

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

October 2018

NEWS

Barnsley & District Branch



THIS year's Mayor's Parade saw members, friends and families raise nearly £70 for the branch.

Out and about for summer

TWO outings and four walks rounded off the summer for adventurous branch members.

■ At Brodsworth Hall staff were very helpful, providing assistance from the car park up to the house. We were surprised to find that a film unit was camped in the grounds, so there was restricted access to some of the gardens but the benefit was that we were given half-price entry. We were also treated to the anachronistic sight of electric buggies dashing about the grounds carrying people in Victorian dress.

The house itself is a time capsule and very interesting while the gardens have been restored to their Victorian splendour.



Walkers at Dearne Valley



Relaxing at Brodsworth Hall

■ In Harewood House staff were again very helpful, providing transport around the grounds. However, the wheelchair lift providing entry to the house was out-of-order, so apologies go to members who were unable to see the State Rooms. We always try hard to ensure there is full access for everyone on our visits but, on this occasion, there had been a sudden unpredictable mechanical failure. Harewood is such a beautiful place and there is so much to see that hopefully no-one was too disappointed with the outing.

■ We had lovely weather for the walks at Newmillerdam and in the Dearne Valley Park, although it was so hot in June

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NOT TO BE MISSED!

25 September Walk – Cannon Hall

16 October Meeting – Sarah McHale, The New Town Centre

6 November – Ten-pin bowling at the Metrodome, 11.30am

20 November Meeting - Colin Graham, The Magic of Scottish Islands

29 November – Coffee morning, Wharncliffe Community Centre, Gilroyd; 10am to 2pm

12 December - Christmas party (1pm)

15 January – Heather Mortiboys, Research Update

19 February - AGM

Further information

☎ **01226 730418**

Congratulations to Philip & Rona on their Diamond Wedding Anniversary

Out and about for summer

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that very few people turned up at Newmillerdam. This was a pity as the walk was mainly in the shade and was very pleasant with a nice snack and cup of coffee at the Beuley café across the road.

In Dearne Valley Park, thanks to Philip and Rona's visitors, we had an international group with people from Australia and America. It was also good to be accompanied by the two young ladies brought by Heather and Eric. We had a short walk round the lake in beautiful surroundings. The area is a hidden gem as it is totally screened from the houses and busy roads which surround it, so you have to be 'in the know' to think of going there. The only slight disadvantage is the lack of a café nearby but everyone was able to decamp to the Metrodome instead.

Calendars on sale now

IT'S never too early to think about next year and in particular next year's calendars.

Our branch calendars for 2019, featuring stunning photographs of British wildlife, are on sale at the cost of only £6.

To get your calendar, please contact Rona on 01226 730418.

Chair's Chatter!

You are probably aware that the EU has added additional safeguards to existing regulations on data protection.

As a result you may have been inundated with requests from every business you've ever had dealings with asking your permission to continue contact.

The committee has always felt that Parkinson's UK's membership department is a work in progress and this recent development gives the appearance of putting it into a tail spin.

Submerged

Members of the committee have been submerged in explanations, advice, promises of further explanations and 'Frequently Asked Questions'.

The appropriate officers have already attended one teach-in, with another to follow on 10 September.

Now for the good news; it has been established that branch members are not required to complete any sort of contact consent form.

George has already contacted non members attending the exercise class with the necessary documentation.

When a couple attend branch meetings, if one *is* a member and the other not, no action is needed.

However, if you are a branch member and invite non-

members to any branch function (such as visits), you will be the only person of your group who will receive any last minute changes and be expected to pass the information on. Any contacts you need to make with branch officers or Parkinson's UK are not affected.

Other measures are being considered to protect your personal details held by both the branch and Parkinson's UK. This is work in progress with both the charity and the committee which should not impact on individuals.

If you have concerns please speak to either Granville, the membership secretary, or myself.

We have now completed our summer visits with both well attended and very enjoyable - except at Harewood House, where a crucial lift was inoperative. Perhaps we should consider having visits in term times.

Unpredictable weather has dogged our monthly walks. The best attended was rained on; the worst was in the heatwave! We also had an international one in the Dearne Valley Country Park, attended by visitors from the USA and Australia. The final walk will be at Cannon Hall on Tuesday 25 September.

Philip.

BRANCH NEWS ROUND-UP

Fighting your way to fitness

IF YOU are newly-diagnosed or have early stage Parkinson's, here is a novel way to get fit and fight back against the disease.

'Fight back' is a new boxing class to be run at the Sheffield Boxing Centre and starting in October.

It will be run jointly by a boxing trainer and physiotherapists from the Hallamshire Physiotherapy Clinic.

