

NEWS

Barnsley & District Branch



Tennis balls - sold like hot dogs at Locke Park

Branch breathes a breath of fresh air

BRANCH members celebrated summer in the open air with events at Locke Park and Langsett Barn and a series of walks in the Barnsley area.

LOCKE PARK

We were at the Locke Park Gala in August, with an information stand and the opportunity to buy tennis balls. It was ideal for the gala which this year included a dog show. "At only 30p each, they went like hot dogs!" said Rona.

SUMMER WALKS

Locke Park was also the venue for the first of a series of summer walks by the branch, followed by jaunts around



Langsett walk: Jane Williams (left) and Sally Cole (right), arriving back after a gruelling 14 mile walk, are greeted by Mathew and Alsie Joy

Worsbrough reservoir and Newmillerdam (see back page for full story).

LANGSETT BARN

Our fifth annual walk at Langsett Barn saw more than 30 walkers, including families, friends, children and dogs taking part in the three different walks.

Eight tackled the 14 mile walk over the moors to Slippery Stones. Margaret Rhodes led 17 walkers on the

2.5 mile circular walk. Three joined the 3.5 mile circular walk around Langsett Dam, led by George Spencer who has also been the mastermind behind these events for the last five years.

A further five walkers, plus dog, took a gentle stroll, enjoying the scenery and exercise in perfect weather.

The event raised over £1,000 which will benefit people in the Barnsley area living with Parkinson's.



Point of interest: branch members at the Worsbrough reservoir walk

Ten-pin bowling - we're doing it again

FOLLOWING the success of our recent ten-pin bowling trip, we're holding another on Tuesday 7 November. Meet at the Metrodome at 11.30. Food choices will be available by the end of September.



Chair's Chatter!

Our current financial position - thanks to tremendous efforts on the part of a few members - is 'comfortable'.

The finance subcommittee has made recommendations to the branch committee on how best we can take advantage of our present position for the benefit of all our members.

However, the branch faces two problems.

Firstly, in spite of the details of our services being advertised in the annual information leaflet, the committee is not certain that all members are aware of what these are and what benefits can be obtained by taking advantage of them.

Secondly, I have banged on often enough in the past about needing more volunteers on the committee. We have now reached the situation where we just do not have enough people properly to administer and commission the additional work which will inevitably arise from having more money to spend.

We are not asking for people to take charge of major fund raising activities, to complete complicated applications to grant making trusts or lead delegations to argue with Barnsley Council or the NHS. What we are asking is that members face up to two choices which are (to steal a quotation): don't ask what the branch can

do for you, ask yourself what you can offer to the branch.

I hope to see two, three, or more, people contacting me and attending one of our committee meetings to see what goes on and how their time, aptitude or skills could be used for the benefit of the branch.

We would be particularly interested to have members *with* Parkinson's (with or without their partners) on board so we can be certain that our spending plans are properly informed by our members' needs.

If we are in a position where we can't adequately handle the current situation, any surplus funds will go to the head office. It's happened two or three times in the recent past and we have at least had the option to suggest where it should be spent and we have chosen research.

Obviously this is a good cause and dear to the heart of many of our members but perhaps not what was originally intended when the money was being raised.

I will finish with another famous quotation, 'England expects....' and in our case, not only England but the Barnsley and District Branch of Parkinson's UK - women as well as men!

Philip Thompson

October 2017

Dates for your diary

17 October Natalee Whittaker –
Wiltshire Farm Foods

7 November 10-pin Bowling

21 November Gillian Coverley,
Irwin Mitchell – Legal issues

6 December (1pm) Christmas party
- Please note, this is a Wednesday

16 January Rachel Appleby –
speech and language therapist

21 February AGM

FREE SERVICES FOR YOU

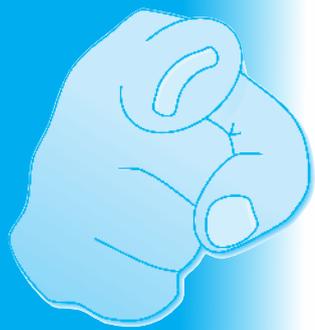
Exercise: Two sessions each week, one seated, one for those more able. To enrol, contact our Local Advisor or Clinical Nurse Specialist (details on page 3).

Help for Carers: A limited amount of free care is provided enabling carers to have some time off. Contact Local Advisor Sharon Gray (details, page 3)

Counselling: Confidential free counselling is available, by referral from the Parkinson's Nurse Carolyn Bamford (details on page 3), to people with, or affected by, Parkinson's.

