

# NEWS

Barnsley & District Branch

**September  
2020**

**See Inside for  
Information about  
Restarting Activities.**

## Find us online...

**Barnsley Branch WEB:**  
[barnsleyparkinsons.org.uk](http://barnsleyparkinsons.org.uk)

**EMAIL:**  
[info@barnsleyparkinsons.org.uk](mailto:info@barnsleyparkinsons.org.uk)

## Hospital Medication

One of our members recently had trouble getting his wife the correct medication when she went into hospital from the home where she is resident.

The official advice is that when a person goes into hospital from a care home, the hospital pharmacy will provide the correct medication. However, a person going into hospital from home should take their medication with them. This should still be in its unopened official packaging.

## Delivery of Newsletters

If you normally have your Newsletter posted but have an email address, please could you make sure that Doris has the correct address. With the current situation, emailing saves on postage and stationery costs.

Also, it is important to let Doris know if you have recently changed your email address. If that applies to you, please let her have the correct address as soon as possible to make sure that you continue to receive your Newsletter.

## Bottle Lights

With Christmas just round the corner, you will be looking for that ideal present and Rona has just the thing. She still has some unsold bottle lights which are available for only £5 each including a spare set of batteries. If you would like any or think you can sell any please let Rona know and she will arrange delivery.



*A 'des-res' for someone.  
Find out who on page 3.*

## Chair's Chatter

You will be pleased to hear that Parkinson's UK are making every effort to resume 'in person' activities across the range of services provided by the network. Volunteers are being sought to make up working parties to address the myriad problems to be solved. Terry is already involved in the group dealing with 'premises'. This may well be one of our major obstacles because of the numbers who normally attend monthly meetings and also the particular safety needs of the exercise class. Bronia attended our last but one Zoom committee meeting and although all embracing, the requirements for an exercise class are not impossible, even the space for each individual.

Our modest efforts are reported elsewhere by Sheila but we have to start somewhere. I hope that everyone will respond to the straightforward questions so that we can build up a true picture of enthusiasm, or lack of it for an early resumption. Myself, I can't wait.

Steve Ford, the charity's chief executive, is to attend the September Zoom committee meeting. So we shall hear it all from the horse's mouth, so to speak, and perhaps in turn let Steve know a bit about life deep in the grass roots.

Keep cheerful and keep safe.

*Philip*

## Consultation - Restarting Activities

Philip has spoken about the difficulties we face in restarting 'in person' activities and we know that we will be unable to restart before November at the very earliest and possibly not before the New Year. Obviously, precautions such as providing hand sanitiser, wearing masks and practising social distancing would be put in place for 'in person' meetings but the timing partly depends on how you, our members, feel about it. Consequently, you will find included with this issue a consultation document, which we would like you to fill in and return to Doris, either in the post or by email.

An alternative to 'in person' activities is to hold some meetings on Zoom. Some of you will already have been using Zoom to keep in touch with your families and since May all our committee meetings have been held online. Obviously, there are pros and cons to using Zoom. On the plus side, you will be safe in your own home, you won't have to wear a mask and you can have a cup of tea and a piece of cake if you feel like it. More negatively, it's difficult to have personal conversations as you are speaking to the whole group but it would be an opportunity for Philip to share information and for you to express your opinions and also tell us about your experience of Lockdown. It's a halfway house – not as good as seeing someone in real life but better than a telephone call.

Anyone willing to take part would have to allow their email address to be held by Ken Booth, our web expert, as he is the host of the meetings, so your invitation would come from him. **Because of the data protection law, we must have your permission for this.**

You would need to download Zoom onto your device. This can be a desktop, a laptop, a tablet, or a smartphone. You need to have a camera installed but most modern devices already have them. Ken would be willing to advise anyone who had doubts about using Zoom but it is basically very easy.

*It must be if all us oldies on the committee can do it.*

*Sheila*

# Lockdown Nature Notes

VACANT - single apartment in rural setting with private pool. Bedding and food available on site.

Rent free, some gardening required e.g. pest control

Tenants - hedgehogs only accepted

Lockdown has given us time to enjoy the garden and the wide selection of wild life that we have. A pair of mallards have been a great source of amusement, an adult squirrel trying to teach a baby how to master the squirrel proof bird feeder, and a variety of birds using the feeder have given Philip something to watch when he is racing on the indoor exercise bike not to mention the rabbits digging holes in his precious lawn!

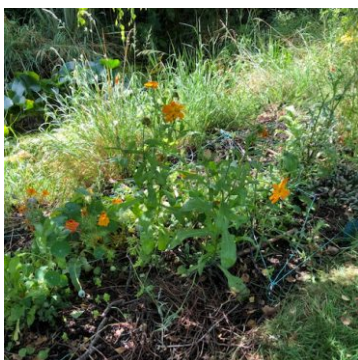
We knew there was a hedgehog around and decided to try and help slow the rapid decline in numbers. There is a lot of information on the web site if you want to do your "bit" for these prickly creatures. We are hoping for a "slug free garden" in 2021!

## Rona



*Vacant Possession -  
Hedgehogs Only  
Need Apply*

*Private Pool*



*Rural Setting*

## Sheila's Squirrel News



Sadly, the squirrel-proof peanut holder failed to live up to its name. It was possible for a clever squirrel to unhook the whole thing from its cap which meant it fell on the ground, making a nice pile of peanuts to be eaten at leisure. Needless to say, we weren't very happy about this and nor were the tits, so we bought an even more squirrel-proof container and that seems to have done the trick, for the time being anyway. The tits took a couple of days to get used to it but love it now that they don't have to share with the greedy squirrel.



*The even more  
squirrel-proof container*

## Recent News

This was recent news before the pandemic swept away everything in its path, so my apologies if you have already read about these items.

### ***First something on the fitness front:***

A university team in Japan have experimented to see whether playing table-tennis is of benefit to people with Parkinson's, as it is a form of aerobic exercise which has been shown to improve hand-eye co-ordination, sharpen reflexes and stimulate the brain in the general population. A small group with an average age of 73 was recruited to play ping-pong for 5 hours a week in coached sessions. The results were encouraging with participants showing significant improvements in speech, handwriting and walking. Their bodies became less rigid and hand tremors decreased. A larger study is now planned.

One to think about once we are all confident about going out among people again!

### ***Secondly a new light on the effects of pollution:***

A study conducted at the University of California in Los Angeles has found that chemicals in the exhaust fumes of diesel vehicles can cause the build-up of a protein in the brain commonly seen in people with Parkinson's. Previous studies had suggested that this might be the case and new research has been conducted on zebra fish whose neurons act in a similar way to those of humans. Because the fish are transparent, scientists can study the effects without killing the fish. Proteins are normally disposed of by the brain but after being exposed to diesel fumes, far fewer bundles of proteins were removed. This suggests that everyone would benefit from cleaner air but especially people with Parkinson's. Again, more research is planned.

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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](mailto: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](http://parkinsons.org.uk)

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

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