

Barnsley & District Branch NEWS

April 2017

Barnsley carers cared for



AT the third annual branch Carers' Day, 18 carers were pampered and cared for by the branch.

A further six people, with Parkinson's, were treated to a seated exercise session, with carers from Crossroads on standby.

Held at the Holiday Inn, treatments included back and shoulder massage, pedicure, manicure, swimming, Reiki and reflexology.

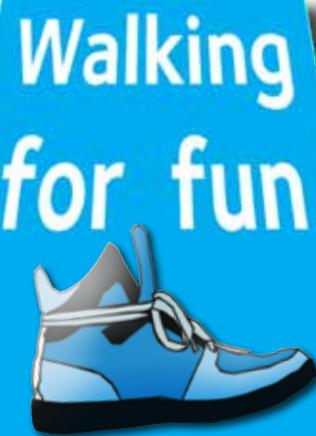
Lunch was provided at the hotel, and everyone received a 'goodie bag' sponsored by Tesco, Bannatynes and the Holiday Inn.

Funding for the event was provided by Barnsley Council and by Berneslai Homes. We also give special thanks to TADS (Treatments for Anxiety, Depression and Stress) whose tireless volunteers provided the treatments.



WHY not have a Garden Gathering on 1 July?

Parkinson's UK hopes members across the country will host garden parties to help spread the word and raise funds. For more information go to parkinsons.org.uk/gardengathering, or call 0800 138 6593.



STARTING on 2 May, there will be short monthly walks on Tuesday mornings during late spring and summer in venues around the borough.

They are carefully chosen in parks and other locations (where there's a café nearby) and will be led by a committee member. It's an informal activity rather than a formal class, and not related to fund raising. It isn't covered by Parkinson's UK insurance, so everyone taking part does so at their own risk.

All walks start at 10.30am and all are wheelchair-friendly.

2 May: Locke Park - meet in the car park. Refreshments either in the café in Locke Park or at the nearby farm shop.

6 June: Newmillerdam – meet in the car park. Refreshments in Beuley Café.

4 July: Worsbrough Reservoir – meet in the car park at Wigfield Farm. Refreshments in the farm café.

1 August: Pennine Trail, Penistone – meet in the Pennine Trail car park which is past Tesco and then to the right. Various venues for refreshments in Penistone.

PARKINSON'S AWARENESS WEEK - 10th to 16th APRIL

I am going to be brief this quarter because there is a lot of material to fit in elsewhere so just a few reminders of forthcoming events.

The visit of the President in April will be on Tuesday 18th April and not as advertised elsewhere on 8th April; usual time, usual location. Make a date in your diaries for Bronia's visit to the branch meeting in May when she will demonstrating Tai Chi specially adapted for people with Parkinson's. I say 'demonstrating' but audience participation is compulsory!

The locations of our first few walks are to be found elsewhere in this edition. There will be a 'leader' for each one in the sense that someone will show the way rather than taking responsibility in a legal sense. Everyone who attends does so at their own risk. But don't be put off by this; all the sites have been checked for suitability and none presents any difficulties. The usual Parkinson's UK rule does apply however. If you aren't fully mobile then please ensure you have a carer with you. Sorry about the negative bits but they are going to be

enjoyable social occasions.

I hope you all enjoyed the AGM with a difference. Having found out more about how everything works and the people you would be working with, I am sure that many of you, at the very least, might like to attend a future management committee to see for yourselves (second Tuesday in the month at the Emmanuel Church at 7pm).

As I write the carers' day is just 5 days away. I hope you all have a very happy day.

Philip

MAUREEN OADES 1956 – 2016

Maureen joined the Barnsley and district branch of Parkinson's UK in 2014 after retiring from her post as an assistant solicitor with the Joint Authorities Secretariat in Regent Street.

One of Maureen's sisters had Parkinson's and she wanted the better to understand the condition. Maureen was the youngest of 7 siblings, with 2 elder brothers and 4 sisters, 2 of whom were twins. She did not have an easy time in the early years of her career. She was diagnosed with cancer whilst at university studying law from which she made a full recovery and again during her early working years also followed by a full recovery.

The first post she had, with Barnsley Council and where I first met her, wasn't particularly easy either. Her job was to prosecute offenders contravening the laws and regulations for which the council was the legal enforcement authority. These were an eclectic collection dealing with littering, dumping, food hygiene, animal welfare, licensing of various activities, unfit housing and health and safety to name but a few.

