

Chair's Chatter

This piece is going to be necessarily short because elsewhere in this august journal I have done an article on Barnsley Council's Carers' Service which is currently delivered by a company called 'Making Space'. George and I have just attended a presentation by the company to celebrate their first year's work. I know that several of our members are aware of this company and have already taken advantage of their services. But I think all of us should be aware of it and on the basis of what George and myself heard today well worth it.

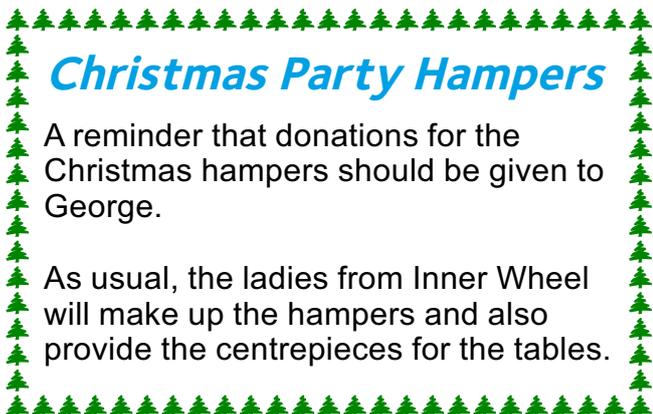
The summer events have come and gone. Barry and Margaret's happy Garden Gathering raised £1000 but otherwise there were mixed results. The weather for this year's Locke Park Gala produced a lot of sunshine which unfortunately had the effect of completely outshining the home-made bottle lights we were trying to sell. The weather also produced high winds which made both erection and holding down of our gazebo a difficult task. You will now see bottle lights being offered for sale at every possible opportunity between now and Christmas. On the following weekend, for George's ever-popular Langsett sponsored walk, the wind had dropped to lower levels producing ideal walking weather. We were not overwhelmed by the numbers but the walkers and those who just collected on the site have raised an incredible amount of money. The pledges are still coming in but a total north of £3000 seems very likely. Many thanks to all who participated in both events and I leave you with the promise of a sturdy gazebo for next year.

Philip

Langsett Walk 2019

The Langsett Walk took place on Sunday 18th August and was well attended. Fortunately, despite a poor forecast, the weather was good on the day. There were 26 registered walkers, plus a group of social walkers with a Parkinson's bucket who collected £91.84. Over £3000 was raised in total.

Thank you to all who took part in the various walks and also to everyone who helped. Anne Marie and her sister provided the food, while Rita Harrison looked after registration and Susan Grant and Margaret Rhodes helped with serving drinks and food. A special mention must go to Carol Crowther and her family of 8, particularly to Jessica, aged four and a half, who walked over 3.5 miles without once saying, 'Mummy, I'm tired'. **What a little star!**

 **Christmas Party Hampers**
A reminder that donations for the Christmas hampers should be given to George.
As usual, the ladies from Inner Wheel will make up the hampers and also provide the centrepieces for the tables.

Fire Safety Checks

Sarah Broadbent from South Yorkshire Fire service gave us an excellent and comprehensive talk on Fire safety in the Home. Anyone can request a free Home Safety Check, when members of the SY Fire & Rescue Service visit your home to give advice and which can also include fitting a free smoke alarm. To take advantage of this service, **ring 0114 253 2314**

Barnsley Council's Carers' Service

Barnsley Council's Carers' Service has been very kind to this branch in the past. The service funded the second staging of our own carers' day and part funded the third year. However, a year ago this service was outsourced to a private company called 'Making Space' and this company has just held a presentation to celebrate the first year's achievements. I know that some of you have already taken advantage of the individual small grants which are on offer but there are a lot more services available. In a way they are similar to Age UK in that they organise small activity groups around the borough, (for instance at the Metrodome and in Penistone) covering a wide range of activities, peer support, music, fund raising, gardening, arts and crafts etc. Some are for carers only and some for both carers and the persons being cared for. A full list of the services to which free access is available is on their leaflets which we regularly display at branch meetings. Please take the time to have a look at them.

A large part of the presentation was taken up by six case studies, six brave carers telling truly harrowing stories of their own experiences and how, 'in extremis', they contacted the service and the support, help and advice they received as a result. We have a Parkinson's local advisor and we also offer a counselling service. But the services which 'Making Space' provides adds a whole new dimension to someone desperately in need of help. All the case studies except one (mental health) dealt with problems arising from dementia, but the difficulties encountered by the carers were just the same as those encountered by many of our own members.

'Making Space' can be contacted at Priory Campus on 01226 288772 or BarnsleyCarers@makingspace.co.uk.

Philip

LENS-PD

Learning Effective new Strategies for Anxiety in Parkinson's

The aim of the research is to better understand worry in order to develop effective psychological treatments to reduce worry and anxiety for people with Parkinson's.

WHO

60 people with Parkinson's who self-identify as a 'worrier'. You will need to have access to a computer and be able to speak on the phone to the research team.

WHAT

Complete an online screening questionnaire followed by a short phone call from the research team. If you are eligible you will be randomly assigned to one of two research conditions. You will be given access to the online platform to complete a series of online sessions across a 4-week period with 2 follow-up sessions at 1 and 3 months.

For more information and if you would like to take part:

Please explore the LENS_PD website: <https://www.lens-pd.co.uk>

Fundraising

Some magnificent efforts have been mentioned elsewhere in this edition but to complete the picture here are a few more.

The Retired Police Officers' Association have designated us as their charity of the year and so far, have raised £690.17 by packing bags at Morrison's.

The Emmanuel Church held a Coffee Morning which raised £250.

The event at Dodworth Working Men's Club on 29th Sept raised £1800. Thanks go to Shirley Peters for organising the entertainment.

Penistone Young Farmers has also chosen us as their charity of the year. More news on this will feature in the next edition.

Best Foot Forward - Walks 2019

This summer, 6 walks were originally organised, of which 3 were cancelled. At Elsecar only 2 people turned up and at Cannon Hall the rain was so hard that the intrepid 5 people who braved the weather had a cup of coffee and then went home. The August walk was cancelled to avoid a clash with the re-arranged exercise class. This venue, Dearne Valley, replaced the September walk which would have been Wentworth Castle. Unfortunately, this was also blighted by heavy rain and Philip and Rona bravely walked by themselves.

Attendances were generally low and we need to ask the members about either continuing with the current programme or changing the day, time, venues, format. Generally, the weather doesn't always seem to be a determining factor. We had our largest turnout last year when it poured with rain. A consultation will take place before a decision is made on continuing with the programme.

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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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