

NEWS

Barnsley & District Branch



Keeping an eye on your medication - Turn to back page

October 2016

Say YES to exercise with branch support

Wii Fit free hire for members

MEMBERS wanting to keep fit are reminded that the Wii Fit is available to hire for six week periods.

Please speak to Sue Grant or Rona Thompson at meetings or contact Rona on 01226 730418.



EXERCISE is good for everyone.

And that's especially true for people with Parkinson's as muscles and joints tend to get stiff and rigid.

Barnsley branch provides two free weekly exercise classes which are open to members with Parkinson's.

The choice of exercise class depends on your levels of mobility - whether you have mild to moderate symptoms or are more severely affected.

Abilities

A regular exercise routine can help you maintain your abilities, strengthen your muscles, increase mobility in your joints and build up your general fitness and health.

Making exercise part of your regular routine provides a sense of achievement and can reduce feelings of stress, anxiety and depression.

■ If you would like to take part in the Monday exercise classes, or want further information: contact Clinical Nurse Specialist for Parkinson's Sue Slater on 01226 209885 or Parkinson's Local Adviser Sharon Gray on 0344 2253637

Enjoying the sun during Freda's Trip to Lotherton Hall, from left: Janice Hough, Margaret Rhodes, Glenys Driver and Mary Townsend.



Picture: John Driver



Full story on page 3

I hope that those of you who came enjoyed the most recent visit to the Leeds Industrial Museum.

I had slight misgivings after a reconnaissance two years ago but in spite of the still obvious damage caused by last Boxing Day's flood, there was more than enough of interest.

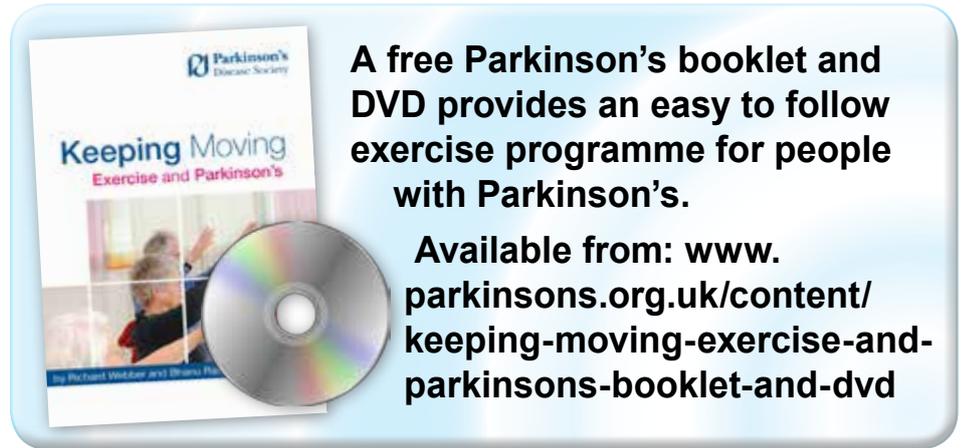
And our two-hour stay included the chance for a stroll on the Leeds-Liverpool canal towpath in glorious weather.

Exercise

Since the branch exercise class was divided into two, one being funded by the NHS and the other by the branch, numbers in the former have inevitably fallen off.

I understand that the division of the original class into two has also created some concern. For the benefit of new members and to remind members who have been with us for some time, I want to make two or three important points.

Firstly, the conditions agreed with the NHS in relation to our



A free Parkinson's booklet and DVD provides an easy to follow exercise programme for people with Parkinson's.

Available from: www.parkinsons.org.uk/content/keeping-moving-exercise-and-parkinsons-booklet-and-dvd

provision of a class which they would finance included the requirement that participants would have mild to moderate symptoms.

Over time the situation had been reached where this was manifestly not the case. Also Bronia was having difficulty in organising a class in which participants' symptoms covered a much wider range than those specified in the agreement we have with the NHS; hence the split.

Secondly, the simple fact is that properly designed exercises are good for you. They make you feel good and can delay the onset of Parkinson's symptoms.

But you would say that, I hear you say coming from a dedicated 'gym bunny'. Don't take my word for it; get Googling and see for yourself the wealth of academic

research which supports this.

We were not prepared to see those who did not meet the NHS criteria deprived of an exercise class so the committee agreed without hesitation to fund a second class from our own resources.

Thirdly, having in mind the real benefits which these classes bring we do not want to see them underused; apart from the fact that an external inspection might create concern as to their viability.

You won't be asked to execute any Olympic-style procedures or dress up in Lycra or leotards. What you will get are simple seated exercises which provide gentle stimulation to a range of muscles and with your carer in attendance you will have every encouragement to repeat them at home.