Maureen's quiet demeanour did not match everybody's idea of a 'hot shot' lawyer but her quiet



and patient approach with carefully prepared briefs went down well with both the council and in the courtroom

Maureen was thoroughly enjoying her all too short retirement; active with the University of the Third Age, learning another language plus her lifetimes' interest in walking and the great outdoors. We were lucky therefore to have benefited from her enthusiasm and keenness to learn new skills. After initially

preparing the following year's branch programme she volunteered to fill the vacancy for a membership secretary created by Rona's resignation. It was in this role that she came into personal contact with at least those members who attended meetings with her welcoming smile and helpfulness. Dealing with the vagaries of the head office membership department can be challenging, not to put too fine a point on it. But bringing a calm forensic mind to the job was of inestimable value when trying to determine just how many members we actually had at any one time. The same approach informed several issues we have had to confront during discussions at committee meetings and we shall miss her.

Maureen was loved and respected by all. It was a cruel blow of fate that cut short what would have been a long, happy and fulfilling retirement.

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:

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

Find us online...

New Barnsley branch web and email addresses:

WEB: barnsleyparkinsons.org.uk

EMAIL: info@barnsleyparkinsons.org.uk

Join us for Parkinson's Awareness Week. The branch will be meeting Barnsley residents with an information stand and tombola outside Marks and Spencer on Wednesday 12 April.

NEWS ROUND UP

TWO collections at Tesco in Penistone and in Stairfoot have raised a fantastic total of just under £900. Thank you to all who helped. A certificate is on display in the stores thanking them.

MEMBERS are invited to join June's branch outing to Barnsley Metrodome for ten pin bowling followed by lunch. The venue is suitable for wheel chair users. For this outing no coach will be provided, but free taxis may be used by approved users. Please let Doris know if you will be taking part in this new activity for the branch.

THE Wii Fit donated by a branch member, is free to use for any one with Parkinson's (for others, a reasonable donation is required). The branch Wii Fit is available to borrow. Help is available for setting up the equipment.

PLACES are still available at both of our regular exercise classes at Emmanuel Church. To take part in either the seated class or the class for those more able, a referral is needed. Please contact our Local Advisor or Clinical Nurse Specialist for Parkinson's to assess suitability.

WE say thank you and farewell to Sue Slater who retires from her role as Clinical Nurse Specialist this month; the branch wishes her a long

and happy retirement. A new appointment has been made - details will be in July's newsletter.

WITH regret, we record the death of Linda Whiteside who died in hospital in February. Linda was a long serving committee member who retired last year, and a regular attendee at our exercise classes. She had undergone Deep Brain Stimulation several years ago and this had been very successful, enabling her to lead a positive independent life. Our sympathies go to Robert her husband and family.

Dates for your diary

18 April Ian McMillan

– The President entertains

16 May Taster – Tai Chi with Bronia

20 June Visit to Barnsley Metrodome
- Ten-pin bowling followed by lunch

18 July Peter Lau – Motivational speaker

15 August Visit to Kelham Island Museum

SAY YES TO SELF MANAGEMENT

IF SOMEONE suggests to you that you should go on a Parkinson's Self Management Course, don't miss it.

We arrived at the first session with some apprehension. Twelve people either with Parkinson's or as carers were attending. The two facilitators also had Parkinson's so everyone was sharing their own personal journey with their knowledge and insights. Everything that was said, of course, was confidential within the group.

We were each given a sensitively produced log book in which to record our own thoughts and feelings over the six sessions. This explained that "self management" is about listening to each other and working out how we could personally take control, live positively and achieve a meaningful quality of life.

The six sessions were

Matthew and Alsie Joy recall the Parkinson's Self Management course in Sheffield

1) Connecting with others

Everyone shared their own thoughts and challenges in this session.

2) Looking ahead We learned that we need a realistic strategy to look ahead and not feel that life has come to a halt.

3) Relationships This involved navigating the emotional ups and downs with family, friends, colleagues, and professionals on our journey.

4) What's important Here we were focusing on what really matters most for our well-being and health.

5) Taking care of yourself

Many ideas came into this session about hobbies, relaxation, medication,

professional advice, useful gadgets etc. For anyone in the Barnsley area, Bronia's exercise class could be top of the activity list!

6) Actions for you This was an opportunity to consider realistic options for the future with new hobbies to try, and goals to aim for.

The group certainly gelled together and we think was especially beneficial to those who lived alone. Some may have developed long lasting friendships.

We left with a wealth of information and would recommend the course to anyone interested in joining one.

Branch AGM reveals the true picture...

THE 15th Barnsley and District branch Annual General Meeting was attended by 40 members in February.

After the meeting's official business and elections, guests enjoyed a *Meet the Team* slide-show featuring branch officials pictured going about their 'normal' activities.

