

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

NEWS

Barnsley & District Branch



April 2016

A great year – but challenges in the future

THIS year's Barnsley branch AGM saw nearly 40 members and guests sharing the positive results of the branch's activities over past 12 months.

Chairing the meeting, Philip Thompson spoke about two major achievements – the



Members and guests at the 14th Barnsley branch annual general Meeting in February

introduction of a practise note at Barnsley Hospital giving Parkinson's patients the right to advise on their personal medication, and the continued funding by the Clinical

Commissioning Group of the very popular exercise classes. Funding had previously been ended but, following an appeal by the branch, has now been extended until 2020.

The AGM then heard about a serious challenge now facing the branch. The branch is seen by Parkinson's UK as a flagship branch, but to maintain this position and to carry out all the highly regarded services it provides in the area, it needs a strong committee.

In recent months three people have retired from or left the committee and it's proving difficult to replace them – currently the branch is in need of a development officer and a

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READY FOR KICK-OFF

Gathered at the gates at Oakwell, Parkinson's volunteers brave the winter cold to collect much needed funds for the branch. Spectators at the Barnsley Football Club home derby against Doncaster in February donated more than £250.

Pictured, from left: Philip Thompson, Rita Harrison, Maureen Oades, Jacqui Goodridge, John Driver, Anne Mullaney, Bronia Warden and George Spencer.

BARNSELY BRANCH CARES FOR CARERS - SEE BACK PAGE

WITH the AGM and another successful Carers' Day behind us I want now to look to the future.

I mentioned at the AGM that the exercise class is becoming a victim of its own success and the numbers attending, both those with Parkinson's and their carers, are making it difficult for Bronia to manage. After reviewing the situation with

Dates for your diary

19 April: Ian McMillan, our president, will entertain us.

17 May: Deborah McCleod, lead speech and language therapist, Barnsley Hospital NHS Trust.

21 June Freda's trip to **Lotherton Hall**



19 July a 'taster' afternoon

16 August Visit to Armley Mills Industrial Museum near Leeds. Please note - this museum does not have a café but will have a room set out with tea and coffee and biscuits. Anyone needing something more substantial will need to "bring their own"! Fish and chip stop on the way home as usual.

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



Bronia, Sue Slater, Sharon Gray, George and myself, it has been agreed to provide an extra session, to commence three quarters of an hour before the scheduled class which will be designed for those with different needs.

They will have their refreshments and the opportunity to chat afterwards while the others carry on with the scheduled class. In this way we can continue to meet the Clinical Commissioning Group's criterion for the class which they are funding, that is for people with mild to moderate symptoms whilst providing for those who really need something a little different.

This will require a rewriting of the contract we have with Bronia for the revised service she is going to provide. The treasurer and myself will be agreeing this with Bronia when she has completed sorting out the membership of each group, shortly after Easter. The cost of the extra class will be met from branch funds.

Parkinson's Awareness Week

During Parkinson's awareness week, 18 to 24 April, together with the Mayor, we shall be welcoming Leanne on her cycle ride round all the branches in Yorkshire and the Humber to a refreshment break in the Town Hall (Wednesday 20 April). Two days later we shall have an information point and a tombola game outside the Better Barnsley shop in the pedestrian precinct. We hope to get a Barnsley celebrity to visit and for a photo opportunity.

Barnsley Hospice is very keen to draw attention to the successful working partnership we have with them in respect of counselling so we are hoping to have some publicity about this in the Barnsley Chronicle to coincide with Parkinson's Awareness week.

Finally, the branch information leaflet for 2016 is now out and I would ask you all to have a look at it. I am not convinced that every member of the branch is fully aware of all the services we offer. You might be missing something. Here's to the return of some spring like weather.

Philip



NEWS ROUND UP

Committee says farewell to Linda and Denis

FEBRUARY saw the retirement of two committee members whose efforts over the years have done much to promote the branch's success.

Pictured, Linda Whiteside and Denis Camplejohn with branch chair Philip Thompson during a presentation at the February committee meeting.

Denis Camplejohn, a very long serving committee



member, is a skilled wood carver and his wooden tombola box is used regularly at branch events.

Need help and transport for branch outings?

A GENTLE reminder to everyone planning to go on branch outings - charity rules do not allow lay volunteers to provide help/care, so if you need help you should bring someone

with you.

It may sound harsh but we have to abide by the Parkinson's UK rules in the interests of everyone's safety.

Collections raise £700 for branch

TWO collections at Tesco branches in Penistone and Stairfoot have raised more than £700 for the branch.

A big thank you goes to everyone who took part.

Blackpool 2016

ONCE again the branch will be supporting holidays in Blackpool in September.

Six couples applied and five have been selected. The sixth couple, who went last year are the first reserve.

Welfare Rights

BRANCH Welfare Rights officer Jacqui Goodridge, is having to retire from the committee due to changes in her role with Barnsley Council.

However, her role as Welfare Rights officer for the council continues, and she will still be able to offer telephone advice at the number on this page.

TADS need volunteers

TADS, who supported our recent Carers' event, need volunteers. If you are interested, go to www.tadsbarnsley.co.uk/vacancies.

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.

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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 newbob2015@talktalk.net.

VOLUNTEER committee members are always needed by the Barnsley branch - if you're dedicated and have a little time to spare, please call Philip on 01226 730418.

Barnsley carers treated to special day

EARLY March saw the second Barnsley branch carers' event held at Bannantyne Spa and the Holiday Inn. It went like clockwork again.

Eighteen carers took part, along with seven people with Parkinson's.

The carers had a relaxing morning at Bannantyne spa, with treatments, swimming, talking in the comfortable café and enjoying TADS (Therapies for Anxiety, Depression and Stress).

People with Parkinson's were looked after by George in a room at the Holiday Inn. Bronia (Healthy Bones) gave them an hour of seated exercise, and they were entertained with a quiz - no time to be bored!

The session finished with lunch at the Holiday Inn and goodie bags for the carers.

The branch's thanks go to the sponsors of the goodie bags, Holiday Inn, Bannantyne Spa



Therapies for our carers provided by TADS



Anne, Jacqui, Anne, Pat and Amy

and Leslie Francis Hairdressers and to TADS for a raffle prize.

An appraisal of the event has been sent to The Stronger Communities department at

Barnsley Council who gave the grant for our carers' event.

We will soon be made aware of funds availability for 2016/17.

We were able to send very positive feedback about the event.

Challenges in the future

■ From front page

transport officer.

Elections at the meeting saw the following posts filled: Chair Philip Thompson; Treasurer – Kathie Sharman; Secretary - Doris Wragg; Welfare Rights Officer – Jacqui Goodridge; Membership Secretary – Maureen Oades; Vice chair – John Driver; Assistant treasurer – George Spencer; Minutes Taker – Susan Grant; Committee Members - Anne Marie Sephton, Rona

Thompson; Newsletter editor – Bob Bridges. Rona has subsequently taken on the role of Meeting Greeter.

The afternoon ended with refreshments and a raffle. The catering, once again provided by volunteers Anne Marie, Margaret and Joyce, received a vote of thanks for their efforts.

The raffle for two food hampers was won by Jill Taylor and Linda Whiteside and raised £100 for the branch.



Kathie, left, and Sharon with goodies for our carers