Please come and give it a try.

Dates for your diary

18 October Dr Heather Mortiboys - Current research at Sheffield University

15 November Pauline Kimantas - Chief Executive Officer, Age UK Barnsley

7 December (Wednesday, 1pm) Christmas party

17 January Alex Fleming - The Home Front

21 February AGM

BOXING DAY

CAN YOU HELP?

THE BRANCH has arranged a bucket collection at Barnsley football ground on 26 December.

We need a few able bodied collectors for about 90 minutes before the afternoon game to help with what promises to be a very worthwhile collection. Let Doris know on 01226 744670.



NEWS ROUND UP

June jaunt to Lotherton Hall

EVERYONE had a good day at Lotherton Hall, whether looking in the Hall itself or in the garden with plenty of seats to take a rest.

The bird garden was great, with flamingos, parrots and a very large buzzard. We enjoyed walking around the Africa enclosure with free flying birds and some looking like *Gonzo* from the Muppets!

This was followed by a nice

**By Heather and
Eric Evans**

cup of tea or coffee in the well seated café. There were plants for sale and old carriages from yesteryear to look around.

Finally on our way back to Barnsley we stopped at the Wetherby Whaler for a fish and chip tea. Delish!



TWELVE branch members enjoyed a summer day out at Langsett Barn in August. It was an opportunity to have a get together with friends and families, enjoying some of Yorkshire's finest countryside. £139 was raised from a raffle and catering.

Taxi service

MEMBERS using the branch taxi service are advised that A1 Ace taxis are now called City Taxis. Their number remains 01226 200 000.

Christmas

DONATIONS for our Christmas hampers will be gratefully received. A suggested list will be passed round at forthcoming meetings.

Data Protection

MEMBERS may be aware that a charity has been fined a large amount for failing to comply with the laws relating to data protection. Committee members have been to Parkinson's UK tutorials and the information has been discussed at the committee meeting. Issues arising have been addressed and members can be assured that the branch is fully compliant with the regulations.

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.

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■ **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.

Parkinson's pills, and s'eye'd effects

As anyone with Parkinson's will know, tablets that we need to take to help us to function 'normally' gradually increase in number over time.

I have a wonderful array in my bathroom cupboard and every evening I put them out for the next day. As you also know, just because you have Parkinson's does not mean that you cannot have other complaints, although if there were any justice we should be exempt.



I have a long-standing eye condition which has been managed successfully for many years, but it is kept under control by wearing hard contact lenses. Recently my lovely optician said I had developed 'dry eye' as a result of Parkinson's medication and, of course, age.

By Susan Grant

The solution to the problem is eye drops and to stop wearing contact lenses. As I cannot get good vision without my lenses, that is not an option. My optician suggested omega 3 tablets might help, so that is two more to add to the tablet box.

Recently I developed a back problem which meant taking painkillers for a while, hey ho, more tablets yet again.

I counted all my daily tablets - I reached 20, no I'm wrong. I forgot to add the paracetamol that I take in addition 21, 22, 23, 24...

As if that wasn't enough the shiny pink tablets which I've taken for years have, suddenly, been changed to yellow and white; not that different from one brand of the painkiller. I then realised that I had the same painkiller under three different names. No wonder people get confused!



Picture: Susan Grant

My daily ration, 21 pills and counting

OK I've had my moan; perhaps I should end on a more positive note. I might be costing the NHS rather a lot, but I am a tribute to the success of the pharmaceutical industry. So, keep on taking the tablets, read the bit of paper that comes in the box with the tablets but try not to let it worry you.

It usually says things like drowsiness, insomnia, tremor, loss of balance, (how can we tell the difference) weight loss, weight gain, loss of memory. I've forgotten it already.

A DAY AMONG FRIENDS

We assembled at Strafford Arms public house, boarded the coach and left on a beautiful sunny day.

The museum had a varied display of the many industries which dominated Leeds in the past. The very largest weaving machines manufacturing high quality material through various other industries from clothing, cinema, printing, engineering and so on. The museum itself is an old woollen mill - a lot of the stairs were quite steep but museum staff were on hand operating the lift, and guiding through the many exhibits on display.

Steps from the garden led down to the canal towpath, ideal for a gentle stroll, though not

LEEDS INDUSTRIAL MUSEUM



By John Ellam Rutt

suitable for wheelchairs; and look out for cyclists! Heading home we called at the Wetherby Whaler at Calder Island, Wakefield where we ate a very enjoyable fish and chip supper with excellent company.

A day amongst friends, enjoyed by all. Can't wait to do it all again!