

NEWS

Barnsley & District Branch

Join us for
the **AGM**
Tuesday 21
February, 2pm

January 2017

Youngster's skill helps support Barnsley branch

TWELVE-year-old Evie Mitchell has raised nearly £60 for the branch.

For several months Evie, granddaughter of branch members Heather and Eric Evans, transformed recycled denim jeans into purses, pencil cases and bags, with a little help from Grandma.

Her aim was to sell them at her school, Horizon Community College, Christmas Craft Market.

She wanted to raise money to donate to the branch following her Grandad Eric's diagnosis of the disease.

For the event, held in early December, Evie was joined by 9-year-old sister Iris. Their hard work helped raise nearly £60 and raised awareness of



Top of the class: Evie and Iris at the Christmas Craft Market.

Parkinson's among visitors to the craft market.

■ The branch gives a big Thank you to Evie and Iris,



Denim bags and purses helped Evie to £60 success

LATE NEWS

GREAT NEWS. We have just heard that the branch has been awarded a South Yorkshire Community Trust grant of £2,700 to fund this year's Blackpool holiday for four couples.

Best feet forward



A series of walks for branch members begins soon. See page 3

HAPPY NEW YEAR TO BARNSELY BRANCH MEMBERS

Good news. We have just been informed that our application to Berneslei Homes for £300 towards the costs of this year's Carers' Day has been successful.

As I write this we are still awaiting the result of a further grant application, which I referred to at the last branch meeting.

Sadly, in spite of getting 1249 votes for our recent Aviva application, we were eliminated. Many thanks to all of you who voted and persuaded all your sisters, cousins and aunts to do the same.

In respect of the application to the South Yorkshire Community Trust (£2,700 for the Blackpool holiday project) we hope to be informed soon.

Monthly walks

Continuing our emphasis on exercise being good for you, a new departure for 2017 will be a series of monthly walks at local venues, not to mention a morning of 10 pin bowling at the Metrodome followed by lunch as well.

The first walk, arranged for the first Tuesday in May, will be in Locke Park. This venue was donated in perpetuity for the quiet enjoyment of the good people of Barnsley by Joseph Locke's sister-in-law nearly 200 years ago. I presume that you are all aware of who Joseph Locke was, one of Barnsley's most famous sons. He was arguably the leading light of the Victorian civil engineers who transformed the country by providing cheap transportation and clean drinking water.

He designed and built a good part of the railway systems of both France and England. I was a civil engineer myself involved in the 20th century equivalent of the Victorian railway age, that is the motorway age. Come along to the walk and hear about my hero in more detail.

Fundraising

We have three fundraising efforts coming up in quick succession: Barnsley FC on Boxing Day for which we have the full complement, then Tesco's stores at Penistone and Stairfoot at the end of January in quick succession. Don't wait to be asked to do an hour's stint at one of the latter.



A musical branch meeting in September with Susan St Nicholas was enjoyed by all, particularly the chair!

Branch members often express surprise to me that we don't make any charges for any of the services we provide. I'll let you into a secret; there's no such thing as a 'free lunch'. The branch's services are paid for by your efforts in our fund raising and unless everyone, to the extent that they are able, does their bit then charges will follow as sure as night follows day.

On that cheerful note may I express the hope that you all have had a very happy Christmas and that you all will enjoy a peaceful and prosperous new year.

Philip

Maureen Oades

WE ARE are saddened to report the death of committee member and membership secretary Maureen Oades.

Maureen passed away unexpectedly on 17 December.

Our sympathies go to Maureen's family.



Dates for your diary

21 February AGM

21 March Phil Reynolds – Policy & Campaigns Team

8 April Ian McMillan – The president entertains

16 May Taster – Tai Chi with Bronia

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: 0808 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

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

■ **MANY THANKS** to everyone who contributed news, articles and pictures for this issue.

If YOU wish to contribute please send items to the editor, bob@bbridges.org.uk.

