



## Wakefield Parkinson's Support Group

### August 2018 Newsletter

#### Events that took place in July:

**Thursday 19<sup>th</sup> July** = Our trip to Trentham Gardens near Stoke was thoroughly enjoyable for those who took the opportunity to go and the weather was extremely kind too. There were 77 timber lodges housing shops, cafes, and restaurants and a very pleasant walk around the gardens containing some excellent sculptures and carvings. Parky enjoyed getting involved too as you can see from the photo's (More on our website)





**Saturday 22<sup>nd</sup> July** – Parkinson's UK sponsored walk at various venues around the country. One of our members -Stephen Armstead, completed the three mile option of the walk at Ripley Castle and raised £131 which will be split between Parkinson's UK and our Wakefield Support Group.

**Saturday 28<sup>th</sup> July** – Fundraising and awareness stand at Woolley Horse show, Huddersfield Road, West Bretton. We managed to raise £70 for our much needed fund pot

**Sunday 29<sup>th</sup> July** – We had an awareness and information stand at the 'It's a Knockout' Parkinson's UK fundraiser at Featherstone Rugby Club which started at 11am and despite the poor turnout due to bad weather we raised £55.

### Planned events for August are:

Monday 6<sup>th</sup> and 20<sup>th</sup> = Walk around Pugney's Country Park  
 Tuesday 7<sup>th</sup> and 21<sup>st</sup> = Hobbies and activities at Kettlethorpe  
 Tuesday 14<sup>th</sup> and 28<sup>th</sup> = Coffee morning at Angelina's Tea and Cake, Batley Mill Outlet  
 Wednesday 22<sup>nd</sup> = Monthly social meeting at Wrenthorpe Village Hall  
 Thursday 9<sup>th</sup> and 23<sup>rd</sup> = Coffee morning at The Wickham Arms in Cleckheaton  
 Friday 3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup> = Coffee morning at The Victoria Garden Centre

**Wednesday 1<sup>st</sup> August** = 2pm start for Djemba drumming session at St Anne's Church Hall, Wrenthorpe

**Saturday 11<sup>th</sup> August** = Free trip to Southport, leaving Carr Gate Garden Centre at 10am and setting off on our return journey at 5pm. The weather was kind again and we even saw the sea as the tide was in!



**Monday 13<sup>th</sup> August** = Our regular Monday monthly meeting. This meeting will show two more video's from the American TV series 'Parkinson's TV'. The topics covered this time will be '**Occupational Therapy**' and the first episode of series two – '**Anxiety and depression**'

**Wednesday 15<sup>th</sup> August** = A guided tour around the Carr Gate Police Operational centre. All those who have expressed an interest please meet there between 12.30 and 12.45pm. We have been allocated parking spaces.

**Wednesday 22<sup>nd</sup> August** = Our regular Wednesday meeting is to be held at St Anne's Church Hall this month while the Community centre undergoes refurbishment.

**Wednesday 29<sup>th</sup> August** = 2pm start for Djemba drumming session at St Anne's Church Hall, Wrenthorpe

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554).

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