



## Wakefield Parkinson's Support Group

### December 2018 Newsletter

#### Events that took place in November:

**Monday 12<sup>th</sup> November** = Our regular Monday monthly meeting showed two video's, namely '*Myths and mistakes in Parkinson's Disease treatment*' and a short video interview with **Tom Isaacs**. We also welcomed three new members at this meeting, Linda, Cliff and Val. We hope you found the meeting and video's interesting and useful.

**Thursday 15<sup>th</sup> November** – A '*Working Together*' meeting was held at The Hepworth Gallery, Wakefield from 10.30am-2.30pm. Various members from Support Groups across Yorkshire got together to exchange ideas and views with each other on how to make their Support Groups more successful. This was organised and supported by Parkinson's UK staff, **Chris Holmes** = Local Networks Development Manager, **Rose Crawley** = Volunteer Co-ordinator, **Tracy Westgarth** = Local Development Team and **Sarah Fittell** = Local Campaign Officer. A very interesting and hopefully productive meeting with lots of ideas shared and views aired. An interesting point was that out of the 145,519 people who have been diagnosed with Parkinson's in the UK only 36,000 are members of Parkinson's UK and ideas are needed on how to increase membership which will give more power to any campaigning issues we need to raise.

**Sunday 18<sup>th</sup> November** = Our Christmas fundraiser in Wrenthorpe Village Hall was a great success and we managed to raise a total of **£2,346.30** for our fund pot which is still being added to due to the sale of our Calendars which can be ordered from David at £3.50 each. This fundraising enables us to carry on providing much needed social gatherings, trips and meals out for all of our members. Well done to all those who sold or provided goods for the stalls and raffles and all those who helped out on the day. **Thank you again.**



**Wednesday 21<sup>st</sup> November** – Djemba drumming session at Valley Crescent Community Rooms, Wrenthorpe from 2pm – 3.30pm

**Wednesday 28<sup>th</sup> November** – The last Wednesday monthly meeting which will be held in 2018. This week music teacher Alan Beal came along to play for us, he is the husband of one of our members.

**Thursday 29<sup>th</sup> November** – The regular meeting held at The Wickham Arms in Cleckheaton at which we welcomed more new members.

### Planned events for December are:

Monday 3<sup>rd</sup>, and 17<sup>th</sup> = Walk around Pugney's Country Park  
Tuesday 11<sup>th</sup> = Hobbies and activities at Kettlethorpe  
Tuesday 4<sup>th</sup> and 18<sup>th</sup> = Coffee morning at Angelina's Tea and Cake, Batley Mill Outlet  
Wednesday 19<sup>th</sup> December = Friendship Cafe at Royd Court, Mirfield, WF14 9DJ  
Thursday 13<sup>th</sup> and 27<sup>th</sup> = Coffee morning at The Wickham Arms in Cleckheaton  
Friday 7<sup>th</sup>, and 21<sup>st</sup> = Coffee morning at The Victoria Garden Centre

**Wednesday 5<sup>th</sup> December** = Djemba drumming session at Valley Crescent Community Rooms, Wrenthorpe from 2pm-3.30pm.

**Monday 10<sup>th</sup> December** = Our regular Monday monthly meeting this time featuring a showing of a Parkinson's UK lecture regarding "**Tailored Parkinson's Treatments**" featuring Prof Bannerman from Sitran.

**Wednesday 19<sup>th</sup> December** = Friendship Cafe at Royd Court, Huddersfield Road, Mirfield WF14 9DJ. This is £2 on entry which buys a cuppa and cake.

### Please note that there is no Wednesday meeting this month

**Wednesday 19<sup>th</sup> December** = Wakefield Parkinson's Support Group's Christmas Lunch at The White Horse, 49 West Lane, Sharlston WF4 1EP. Please arrive for 1pm for a 1.30pm lunch which judging by previous years will be an enjoyable meal and social gathering.

**Happy Christmas everyone!**  
**See you all in the New Year**

### Planned events for January 2019:

**Our first meeting of the New Year will be on January 7<sup>th</sup> for the walking group at Pugneys Country Park. All are welcome to join us for a steady stroll around the park followed by a hot drink and a natter**

Monday 7<sup>th</sup>, and 21<sup>st</sup> = Walk around Pugney's Country Park  
Tuesday 15<sup>th</sup> and 29<sup>th</sup> = Hobbies and activities at Kettlethorpe  
Tuesday 8<sup>th</sup> and 22<sup>nd</sup> = Coffee morning at Angelina's Tea and Cake, Batley Mill Outlet  
Wednesday 16<sup>th</sup> January = Friendship Cafe at Royd Court, Mirfield, WF14 9DJ  
Wednesday 16<sup>th</sup> and 30<sup>th</sup> Djemba drumming at Valley Crescent Community Rooms, Wrenthorpe  
Thursday 17<sup>th</sup> and 31<sup>st</sup> = Coffee morning at The Wickham Arms in Cleckheaton  
Friday 11<sup>th</sup>, and 25<sup>th</sup> = Coffee morning at The Victoria Garden Centre

**Our regular Monday meeting will be on January 14<sup>th</sup> and the regular Wednesday meeting on 23<sup>rd</sup> January  
New 2019 Calendar of events are now available from David for those of you who have not yet acquired one**

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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