



April 2018

Barnsley & District Branch NEWS

Picture of the month: Rona's picture of a Heron at the lakeside was taken during a fact-finding walk investigating possible walks for the branch.

Thanks also go to Rona for her many years as news-gatherer-in-chief for the newsletter - without her help, it would have looked very empty indeed!

Thank you.

Bowlers strike it lucky

IT was a worrying few days when it looked as though the weather might prevent people from travelling to the Metrodome last month.

But a quick thaw on Sunday and Monday ensured that the snow had gone just in time.

Almost everyone turned up and enjoyed a game followed by lunch, which was considerably better than on previous occasions.



Congratulations go to Sandra's daughter Megan who won easily, although there were several other creditable scores.

We intend to book another session early in November, so keep a look out for the date later in the year. Happy bowling!



Pictures: Sandra Salisbury

Not to be missed!

Forthcoming Barnsley & District branch events

7 April Grand Charity Race Night

11 April World Parkinson's Day – stall in town centre

17 April Meeting - Ian McMillan entertains

24 April Walk - Locke Park

15 May Meeting - Bhanu Ramaswamy, Physiotherapist

29 May Walk - Worsbrough Reservoir

19 June Outing to Brodsworth Hall

26 June Walk - Newmillerdam

17 July Meeting - Raymond Walker, *Barnsley Now and Then*

Further information

☎ **01226 730418**

Chair's Chatter!

As I write this I look out over a frozen winter landscape; how beautiful but how inconvenient.

If we have another snow fall overnight I shall have to hire a Council snowplough to clear the drive. I hope you are all surviving and have the necessary stock of medication to see you through until, the forecasters say, after the weekend. It surely can't last until our first session of 10 pin bowling at the Metrodome next Tuesday.

Another AGM has come and gone with three new additions to the committee. We have a police officer coming to tell us how to avoid being taken to the cleaners in March and then our President in April. No doubt we shall be composing another masterpiece of English verse and I have already had a nomination for the topic. Wait and see is the answer to your next question.

I have written elsewhere about our visit to Hemsworth but I have one more story of the Archbishop which illustrates his 'teflon' nature. During Henry's reign Holgate took advantage of the removal of the celibacy requirement for the priesthood and got married; to a woman who was already married. At the time she was aged three and her husband five and they lived in the same house. The marriage was subsequently annulled for the obvious reason but her second marriage to Holgate much later created a great scandal in

a populace not yet used to the idea of protestant clergy getting married.

We now have the necessary eight people for the bucket collection at Barnsley football club when they play Millwall. We are now measuring them up for their body armour (just joking!)

Happy Easter.

Philip Thompson, March 2018

Having Your Say...

IN January, members were asked their opinion of the various talks and entertainments we had had in the previous year.

Probably no-one will be very surprised to learn that the ten-pin bowling was the favourite event but other items which featured high in the list included Ian Macmillan, Tai Chi and Gillian Coverley with her legal advice.

Nothing appeared to be a total disaster, thank goodness.

Least favourite was Wiltshire Farm Foods, although quite a few people enjoyed that too.

It is very useful to find out what kind of talk or event members like, so we will probably repeat the exercise next year.

Thank you to everyone who took the time to fill in the voting slip.



FREE SERVICES FOR YOU

Exercise: Two sessions each week, one seated, one for those more able. To enrol, contact our Local Advisor (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 Hodkin (details on page 3), to people with, or affected by, Parkinson's.

AVAILABLE NOW



First with the news

MANY thanks to Sheila Ireland who's now helping gather stories for the newsletter.

If you have news, please let Sheila know: sheilairland@hotmail.com; 01226 211590.

AGM hears of a very good year



THIS year's annual general meeting - the 16th held by the branch - attracted 36 members.

After a minute's silence for members who had passed away during the previous year, Philip Thompson gave a short account of what had been a very full and rewarding year. Particular mention was given to the successful Garden Gatherings held during the summer, and the current healthy position of the branch's finances.

Philip (chair), Kathie Sharman (treasurer), Doris Wragg



(secretary) and Granville Dransfield (membership secretary) were elected unopposed to the mandatory posts.

The day concluded with guest speaker neuro-physiotherapist Karen Hey giving a warmly received presentation on the benefits of physiotherapy and exercise.

Early intervention, best outcome

IN January speech therapist Rachel Appleby came to speak to us.

She gave a comprehensive description of potential problems with communication and swallowing, along with their causes and possible solutions.

She explained that anyone with a clinical diagnosis of Parkinson's could refer themselves for therapy and was especially keen to emphasise that *early intervention* led to the best outcome.

Hardy volunteers raise more than £1,100

VOLUNTEERS braved the cold this winter to raise more than £1,000 for the branch.

The January collection at the Wombwell Lane Tesco store raised nearly £330.

And the collection at the Penistone branch of Tesco in February added a further £386.

Then last month at Barnsley Football Club, while Barnsley were losing to Millwall, we were winning, with donations totalling £428.

Branch chair Philip Thompson said: "We're extremely grateful to our volunteers. Once again they've shown what they're made of by raising essential funds for our future activities."

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).

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Barnsley and District Branch

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For more **Branch information**

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Find us online...

Barnsley Branch WEB:
barnsleyparkinsons.org.uk

EMAIL: info@barnsleyparkinsons.org.uk

Coffee morning raises £543



IN the beautiful location of the Holgate Almshouses, coffee morning volunteers and their guests raised £543 for the branch last month.

The fascinating history of the Holgate Almshouses will be the subject of an article by Philip in the July newsletter.

Aviva grant funds this year's Carers' Day

WE did it! A massive thank you goes to all who voted for the branch Carers' Day project.

Barnsley & District branch received more than 1,000 votes, the target needed to qualify for an Aviva Community Fund award of £1,000.



Our thanks go to Aviva as well.

The grant has helped cover the many costs of our annual Carers' event.

As the newsletter went to press, 15 ladies and five men were to have a pampering session at Bannantynes Spa followed by lunch.

Look out for a full report in the July issue.

#UNITE FOR

PARKINSONS

Join us at our World Parkinson's Day stand

THIS year we, and branches throughout the UK will be taking part in World Parkinson's Day.

Join us on Wednesday 11 April at our stand on the town centre pedestrian precinct; whether to help out or just to say "Hello," you'll be very welcome.

Summer walks start this month

OUR countryside short walks get underway on 24 April at Locke Park.

All the walks are on the last Tuesday of the month, mainly on flat paths. All start at 10.30am and, apart from one, end at a café.

Walks are at your own risk but are led by a lead volunteer.

More dates on the front page.



For further information call 01226 211590; or email info@barnsleyparkinsons.org.uk.

Grand Charity Race Night

At Ardsley Oaks Working Men's Club, 680 Doncaster Road, Ardsley, S71 5EF

Mad as a hatter? Come along and let us all see! Wear your 'best' hat for the evening and maybe even win a prize!

Supporting Barnsley Branch of Parkinson's UK

Saturday
7 April
7pm

Prize
Raffle