

**PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.**

# NEWS

Barnsley & District Branch

July 2016



**CONGRATULATIONS**  
to branch member Alan Osborne.

His stunning *RedHead* picture of a red squirrel has won him the Parkinson's Mervyn Peake Highly Commended award.

## WERE YOU AWARE?

**THIS** year's Parkinson's Awareness Week proved another great opportunity for the branch to be seen out and about in Barnsley.

Branch members and the Mayor of Barnsley met cyclist Leanne Owen (during her 477-mile ride to every Parkinson's branch in Yorkshire and the Humber) at the town hall for refreshments in the Mayor's parlour.

This was followed by a stop at Yorkshire Bank, where the branch had an information stall and collection.

Two days later a busy branch information stand and tombola was held outside the *Better*



*Tea and coffee reception in the Mayor's Parlour*

*Barnsley* shop in the town centre. The tombola raised nearly £300.

Thanks go to everyone who helped make Parkinson's Awareness Week such a success.



*Branch members and the Mayor greet Leanne outside the town hall*



*Gill Taylor and husband David were among 110 brave climbers who took part in a sponsored climb of Mount Snowdon recently.*

**BARNSELY BRANCH IS ONLINE - GO TO [bbridges.org.uk/pukb.html](http://bbridges.org.uk/pukb.html)**

## Chair's Message July 2016

By Philip Thompson

**E**LSEWHERE in this newsletter we welcome Sheila Ireland to the Barnsley and District branch committee.

Sheila will take over service development which means she will be responsible for implementing this year's programme which has already been determined.

But more importantly she will draw up suggestions for next year with an emphasis on introducing additional activities which will supplement what we already have on offer. She will be looking at entertaining, informing and encouraging activity.

While talking of encouraging activity, the July meeting which has the mysterious description in the programme of 'taster activity', will in fact be a session of Tai Chi delivered by Bronia.

Many branches have tried this and as with virtually any kind of gentle activity there are real benefits to be obtained. I remember a holiday which Rona and myself had in Hong Kong over 30 year ago during which I went out for early morning runs in the nearby Victoria Park.

It was full of Chinese residents slowly and gracefully executing their movements with their pet caged birds hung up in the trees. In China it is their birds rather than their dogs which are taken out into the park for walkies. However whatever Sheila comes up with, you the members will be consulted and have the last word.

Both the recent presidential visit and our other activities in Parkinson's Awareness Week were great successes. I hope you found the speech therapist helpful. I thought she was very comprehensive in her coverage of the problems that people with Parkinson's may experience.

Our visitor in September will provide you with exercise of a different kind with audience participation in songs of yesteryear.

The committee will be looking at the possibility of another grant from Barnsley Council for a carers' event in 2016. By the time you read this Freda's Trip will have come and gone. It is a sell-out and I hope you all will have enjoyed it and I also hope that the present summer weather continues.

## Dates for your diary

**19 July** a 'taster' afternoon

**16 August** Visit to Armley Mills Industrial Museum near Leeds. Please note - the museum doesn't have a café but will have a room set out with tea and coffee and biscuits. If you need something more substantial, please bring it with you. Fish and chip stop on the way home as usual.



**20 September** Susan St Nicholas - **Classic songs** from yesteryear.

**18 October** Dr Heather Mortiboys - Current research at Sheffield University

**15 November** Pauline Kimantas - Chief Executive Officer, Age UK Barnsley

**7 December** (Wednesday, 1pm) Christmas party

## Leeds - Liverpool Canal walk

**WHY not join the Leeds Liverpool Canal walk on 18 September, organised by Yorkshire and Humber region.**

Walks are 3, 8 or 11 miles long. Registration is in Gargrave Village Hall and participants will be taken by coach to the start of their walk and walk back to Gargrave.



## 10 win holiday in Blackpool

**FIVE** lucky winning couples have been chosen to visit Blackpool this year.

Accommodation is paid for by the Barnsley and District branch.

The lucky winners are: Peter and Liz Watmough, Ruth & David Ackroyd, John and Susan Ellam Rutt, Jack and Maureen Woodward and Jim & Margaret Strachan.