Monthly walks begin in May

STARTING in May there will be a short monthly walk on Tuesday mornings during late spring and summer in various venues around the borough.

They will be carefully chosen in parks and other venues where there is a café nearby and led by a member of the committee.

As it's an informal activity, the walks are not covered by Parkinson's UK insurance, so



each person taking part does so entirely at their own risk.

■ **The first walk will be on Tuesday 2 May in Locke Park. If you wish to take part, please meet in the car park at 10.30am. Refreshments will be either in the café in Locke Park (if it is open) or at the nearby farm shop.**

Details of future walks will appear in the next issue.



A CAR boot sale in Locke Park has raised nearly £100. Thanks go to Sharon Gray who turned out her daughters' bedroom and to members who contributed. A "first" for the branch

Picture: George Spencer

NEWS ROUND UP

Christmas party

Around 50 members, family and friends enjoyed last month's Christmas party. And Barnsley's Mayor deserves special mention for talking to as many members as possible. They really appreciated it. Thanks also to Inner Wheel member Rita who donated the flowers for 10 tables, raising £50. Sue, Thelma, Jean and Pat from Inner Wheel helped with tables, decorations and 21 raffle prizes which made £350.

Exercise classes

There are a few vacancies for both classes. Contact Sharon

Gray or Sue Slater for referral before starting. The benefits of exercise are well documented,

Football collection

A bucket collection at Barnsley Football Club on Boxing Day has raised £413 for the branch.

Carers' Day

Our third branch Carers' Day will be on Tuesday 7 March.

Wii Fit gift

We now have a second Wii Fit, thanks to a gift from the family of Emma Hojka. This is free to anyone with Parkinson's or a reasonable donation from others.

Wonderful week in Blackpool remembered

The 25 years old Blackpool Holiday Scheme was set up by Parkinson's branches in and around Blackpool.

Barnsley Branch contributed towards the cost of the holiday week, based at the Victorian Savoy Hotel, and regularly pays for two or more couples to enjoy Blackpool each year.

It's Sunday 9 October. Glenys and I packed and set off with heavy dark clouds above. But the further west we travelled the brighter the weather became.

Savoy hotel

We arrived at the Savoy, registered and received our folder with the weeks programme handout. Before going to our room we welcomed the five couples who were also from Barnsley Branch, guided them to registration and arranged to meet them again at dinner.

By John Driver

The food served all week was of the highest quality (I'm sad to say that I put pounds on over the week). Conversation across the tables was hilarious and funny - talk about comedians!

Part of the various treatments available was morning exercise at 10am for an hour, led by Bhanu Ramaswamy a Physiotherapy Consultant from Sheffield. She was wonderful - after the first morning we didn't want to miss the following days, which increased a little every day; at the end of the week you were stronger and more agile.

The brain

On other days there was a talk on the brain, how it works and how different parts of it affected differing parts of the body (in particular what part is affected by Parkinson's) dementia and where the strokes stem from. Knowing it didn't make it better although understanding it helps. Being in Blackpool we couldn't go home without looking around the town, Maureen and Jack joined Glenys and I to see the lights from end to end. I shudder to think of the number



Sunset in Blackpool

Pictures: John Driver

of bulbs and strip lights, not to mention cost of electricity!

After treatments and eating well for five days, the Friday Gala evening was exceptional, with extra courses, coffee or tea, and chocolates to finish. The evening continued with entertainment, a really superb night, Glenys and I were the last to leave.

Next day after breakfast we were all packed and ready to leave at 10am. It had been a very good few days in a good hotel.

We recommend it to any Barnsley branch members. Don't miss it.

FOUR couples will be given the opportunity to go to Blackpool this Autumn, funded by the branch. Any one who has been before and would like to go again can apply direct to the hotel and pay for themselves. More details from branch secretary Doris Wragg.

...But who pays the electric?

