2004, 2 years after the inauguration of the branch.

Bob had been in just the day before and Philip wasted no time in recruiting him! With no first hand experience of Parkinson's, Bob quickly researched and became very interested and committed. He was never one to seek the limelight but on our visits to his home we were so impressed with his knowledge and thoughtful suggestions. Not only did the branch get an outstanding newsletter for 7 years but endless extras in the form of posters, flyers, videos and knowledge of how to ensure articles for the press were accepted!

Sadly, Bob became ill before the pandemic and was unable to continue as a valued volunteer.

A lasting legacy of Bob's influence is the branch website, barnsleyparkinsons.org.uk, the result of Bob persuading a slightly reluctant Philip to enter the world of IT and allow him to set it up.

Philip and I attended his funeral service in the delightful 1,100 year old church of St Peter's, Felkirk, where in the absence of live music, a celestial choir of resident birds nesting in the roof halted the service twice to bring a smile to the face of vicar and participants.

I think Bob would have enjoyed that too.

Rona

Footnote

As a previous chair, I would like to add how lucky the branch has been in persuading Sheila to take up the baton in respect of the newsletter (in addition to her other branch responsibilities) and Ken for the website and IT in general, including arranging our ZOOM meetings during the pandemic. They are both continuing the high levels of service delivery we came to expect of Bob.

Philip

Hope for the Future

An article in The Times on 8th June by Rory Cellan-Jones described a new trial for a gadget which would use artificial intelligence to diagnose and monitor Parkinson's. He is the BBC technology correspondent and, like several other high-profile figures, has recently been diagnosed with Parkinson's. He has been invited to take part in the trial and hopes it will enable him to improve and target his medication which so far, despite tweaks by his consultant, has had no effect on his symptoms. Although the team at Imperial College, London who are developing the gadget know that it won't provide a cure, they are hopeful that it will optimise treatment, thus improving life for millions worldwide.

Another British trial involves the use of a common diabetes drug. People with type 2 diabetes have an elevated risk of developing Parkinson's but researchers at University College London have found that this appears to be reduced by a drug called exenatide, which is frequently used for diabetes sufferers. They are currently recruiting 200 people for a phase 3 clinical trial.

NORDIC WALKING

No, it is not walking as you are talking Swedish or Norwegian. It is using lightweight poles to help propel you as you walk, swinging your arms and striding out as if you were on cross-country skis.

The Barnsley branch of the South Yorkshire Nordic Walking Group was formed 2 years ago. It has become very important to the members as a positive way of mitigating some of the effects of Parkinson's. The result has been quite remarkable. Those who struggled to walk any distance have felt the value of having the support the poles give. One lady said on our group's WhatsApp forum that she had been able to walk along the local field paths for the first time in many years. Another member wrote, 'has improved my mobility and confidence greatly'. The group has an excellent leader, Angie, who makes the sessions interesting while also appreciating the problems of Parkinson's. You don't even have to buy your own poles as the group provide them for you to keep, as long as you are part of the group. It means you can practice in your back garden or a park.

The group meets at 10am on Tuesdays at a local venue. At the moment we meet at Monk Bretton Priory car park; other venues have been Locke Park and Wharncliffe Woods. It might be just what you need to banish those post-Covid blues.

If you are interested in finding out more about Nordic walking contact:

Sandra 07963 165736

Christine 07966 212413

Margaret 07821 642513



BARNSELEY AND DISTRICT BRANCH

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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:
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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