If you are interested, there is more information at <http://www.hallamshirephysiotherapy.com/our-services/neurophysiotherapy/parkinsons/>

BARNSELEY AND DISTRICT BRANCH

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For more Branch information contact: Philip Thompson: 01226 730418 or email: filthompson@btinternet.com

Funds raised despite rain

DESPITE the weather, Barnsley's Mayor Steve Green, pictured with Philip, was one of the determined visitors at this year's Locke Park Gala.

Though numbers attending were fewer than in previous years (and there were several other tombola stalls competing with ours) we still raised around £170 from the stall and the sale of our new branch calendars for 2019.

Our thanks go to all the volunteers, including George, pictured right, who came and helped despite the weather.



Find us online...

Barnsley Branch WEB:
barnsleyparkinsons.org.uk

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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; Textphone 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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Coffee, cakes, crafts and tombola



BRANCH member Gill Taylor, family and friends are once again hosting the annual coffee morning next month.

Everyone is welcome and all proceeds will go to the Barnsley branch of Parkinson's UK.

It's at the Wharncliffe Community Centre in Gilroyd between 10am and 2pm on Thursday 29 November.

BRIGHTER PROSPECTS: YORK CONFERENCE

AS YOUR 'research champion' I attended the Parkinson's UK Roadshow at York University.

In the morning, in three 20 minute sessions, speakers updated us on their work. They included Professor Oliver Bandmann and Dr Heather Mortiboys from Sheffield Institute of Translational Sciences (SITraN), which turns the research into practical outcomes. I have heard both speakers before and they are very good at explaining complex details to non-scientists (as long as you concentrate).

Professor Bandmann is increasingly optimistic that a re-purposed drug will be found soon that will give neuro-protection, if not an immediate cure. He is more hopeful because the establishment of Virtual Biotech by Parkinson's UK has forged a much closer relationship between the pharmaceutical industry and research.

Trials

With Parkinson's UK providing the finance and the researchers directing the trials, progress is much faster. Dr Mortiboys concentrated on the role of **mitochondria** in Parkinson's and her involvement in the development of a new drug that has reached the clinical stage.

As usual with time-limited events speakers overran, but an attempt to curtail Prof Bandmann with a time warning (a yellow card!) was light-heartedly ignored. Wisely, the Parkinson's UK Head of Research Communications,

Susan Grant reports from July's Parkinson's UK Roadshow

MITOCHONDRIA - the energy producing part of our cells, turning sugars, fats and proteins that we eat into chemical energy. Mitochondria produce about 90% of the chemical energy cells need to survive. No energy; no life! When mitochondria go wrong serious diseases result, and so it is important we understand how they work.

You only get mitochondria from your mother. Mitochondrial diseases due to mutations on the mitochondrial DNA are only passed on by the mother - they can affect her sons and daughters - but only her affected daughters may pass the disease on to their children.

who was chairing the meeting, cut her section short so that we got to our delicious, but healthy, lunch on time.

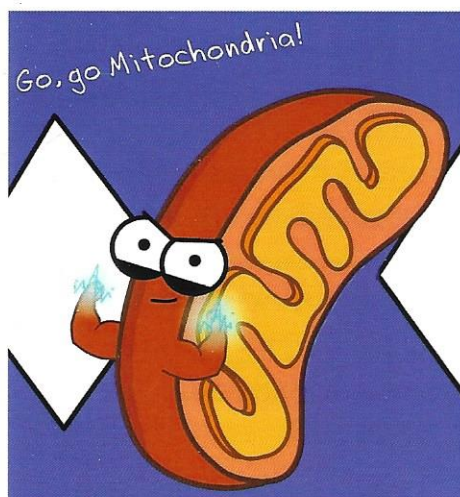
One of the main benefits of attending such an event is meeting other people who have Parkinson's, to exchange experiences and ideas. The afternoon discussion groups gave us an opportunity to do just that. The emphasis of the whole day was about those who know most about managing the very varied effects of Parkinson's (that

means us) volunteering to take part when research trials are planned. Our extensive experiences could then be taken into account in the early stage of trial development.

Symptoms

The present Parkinson's rating scale does not make it easy to quantify the symptoms and we can all see that the performing of the rapid finger movement when we visit our neurologist is less than precise. We can have a say as to which side effects and symptoms are most important.

Gatherings such as this can be depressing, but this time there was far more hope that a breakthrough would happen in the next few years. It's good to know that so many highly qualified and enthusiastic people are working to unravel the mystery of how Parkinson's can be treated. By using the online information about medical trials in our area we can be a part of that progress.



Mighty energy producer of the cell