

Chair's Chatter

I do hope you have all been able to enjoy the wonderful weather we have had during the summer. Hopefully, the fine weather has encouraged you to get out and enjoy some exercise – as we all know what a great benefit exercise can be to a person with Parkinson's.

We have been quite active over the past three months. Philip and Rona have arranged three walks, each of which has been attended by an average of 10 people. The walks have been most enjoyable and have given us the chance to meet outdoors although the weather hasn't always been kind to us. (See photo of walk in Dearne Valley Park on P4!). George has once again organised our annual walk around the Langsett Reservoir which raised £1621.00.

We had a plant stall at the Locke Park Classic Car event which raised £386.60 and a fundraising collection at Tesco at Stairfoot which raised £373.45.

Our Natter Café in the Falco Lounge in the town centre has gone from strength to strength with 17 attending our September meeting. At that meeting colleagues shared their knowledge and experiences on a range of topics including claiming Attendance Allowance, applying for a Blue Badge and the benefits associated with claiming Carers Allowance. This is how I envisaged it would work when the idea of an informal get-together first occurred to me.



I am sure you will recall that earlier in the year we launched our 'Just Giving' page on the website (barnsleyparkinsons.gov.uk). To date we have raised £853. With Christmas not too far ahead, I wondered if you would consider making a donation to the branch through the Just Giving page instead of buying and posting Christmas Cards – just a thought!

Best wishes, Terry

Shaw Lane Sports Club

Shaw Lane Sports Club are seeking to expand their interaction with the wider community in Barnsley. They are offering several activities in which people with Parkinson's, their carers or those affected by Parkinson's could participate. Having circulated our members with a list of the activities available, 17 people have identified an interest in one or more of those activities. The most popular is their "Silver Thursday Event" from 10.30am – 12.30pm every Thursday. During the morning board games, quizzes, Bingo and crown green bowling are on offer and of course there is the customary refreshments of tea/coffee and a bun.

A visit has been arranged for Wednesday 19 October to enable those interested to gain more information on the whole range of activities.

Keeping up with Research!

Research into Parkinson's has taken off in the last few years and there are several ways for you to keep up-to-date. Parkinson's UK issues its own publication twice a year which you will receive automatically if you are a member but also we have our own research champion, Susan Grant, who takes part in research trials and reports back to the branch periodically. Recently, our webmaster, Ken Booth, has added a page to the website where you can find Susan's latest report. Here Susan gives a guide to major trials currently taking place and also gives advice on how to take part, along with suggestions for taking exercise and keeping fit. The weekly exercise class run by the branch is especially helpful as the exercises are targeted at people with Parkinson's. If you don't already attend the class, please consider giving it a try. Speak to George, or alternatively, any member of the committee will point you in the right direction.

Diagnosing Parkinson's

As I'm sure you all know, currently there is no foolproof way of diagnosing Parkinson's. However, this could all be about to change.

Some time ago, as a result of her husband having Parkinson's, a Scottish woman called Joy Milne discovered that she could detect a different body odour in those with the condition. As a result, researchers investigated her ability and found that people living with the disease had certain chemical compounds at much higher levels than normal. Although more research is needed, the researchers are now working on a clinical test which could take a matter of minutes and would allow the condition to be detected at a much earlier stage than at present and would allow for earlier intervention and a better outcome for people living with the condition.

Funding for Carers

Our Partnership with Making Space is proving to be a very valuable resource for our members to obtain information and to acquire access to various grants.

Over the past few months, several of our Carers have been successful in obtaining an annual grant of between £150 - £300. This grant is not means-tested nor are there any restrictions on what it might be used for. The only restriction is that you have to be a member of Making Space! ***These grants are still available!***

Currently, Making Space are managing a scheme on behalf of Barnsley Metropolitan Council. The scheme is known as "Household Support Grant". For anyone on a low income, as a single person or as a couple, a £20 shopping voucher is on offer to anyone signed up with Making Space. Simply ring them on [01226 288772](tel:01226288772) or email them on barnsleycarers@makingspace.co.uk

If you're not already a member of Making Space then contact them, tell them you are a member of Barnsley Parkinson's and they will sign you up

Summer Walks

A series of summer walks have been held, including the fund-raising walk at Langsett. The weather hasn't always been good but, despite that, the turnout has been very encouraging.

The picture of the carving was taken at Worsbrough Reservoir. The others are from Dearne Valley Park with coffee at the Metrodome.



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

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Many thanks to the contributors to this issue.
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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:
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Visit us online at parkinsons.org.uk

A charity registered in England and Wales (258197) and in Scotland (SC037554).

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