

NEWS

Barnsley & District Branch

October 2023



Recognition for George

George Spencer has made a major contribution to local life, particularly to those suffering from Parkinson's and to their families.



Terry Kendall, chair of the Barnsley branch of Parkinson's UK, and Bronia Warden of 'Healthy Bones' who works with the branch providing exercise sessions, have nominated 86 year-old George for a Proud of Barnsley award and submitted this nomination.

Article & photo courtesy of the Barnsley Chronicle

Find us online...

Barnsley Branch WEB:
barnsleyparkinsons.org

EMAIL:
info@barnsleyparkinsons.org

FACEBOOK:
Parkinson's Barnsley

Locke Park Gala



Can you help?

We need help on an ad-hoc basis to assist in collecting at Barnsley Football Club, Tesco Stairfoot and Penistone, Locke Park, Penistone Show and various awareness days. Funds raised benefit all members of the branch.

If you could help out at any of these events, please give your name to our secretary, Doris Wragg.

Newmillerdam Walk



Chair's Chatter

You may recall that at the AGM some of our members raised the problem of not getting their medication on time whilst an inpatient at Barnsley hospital. I, along with Tracy Westgarth, the Senior Area Development Manager at Parkinson's UK, undertook to take this forward.

Some members provided me with details of their experiences and, using those submissions, I wrote to the CEO of the hospital. That letter resulted in a response from the Director of Nursing & Quality. Following a positive meeting, our concerns were acknowledged and a trial is currently taking place on the trauma and orthopaedic wards. The trial consists of an identified nurse on each of those wards being responsible for ensuring the medication is delivered on time. We have a follow up meeting arranged for the end of October to discuss the outcome of the trial and the way forward.

Additionally, Parkinson's UK is launching a national campaign about Get It On Time. Some of the experiences submitted by our members may be used in that campaign. So, the branch may get national recognition – watch this space!

Throughout the summer we have had a very active programme. We have had a coffee morning at Staincross Methodist church. This event was well attended by the local community and a large number of our members. It was particularly pleasing to see such a warm family atmosphere. We have had two walks arranged by Philip and Rona, one to Dearne Valley Country Park, the other to Newmillerdam. The walk around the dam was attended by 11 people – the most we have had this year!

Our monthly Natter Café meetings regularly see good levels of support with between 15-20 attending.

Two upcoming events to look forward to – in October, the afternoon tea at the White Bull at Cannon Hall and the Carers Day in November. As we go to print, we have 45 attending the afternoon tea and 12 attending the Carers Day.

I must say it's very satisfying to see our activities so well supported. If you have any ideas regarding other activities which we might introduce, then please don't hesitate to let me know.

Best wishes, Terry

Prize for Parkinson's Scientist

Almost 20 years ago, Andrew Singleton helped to spot a particular gene and mutation. He discovered that a version of a gene called LRRK2 seemed to make people much more likely to develop Parkinson's.

This discovery has helped to advance the search for cures and has also helped him to gain a share of the biggest cash prize in science, the \$3million 'Breakthrough Prize in the Life Sciences', set up by tech millionaires, including Sergey Brin (co-founder of Google) who has the mutation.

Recent Fundraising

Staincross Coffee Morning - £585

Locke Park Gala - £132

Penistone Show - £86

Just Giving - currently £1423

Not to be Missed...

- 12th Oct: Natter Café – Falco Lounge
- 17th Oct: Afternoon Tea at the White Bull Restaurant, Cannon Hall
- 21st Oct: Tesco Collection, Stairfoot
- 2nd Nov: Carers Day – Bannatynes & Holiday Inn
- 9th Nov: Natter Café – Falco Lounge
- 14th Nov: Winter Warmer Event – Mapplewell Village Hall
- 21st Nov: Branch Meeting – Carolyn Turton, Nurse Specialist for Parkinson's
- 30th Nov: Ten-pin Bowling – Metrodome
- 12th Dec: Christmas Party
- 14th Dec: Natter Café – Falco Lounge
- 16th Jan: Branch Meeting – Mark Barthorpe, Wentworth Woodhouse
- 20th Feb: AGM

The Value of a Support Network

My Mum was diagnosed with Parkinson's in 2018. I had been considering leaving my job for quite a while, and this news made up my mind for me. I wanted to spend some quality time with Mum. At first, it was a breeze because my Mum could still get around and do a lot for herself. But then the falls and broken bones became a regular occurrence and I found it difficult to cope. I felt like I was the only person facing the challenges of caring for someone with Parkinson's.

I'd seen a leaflet about a Parkinson's group in Barnsley, not far from me. It sounded like something we should get involved with and could benefit from. Being a champion procrastinator, I did nothing about it. Months later I mentioned it to a friend who promptly looked up the contact number, dialled it and passed the phone to me! From that moment, I was in. Mum and I attended the first meeting after Covid restrictions were lifted. Everyone was friendly and welcoming. Immediately I knew that we were not alone in our struggles with Parkinson's and there was a support network out there for people like us. The more I became involved with the group, the more positive I felt. I now look forward to greeting our members as they arrive at Emmanuel Church for the monthly branch meetings and seeing the smiley faces chatting over coffee at the Natter Café. Having the support of Barnsley and District Parkinson's Group has made a huge difference to us. I'm so glad we joined.

Maxine Mellor

Staincross Coffee Morning



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

BARNSLEY AND DISTRICT BRANCH

Branch President

Ian McMillan

Branch Chair

Terry Kendall 07515 051075

Branch Secretary

Doris Wragg 01226 744670

Nurse Specialist for Parkinson's

Carolyn Turton 01226 644575

Parkinson's Local Adviser

0808 800 0303

Membership Secretary

Ann Marie Sephton 01226 384936

Many thanks to the contributors to this issue.
Future items should be sent 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).

DISCLAIMER: All items in this newsletter aim to provide as much information as possible, but some information involves personal judgement, their publication does not mean that the Barnsley branch of Parkinson's UK necessarily endorses them. The Barnsley branch of Parkinson's UK does not endorse any products or services advertised in this newsletter.