

NEWS

Barnsley & District Branch

October 2024



As if proof were needed of how dynamic and go-getting our members are, here are a few photos of them in action! Clockwise from the top left, our pictures show golf driving at Sandhill Golf Course, boxing at the 4 Corners Gym, a demonstration of augmented reality glasses (as provided by Stroll) and a walk around Manvers Lake.

There is so much on offer for all to enjoy. If you're not already involved, why not talk to your fellow members and see what you're missing out on?



Chair's Chatter

How quickly the summer has passed! We are now well into the autumn months. Many people struggle mentally and physically with the shorter days and cold weather and it's easy to get into the habit of staying indoors and not doing much exercise. People with Parkinson's benefit greatly from keeping active, so I encourage you to take full advantage of the activities we provide. Although the programme of summer walks has ended, there are plenty of other things to get involved in. Every Monday (except bank holidays) we have our very popular exercise classes with Bronia at the Emmanuel Church. On Fridays we hold our boxing exercise class which has recently had a change of venue from Shafton to Wentworth. Our members who attend these sessions will attest to how beneficial this form of exercise is (as well as being very enjoyable!). We also now have our golfing sessions which take place on the first Tuesday of every month at Sandhill Golf Club. So, what are you waiting for? Come and join in the fun!

We have welcomed some very interesting speakers to our branch meetings over the summer. In July we heard all about the valuable work of medical detection dogs that are being trained to identify Parkinson's Disease by smell. At the August meeting we were joined by Tom and Barrie from Stroll who gave us a demonstration of how augmented reality glasses may help people with Parkinson's to keep active and improve their mobility. In September we had the second of our twice-yearly visits from Carolyn Turton, specialist Parkinson's nurse. As always, she was happy to answer any queries put forward by our members.

Since our last newsletter went to print, we have held three highly successful awareness days. Our first awareness stand was in Barnsley town centre in July. We had many visitors to our stall and gave out lots of advice and numerous leaflets. In August we set up our gazebo once again at Locke Park Gala, and in September we were at the Penistone Show. Many thanks to all those who gave up their time to help out at these events. We couldn't do it without you.

Best Wishes, Terry



***Awareness Stand in
Barnsley Town Centre.***



***With the Mayor and Mayoress
at Locke Park Gala.***

Coming Up...

- 1st Oct Golf Driving Range - Sandhill Golf Course (11:00am)
10th Oct Natter Café, Falco Lounge (10:30am – 12 noon)
15th Oct Afternoon Tea at the White Bull Restaurant, Cannon Hall
- 5th Nov Golf Driving Range - Sandhill Golf Course (11:00am)
7th Nov Ten Pin Bowling at the Metrodome (11:00am)
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
- 3rd Dec Golf Driving Range - Sandhill Golf Course (11:00am)
10th Dec Christmas Party, Emmanuel Church
12th Dec Natter Café, Falco Lounge (10:30am – 12 noon)



Our photo shows Liz Hinshelwood of Brook Financial Services presenting a cheque to our chairman, Terry Kendall.

Recent Fundraising

- Brook Financial Services
£1,200.00
- Town Centre Awareness Stand
£107.36
- Locke Park Gala
£125.23
- Jane Thompson
(on retiring from NHS
after 40 years' service)
£137.50
- Pilley Hub
£66.00
- Private Donation
£600.00
- Just Giving Current Total
£3,417

A Life-Changing Decision

I live alone, and facing a diagnosis of Parkinson's on my own was challenging. Thankfully, I decided to join Barnsley and District Parkinson's Group. It has given me a new lease of life. I have met some lovely people and have thrown myself into all sorts of activities. I would never have imagined myself doing boxing exercise, but I really enjoy it and find that it clears my head. I also enjoy the monthly golf driving sessions. I love chatting to people at the meetings and the Natter Café. I'm so glad I made the decision to join the group.

Christine Howard



Penistone Show

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. Wentworth Community Hall.
Golf Driving	1st Tuesday of the month, 11:00am. Sandhill Golf Club.
Natter Cafés	2nd Thursday of the month at the Falco Lounge in Barnsley Town Centre. Drop in between 10:30am and 12:00 noon.

BARNSELEY AND DISTRICT BRANCH

Branch President

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Branch Chair

Terry Kendall 01226 767111

Branch Secretary

Doris Wragg 01226 744670

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Many thanks to the contributors to this issue.
Future items should be sent to **Maxine Mellor** at
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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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