

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



January 2016

## Join us for Parkinson's Awareness Week

**MAKE a note in your diary - April 18 to 24 is Parkinson's Awareness Week. And once again the branch will be at the forefront of the region's activities.**

Many of you will remember Parkinson's Awareness Week of three years ago when a model of a stem cell in the form of a soft toy with the unlikely name of 'Noodle' was relayed round every group in this region by a variety of conveyances.

We welcomed a party from Huddersfield on their cycles with Noodle to a civic reception and lunch at the Core.

We then conveyed said toy to our colleagues in Sheffield by public transport (train via Meadowhall).

The organiser was a lady called Leanne Owen from



Wakefield, previously a fire fighter compelled to retire when diagnosed with Parkinson's.

For 2016 Leanne is off again round our region's branches, all 500 miles, but this time on her bike.

And she wants YOU to join her! The route will be as last time so we are being asked to accompany her when she arrives from Huddersfield by cycling not driving, to meet the Sheffield branch outside the Cathedral, a distance of 18 miles (one way; you can always catch the train back).

More details later. Start training NOW!

**Party fun for 70 at lively festive event**



A great Christmas party was enjoyed by all last month

Branch members enjoy week in Blackpool - back page

**F**irstly, an update on an issue I mentioned in my last message; the Parkinson's medication pack is now being rolled out (as they say) to over 500 Barnsley Hospital staff.

At the meeting which Sue Slater and myself had with representatives from the Patient Experience department they said that they are now looking to us for feedback on how this procedure is being applied.

We have an 'open door' access to this department and any comments, both good and bad, which you provide to me or any member of the committee will be relayed through that door.

I have indicated at one of our monthly meetings that the Barnsley Clinical Commissioning Group has given us notice that after the payment for 2014/2015 funding for the exercise class will be withdrawn as 'an economy measure'.

We have registered an immediate appeal against this decision which, we have been informed, has been put into 'the system'.

It is said that the mills of God grind slow but small.

### Branch benefits from jewellery sale

**THANKS** to Kath Webster who came to the November branch meeting and sold some of her hand crafted jewellery. The sale then, and at the recent Carers' event, made £100 for the branch.



### Age UK one-stop shop newly opened

THE Age UK One Stop shop has opened its doors on Eldon Street, opposite the Civic. It's a very good source of help. The Handy Man service still operates but from Sheffield and is now called Stay Put. The telephone number is 0114 2564270.

Bronia, who takes our branch exercise classes, has been given the Barnsley Chronicle's *Community Hero* award.

The Pride of Barnsley Awards Ceremony was held at the Holiday Inn on 13 November.

To date we have around 23 People with Parkinson's regularly taking part in the weekly sessions



But this speed is as lightning compared with the NHS 'system', as we know already from previous experience.

Don't hold your breath; either way we must anticipate meeting the cost of the class from our own resources into the foreseeable future.

We have had a donation from the relatives of Freda Crowther who died recently and who had Parkinson's, the mother in law of our member Carol.

Carol's family have been regular and very generous contributors to the branch and so in line with the wishes of the family I have readily agreed to designate the branch visit next summer to Lotherton Hall, as 'Freda's Trip', in her memory.

You will have gathered from this that Lotherton Hall was one of the venues you voted for, the other being the Leeds Industrial Museum at Armley which will be the later visit of the two.

At the time of writing (early December) we are still gathering numbers for the next carers' event. Every indication is that it will be another successful venture and we just hope that we are not placed in the unfortunate position of disappointing anyone.

In the unhappy circumstance that we have to, the bright side is that this will be the best reason for holding another one later in 2016.

It simply remains for me to wish you all a very peaceful and prosperous New Year.

### Dates for your diary

**19 January:** An occupational therapist from the hospital has suggested possible topics.

**16 February:** AGM, followed by an Independent Living speaker

**March 15:** Geoff Carr the birdman.

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

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



# Local volunteers always needed

**BARNSELEY Branch is always on the lookout for enthusiastic volunteers to help at events throughout the year.**

Activities include bucket collections at Barnsley FC matches, bag packing at local supermarkets and manning our information stall at various occasions.

If you have a few hours to spare and would like to help, give Doris Wragg a ring on 01226 744670.

Additionally, we also need two branch officials, a Programme Secretary to organise the branch's monthly programme of speakers, activities and visits, and a Transport Officer to organise the taxi service for branch members who would otherwise not be able to attend meetings. If you are interested, please give Doris Wragg a ring.



## 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.

## NEWS ROUND UP

VISITS chosen by branch members for next year's summer outings are Lotherton Hall and the Industrial museum in Armley Mill Leeds. The trips take place in June and August.



THE recent sale of goods donated by Parkinson's UK to the branch made a profit of more than £200. Thanks to everyone who supported this.



*HOME visits and transport: following new head office guidelines, home visits by the branch will no longer be able to take place. Any such visits undertaken by branch members will not be insured by Parkinson's UK and will be undertaken in a personal capacity.*

*Similarly, no insurance is provided for giving someone 'a lift' to a branch event. Use taxis or community transport services organised by the branch. Any other lift arrangements are made personally by individuals and are not covered by Parkinson's UK insurance.*

## Barnsley Branch

**Branch President:**

Ian McMillan

**Branch Secretary:**

Doris Wragg: 01226 744670

**Clinical Nurse Specialist for Parkinson's:** Sue Slater

Tel: 01226 209885

**Parkinson's Local Adviser:**

Sharon Gray

Tel: 0344 2253637

**Welfare Rights Officer:**

Jacqui Goodridge

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

For more **Branch information**

contact: Philip Thompson:

Tel: 01226 730418 or email:

[filthompson@btinternet.com](mailto:filthompson@btinternet.com)

FOLLOWING the success of the 2015 branch calendar, award winning photographer and branch member Alan Osborne will soon be preparing pictures for the 2017 calendar.

If anyone - individual or company - would like to sponsor a page of the 2017 calendar with their logo for £50, please contact Philip Thompson on 01226 730418.

The 2017 calendar will be larger than last year's version.



**Tastes good: aunt and niece Christine and Linda enjoying Wiltshire Farm Foods demonstration and tasting at the November meeting.**

■ **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](mailto:newbob2015@talktalk.net).**

# Branch members head for the coast

**W**e arrived at the lovely Edwardian red-bricked Savoy Hotel where we joined participants from all over the north of England.

As there was only one lift, Glenys and I walked up the beautiful staircase, very wide and easy steps.

Later in the dining room, the large round tables allowed the Barnsley group to enjoy each other's company.

Each day there were various interesting things to do for individuals or groups, or it was an opportunity to simply enjoy all that Blackpool is famous for.

Items available included gentle exercise, physio, a carers' afternoon, swimming, Pilates group, back care, benefits advice, hair dressers and make-up.

Staff and all the local Parkinson's group worked tremendously hard to really make the stay memorable.

All of our group covered lots of Blackpool, either by train, bus or taxi.

Of course, the lights were tremendous, as you would expect.

The end of the week came far too soon, having all enjoyed the experience - thanks to Barnsley branch for giving us the opportunity.

Don't hesitate to get your names on the list - you won't regret it.

**EACH year two couples are picked by lucky draw to go on a Blackpool holiday paid for by the branch.**

**Of course, anyone with Parkinson's not selected for a free place can book and pay for themselves that week if they wish.**

## Holiday to remember for 10 in Blackpool

By John Driver; pictures by Ken Booth and Gill Taylor