# NEWS ROUND UP

## Coffee morning's taste of success

**A SPECIAL coffee morning in Hoylandswaine has raised nearly £750 for the branch.**

The well attended event was organised by Margaret Robertson and friends of Hoylandswaine Church



It was held in memory of Margaret's friend, Jean Foster, and Margaret presented the cheque at a recent branch meeting. Grateful thanks to everyone involved. Pictured, Margaret and friends with Philip Thompson at the recent cheque presentation

## Speech therapy

**NEWS for those at last month's successful talk on speech therapy.**

Anyone wanting more information or wishing to self-refer can do so by contacting Barnsley NHS speech therapist Rachel Appleby on 01226 432377.

## Your stamps

**PLEASE give your used stamps to Anne Mullaney at the branch meetings.**

**They are used for fundraising.**

**When cutting, remember to leave about ¼ inch of paper around the stamp's edge.**

## Tribute paid to Barnsley Bard

**BRANCH President and Poet Laureate of Barnsley Ian McMillan, has been made Honorary Freeman by Barnsley Council, giving him given Freedom of the Borough.**

To mark the occasion, branch chair Philip Thompson has composed a fitting tribute from the branch.

So congratulations then  
Ian McMillan  
Poet Laureate of the borough of  
Barnsley  
Aspirational 'City of Culture'  
(as likely as being bitten by an  
Andean vulture)

We of Parkinson's salute you  
Don't forget that we are poets too  
As evidenced by your recent visit

When the 'The Saga of Leanne's  
Famous Bike Ride'  
Became an instant literary hit

So come again soon  
With the man with the squeeze box  
And we will show you that we are  
the genuine 'Pop.. Vox.'

*(with apologies to E J Thribb  
of 'Private Eye')*

## 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](http://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 Branch

**Branch President:**

Ian McMillan

**Branch Secretary:**

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**Parkinson's Local Adviser:**

Sharon Gray

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**Welfare Rights Officer:**

Jacqui Goodridge

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

For more **Branch information**

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**■ MANY thanks to everyone who contributed to this issue with news, articles and pictures.**

**If you wish to contribute please send items to the editor at [bob@bbridges.org.uk](mailto:bob@bbridges.org.uk)**

## The branch is sorry to hear of the death of long-standing member Emma Hojka. Here, daughter Gill Taylor recalls life with a 'positive and upbeat' lady.

**M**any of you will have known my mum Emma from the local branch meetings and know that she lost her battle with Parkinson's Disease on 6 May.

Despite mums symptoms she was always very positive and upbeat however the high standards Mum had maintained throughout her life were increasingly hard to keep but she still had her mind and wasn't afraid to speak it!

Most visitors to her bungalow

### A Tribute to Emma Hojka

were roped in to do a job whether it be changing the bed, ironing or moving a new piece of her meerkat collection in the garden.

Throughout her life mum enjoyed holidays away in Devon and Cornwall and still managed trips away to Llandudno with my Dad before he passed away in 2014. You can only imagine



*High standards: Emma Hojka*

her excitement when mum and I were offered a week's Blackpool holiday for people with Parkinson's, organised by the branch. The trip was incredibly beneficial for Mum, meeting others with Parkinson's, some a lot younger than Mum and seeing how they coped made her feel very fortunate and realise how well she dealt with her own symptoms.

Over the years we helped the local branch with fundraising, holding afternoon tea and garden parties with friends and family, Mum had such a sweet tooth and enjoyed the cakes just as much organising the raffle and tombola stall!

I would like to thank the branch for giving mum hope and positivity, an opportunity to meet others with Parkinson's and make her realise she wasn't alone with her symptoms.

Special thanks to Philip, Rona, George, Doris and Maureen and all the volunteers in the group who do such an excellent job.

God Bless You Mum

## Warm welcome to Sheila Ireland

**B**arnsley branch welcomes new Service Development officer Sheila Ireland.

**Here's she talks of her life, and plans for the branch.**

I am originally from the Penistone area but have lived in Barnsley for the past 40 years. I have been married to my husband, Ian, for nearly 47 years and we have three children and one grandson.

When I left school, I qualified as a librarian and my working background has been mainly in public and college libraries, where I have performed at many levels, starting as a trainee and ending by working in management in my last post. When my children were young, I spent several years in schools, first as a volunteer helper, and then later working with children with learning disabilities. This



was a rewarding job, although not always easy.

Now that I am retired, I am looking forward to volunteering with Parkinson's UK and getting to know everyone.

I hope we will be able to expand the programme of branch activities and have already discussed some ideas with other members of the committee.

But suggestions from members would also be very welcome.