

NEWS

Barnsley & District Branch

October
2021

Back to Normal!

At last, we are able to meet in person. Our first meeting on 19th October will be a social event and will give everyone the opportunity to catch up with old friends. Please feel free to wear a mask if you wish but there is no compulsion to do so. Hand sanitiser will be available. Parkinson's UK recommend taking a Lateral Flow test twice a week. Tests are free and available online from Gov.uk or from your local pharmacy.

The exercise classes will restart on the following Monday 25th October at the usual time. At the first session Bronia will be re-assessing everyone to check their levels of fitness after the lockdowns.

Coming Up!

2021

- 19th October: Social Meeting
- 16th November: Tax, Care & Toyboys -
Co-op Legal Services
- 1st December: Christmas Party (Wednesday)

2022

- 15th January: Bucket Collection -
Barnsley Football Club
- 18th January: My Barnsley Too - Anthony Carr
- 15th February: AGM
- 15th March: Daily Living Aids - Sue Mills

Find us online...

Barnsley Branch WEB:
barnsleyparkinsons.org.uk

EMAIL:
info@barnsleyparkinsons.org.uk

New Gazebo

After our experience in Locke Park in 2019, when several of us had to hold down the gazebo on a gusty day, the committee decided to invest in a new, much more robust one. Having found no use for the new one in 2020, we finally unveiled it on 1st September this year. Terry cut the ribbon.



Correction

Lauren Arnold, a Parkinsons Local Adviser, has asked us to point out that the phone number given in her article in the last issue is not her personal number but will give access to any of the local advisers.

Acting Chair's Chatter

Since Shirley's untimely passing at the end of April, I have received many messages of condolence, which I very much appreciate. I would like to thank you all for the support and kindness shown to me in recent months. I have been deeply touched and continue to be reminded just how powerful the "Parkinson's Family" really is.

Over the past three months Philip and Rona have arranged three walks, each of which has been attended by an average of 15 people. The walks have been most enjoyable and have given us the chance to meet outdoors and to swap our individual experiences during the Covid pandemic.

As you will have read in the recent letter which I sent out to you all, we shall be restarting our in-person activities in October. Our first Branch meeting is on Tuesday 19 October at 2pm. Our Exercise Group will meet on Monday 25 October from 1pm. Both these meetings will be on an informal basis in order to give us the opportunity to catch up with each other over a cup of tea and some cake.

Hot off the press is the news that our Christmas party will be on Wednesday the 1st December.

I, and the rest of the Committee are looking forward to re-establishing the regularity of our meetings and we look forward to seeing all soon.

Terry

Carers UK

Carers UK is a national membership charity which aims to make life better for carers. They offer expert advice, information, and support, including advice about health and financial services. If you haven't heard of them already, log on to the website at www.carersuk.org to see what they can offer you or ring 020 7378 4999 to speak to an adviser.



Philip receiving gifts from the committee in recognition of his many years' service as Chair.

Friends we have lost

2020 Janet Dransfield

2021 Ray Bull

Bob Bridges

Malcolm Beaumont

Granville Bentley

Shirley Kendall

Please feel free to contact us, if you know of others who you would like to be remembered.

Volunteers Needed!

Two local research projects are due to take place for People with Parkinson's over the next few months. If you think you could benefit from either of them, please put your name forward.

1. Amy Sanderson is working as a research nurse at Barnsley Hospital and is currently setting up a study involving participants with Parkinson's who have had falls within the last 12 months. She is aiming to recruit 10 participants to this trial, which is called CHIEF-PD and involves using a medication called rivastigmine. You can contact Amy on 01226 432520 or by email at amy.sanderson5@nhs.net when she will be able to give you more information.
2. Dr Penelope Foulds is a Neuroscience Team leader and is currently conducting two studies investigating an existing drug (that was originally developed for asthma) to see if the medication may help with fluctuations in cognition in people living with;
 - Parkinson's,
 - Parkinson's dementia,
 - Parkinson's with REM sleep behaviour disorder, and
 - Lewy Body Dementia.

Drugs approved for other conditions (in this case asthma) have already been tested in people, so detailed information is already available on their safety, pharmacology and potential toxicity.

Because repurposing builds upon previous research and development, new candidate therapies are ready for clinical trials quickly, speeding their review by the Food and Drug Administration and, if approved, their integration into health care.

Both studies have been approved by the MHRA and an independent ethics committee.

Taking part in this research study does not cost you anything, and transport to the research clinic by taxi is provided or travel expenses paid.

Study 1.

Parkinson's dementia/Dementia with Lewy bodies/Parkinson's with sleep disorder:

The study is listed on the **Parkinson's UK** Take Part Hub [Repurposing an asthma drug for Parkinson's Dementia, Dementia with Lewy Bodies or REM Sleep Disorder. | Parkinson's UK](#) (parkinsons.org.uk)

- We are looking for volunteers aged between 50 – 80 (40-80 for people with Parkinson's with REM sleep disorder)
- Study length: Approximately 12 weeks
- Clinic locations: Blackpool, Barnsley and Manchester.
- No. of Visits: 9 outpatient visits to the clinic (it may be possible for 2 of these visits to be carried out in your home)
- Route of administration: Daily oral capsules
- Eligible participants will receive up to £1,380 as compensation for their time and commitment.

For more information call our friendly advisers on FREEPHONE 0800 121 6398, or visit www.researchforyou.co.uk

Study 2.

Parkinson's

This study is similar to Study 1 but aims to address brain fog or memory issues. The clinic location is Manchester but more information is available as above for anyone who wishes to take part.

Parkinson Walks

Following our 18 months of disruption, it was good to hold monthly walks ahead of being able to meet indoors. We have had a turnout of 14 or 15 on each occasion and have been pleased to welcome two new members who have recently moved to the town. The weather has been kind and on the first two occasions we had coffee at tables outside. After our most recent walk in Dearne Valley Park, we decamped to the Metrodome and sat in the Rigby Suite which was almost empty.

At Cannon Hall, three of us were filmed for 'Autumn on the Farm' when we were having coffee. If you remember to watch it, look out for us but don't blink or you might miss our cameo appearance.

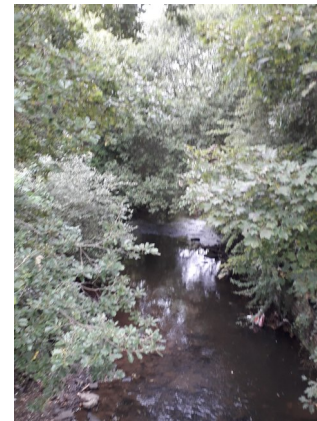
Covid permitting, we will resume the walks in spring next year, when we hope to welcome many more enthusiastic walkers.



Locke Park



Dearne Valley Park



Dearne Valley Park

BARNSELY 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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