

NEWS

Barnsley & District Branch

July 2024



The pictures speak for themselves. We really could not have chosen anything else to adorn the front page of our July Newsletter than these moments of glory for two incredible people - George Spencer and Philip Thompson.

George had the honour of attending a garden party at Buckingham Palace, while Philip completed his 100th Parkrun at the age of 89.

We are very proud of both of them.



George at Buckingham Palace



Philip's 100th Parkrun

Chair's Chatter

Summer is upon us, so I hope you have all been taking advantage of the longer days to get out and about. As we know, exercise is very important to people with Parkinson's. Physical activity helps to slow the disease process and prolongs independent mobility as well as being a great mood booster. With that in mind, on the opposite page you will find a programme of activities for you to get involved with to keep up your fitness levels!

Our summer walks began in April with a stroll around the beautiful grounds of Cannon Hall, followed by Wentworth Woodhouse in May and Winterset in June. We began our non-contact boxing sessions in April, which are proving to be quite popular. And in June we introduced golfing sessions at Sandhill Golf Club's driving range.

We were joined at the April branch meeting by our president, Ian McMillan. He was on fine form as always, regaling us with his Barnsley-themed anecdotes and creating amusing poetry to entertain us.

Our Natter Café at the Falco Lounge celebrated its second anniversary in May. It continues to be very popular with our members, regularly attracting 17 to 20 people each month.

I am delighted to welcome a new volunteer to the group - Nishadi Perera - who has taken on the role of assistant treasurer after George decided to step back.

I should like to end on a congratulatory note to two stalwarts of the Barnsley branch – founding members George Spencer and Philip Thompson. On Saturday 18th May, Philip completed his 100th Parkrun in his 90th year. On this momentous occasion, he chose to raise awareness of Parkinson's disease. He was supported on the day by his family and several members of the branch. George had the honour of attending a Garden Party at Buckingham Palace on 21st May, having been deservedly nominated by myself for his unwavering dedication to improving the lives of people in Barnsley with Parkinson's.

Best Wishes, Terry



Coming Up...

11th July	Natter Café, Falco Lounge (10:30am – 12 noon)
16th July	Branch Meeting – Speaker, Karen Coombes (Medical Detection Dogs)
25th July	Walk, Manvers Lake (10:30am)
8th Aug	Natter Café, Falco Lounge (10:30am – 12 noon)
11th Aug	Awareness Stand, Locke Park Gala
20th Aug	Branch Meeting – Speakers, Tom Finn & Emma Russell-Stroll
29th Aug	Walk, Hemsworth Water Park (10:30am)
14th Sept	Awareness Stand, Penistone Show
17th Sept	Branch Meeting – Speaker, Carolyn Turton
26th Sept	Walk, Wentworth Woodhouse repeated (10:30am)
15th Oct	Afternoon Tea at the White Bull Restaurant, Cannon Hall
31st Oct	Ten Pin Bowling at the Metrodome
14th Nov	Natter Café, Falco Lounge (10:30am – 12 noon)
19th Nov	Branch meeting – Speaker TBA
28th Nov	Carers' Day – Bannatynes Spa and Holiday Inn

Carers' Day 2024

Looking ahead to the autumn, we will again be holding our annual Carers' Day. This is a wonderful opportunity for the hard-working carers of Parkinson's sufferers to take some time away from their responsibilities, relax and be pampered. As in previous years, it will be held at the Holiday Inn (Dodworth) with treatments taking place at the adjacent Bannatynes Spa.

Spa treatments have to be pre-booked and may include the following:

- Facial
- Manicure
- Massage
- Pedicure

There will also be free access to the pool and gym.

Free care will be provided for anyone with Parkinson's who cannot be left at home. This will be in a room at the Holiday Inn where there will be two carers present from Crossroads.

Lunch for all at the Holiday Inn once all the treatment sessions have taken place.

Further details can be obtained from Alyson Francis.

Date: 28th November 2024



Nishadi

Recent Fundraising

Alyson Francis £87
 Philip's Parkrun £600
 Plant Stall £420
 Tesco Penistone £284
 Darton Bakery £30
 Silkstone Bakery £30
 Barnsley Inner Wheel £535

Just Giving
 Current Total £3,307

What Happens When?

Branch Meetings	3rd Tuesday of the month, 2:00pm to 4:00pm. Emmanuel Church.
Exercise Classes	Weekly on Mondays, 1:00pm to 2:00pm and 2:30pm to 3:30pm. 2:00pm to 2:30pm is time for a drink and a chat. Emmanuel Church.
Boxing Classes	Weekly on Fridays, 11:00am to 11:45am. Afterwards time for a drink and a chat. 4 Corners Boxing Gym, Shafton.
Natter Cafés	2nd Thursday of the month at the Falco Lounge in Barnsley Town Centre. Drop in between 10:30am and 12:00 noon.
Walks	Last Thursday of the month, April to September. Various venues. See Events Guide for details.

BARNSELEY AND DISTRICT BRANCH

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Many thanks to the contributors to this issue.
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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:
 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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