AVAILABLE NOW

YOUR BRANCH NEEDS YOU



BARNSLEY branch is proud of the services it offers - but for these to continue at a high standard **WE NEED YOUR SUPPORT.**

If you can spare just a couple of hours a month please let us know.

Contact Philip on 01226 730418 or email: filthompson@btinternet.com

NEWS ROUND-UP

Are you struggling with council tax?

IF YOU have Parkinson's, you may find you are struggling to pay your Council Tax bill.

But there is some financial support available, so it's important to find out what you are entitled to.

There are three types of help available: the *Council Tax Discount scheme*; the *Disability Reduction scheme* and the

Council Tax Reduction scheme. You can get help through all three schemes at the same time if you satisfy the conditions for each one.

■ **For more information** please contact our Local Adviser Sharon Gray on 0344 2253637, or email shgray@parkinsons.org.uk

AFTERNOON FUN

A FUN afternoon of quizzes, games and crafts was held at Emmanuel Church recently.

Organised by branch members Linda Hoyland and Margaret Rhodes in conjunction with friends from the church the event raised a very impressive £550 for the branch.

Christmas party

OUR CHRISTMAS party this year is on **Wednesday 6 December at 1pm**. It will mark a change from the usual format with a solo performer entertaining us - bring your dancing shoes! We won't be asking for donations for the hampers this year as there will be one M&S hamper for the raffle. Ann-Marie is catering.

ALL WELCOME

GILL TAYLOR is hosting a special coffee morning with cake and crafts in support of the branch.

All are welcome to the Wharncliffe Community Centre, Gilroyd, on **Thursday 30 November** between 10am and 2pm.

MULLED WINE AND MORE

A FESTIVE Evening of mulled wine, mince pies, carols and a raffle has been organised by Gina Rae.

*The evening begins at 7pm on **Saturday 25 November**. Admission is just £5. All welcome.*

Contact Gina on 01226 645180 or 07708 981853.

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: 0800 800 0303

Interpreting available; Textphone 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.

Barnsley and District Branch

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Parkinson's Local Adviser:

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Tel: 0344 2253637

Welfare Rights Officer:

Jacqui Goodridge

Tel: 01226 772527 (state you are from Parkinson's)

For more **Branch information**

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Find us online...

Barnsley Branch WEB:
barnsleyparkinsons.org.uk

EMAIL: info@barnsleyparkinsons.org.uk

ALL FIRED UP - OUR VISIT TO KELHAM ISLAND

Our recent trip to Kelham Island Museum gave us lots of fascinating information about Sheffield's industrial heritage.

It was all the more satisfying because of the café at the museum and a meal at Whitby's fish restaurant at Catcliffe! The museum is very wheelchair friendly.

Sheffield steel is world famous for its quality and its remarkable history is presented through a series of interactive galleries such as engineering, cutlery, armaments and transport.

Did you know that Sheffield once had its own motor car factory? The Sheffield Simplex was a very high quality machine, built to be *The Most Beautiful Car In The World*, sponsored by Earl Fitzwilliam. Machines are useless without



BY SUSAN GRANT

The River Don Engine (left) and (the Bessemer Converter

the human element and the displays do justice to the men and women who toiled in the sweltering, noisy, dangerous casting sheds and workshops.

There are grim reminders too of the overcrowded slum dwellings they lived in. However, the sheer size and power of the machines they built and

operated is an essential part of the Kelham Island experience.

There is the towering presence of a Bessemer Converter at the entrance, while inside is the mighty River Don Engine which is steamed-up twice a day for an awesome display of industrial power.

BEST FEET FORWARD - PLANS FOR 2018

FROM May to September, we have held a series of walks on the first Tuesday in the month.

They have varied in length - between one and two miles - and have been scattered around the area making them accessible to as many members as possible.

They have all been mostly flat on good paths and therefore have been wheelchair-friendly although no one has taken advantage of that.

Café availability at the end has been a must. Attendance has

BY Sheila Ireland

varied but has been fair on most walks although the one at Penistone turned out to be a damp squib.

This year has been a learning curve and there are things which we can do better in future.

We will make sure that everyone knows when the walks are taking place by providing lists for members in early spring, and ensuring they are advertised on the website.

Some of the more successful walks can be repeated next year but feedback would be appreciated from people who have attended and suggestions from others would also be welcome.

We can change days, times, venues, and distance but unfortunately, we have no control over the weather!

Please talk to us - tell us what you liked and what you didn't and we will see what we can improve next year.

Happy walking!