



Wakefield Parkinson's Support Group

February 2018 Newsletter

Our events and meetings during January were:

- Monday 1st, 15th and 29th = Walk around Pugney's Country Park
- Tuesday 9th and 23rd = Hobbies and activities at Kettlethorpe
- Wednesday 24th = Social meeting at Wrenthorpe
- Thursday 11th and 25th = Coffee morning at The Wickham Arms in Cleckheaton
- Friday 5th and 19th = Coffee morning at The Victoria Garden Centre

Monday 8th January was the monthly meeting at Wrenthorpe Village Hall and we welcomed three new members, Marty, Colin and Susan. There were two new members who joined us on the New Year's Day walking group and also more new members who joined us at the Wickham Arms meeting on 25th January, most of whom were from the now disbanded Dewsbury support group so welcome also to Ronnie, David, Angela, Freda and Christine.

Videos were shown on the Monday 8th January meeting on the following topics:

'The critical function of coughing' presented by Karen Wheeler Hegland and Julie Hicks who are both speech language pathologists. They highlighted that coughing is particularly important for people with Parkinson's to strengthen the muscles to help with swallowing and communication and to keep the airway clear. Anyone who is concerned should get their swallowing evaluated by a pathologist and do the exercises recommended to them.

'Sleep disorders' presented by Dr J Andrew Berkowski who discussed sleep problems for people with Parkinson's which can include *REM sleep behaviour* resulting in people acting out their dreams with body movements and shouting. *Restless leg* - which is 15% - 30% more common in the United States and Europe in people with Parkinson's. *Insomnia and body clock (Circadian Rhythm)* highlighting the problems faced and some advice about how to improve quality of sleep such as don't have more than 20minute naps and keep a consistent wake up time. ***Obstructive sleep apnoea***- caused by a blockage in the airway which in turn drops the oxygen levels. A CPAP (Continuous positive airway) machine will improve sleep and snoring but is only a short term solution. Other advice for this problem include an adjustable bed, or a bite splint and again don't nap for more than 20minutes to help sleep at night.

There was also a short pilot video of a play featuring Sue Wylie called **'Kinetics'** about her experiences after being diagnosed with early onset Parkinson's at the age of 50. Sue is an actress and wanted to address the misconceptions that people have about the condition by bringing it to the theatre and also through the production of a film version too. Parkinson's UK have given it their approval and she has received the funding. The group now have a copy and the film will be shown at our meetings on Monday February 12th and Wednesday 25th April.

Wednesday January 31st was the meeting for the Wakefield Support Group's volunteer members to meet Rose Crawley, the volunteer co-ordinator at Parkinson's UK to discuss the activities planned within the Wakefield Support Group for 2018. She also wanted to meet all of our volunteer helpers within the group and get any feedback from us of anything we are unhappy about concerning Parkinson's UK or related matters. Topics covered were:

1. The high prices within the Parkinson's UK merchandise catalogue that we are unhappy with because other charitable organisations are offering the same products at a much lower price
2. The Parkinson's UK website is too complicated and difficult to navigate
3. Small matter of members not receiving entry forms for 2017 sponsored walk despite promises to send them out and also that they expect participants to purchase a new T-Shirt every time they take part

4. Rose Crawley specified that all of our trips are covered by Parkinson's UK insurance but that we need to do a risk assessment for each trip or outing which we were already aware of and have been carrying out

Also Wednesday January 31st – New coffee morning at Angelina's Coffee and Cake in The Mill Outlet and Garden Centre in Batley = 11am. This will now be a regular **Tuesday** coffee morning every two weeks starting on Tuesday February 13th from 11am

Planned events for February are:

Monday 5th, 19th = Walk around Pugney's Country Park
Tuesday 6th and 20th = Hobbies and activities at Kettlethorpe
Tuesday 13th and 27th = Coffee morning at Angelina's Tea and Cake, Batley Mill Outlet
Wednesday 28th = Social meeting at Wrenthorpe
Thursday 8th and 22nd = Coffee morning at The Wickham Arms in Cleckheaton
Friday 2nd and 16th = Coffee morning at The Victoria Garden Centre

Saturday 10th February – After a two course carvery lunch at The Swan and Cygnet in Wakefield, fifteen of our members went on to the Wakefield Theatre Royal to see a performance of 'Scary Bikers' which is a comedy written, directed and performed by John Godber and Jane Thornton. The play tells of a couple Don and Carol who meet later in life after both losing their spouses due to illness and about their decision to take a tandem bicycle ride through Europe as this was on Carol's 'Bucket list'. The audience were all laughing out loud at this clever and amusing performance and we are looking forward to returning to the theatre to see 'The Full Monty' in April.

Monday 12th February = Monthly meeting at Wrenthorpe Village Hall 12noon until 2pm. Topics to be covered include a viewing of the film *Kinetics* written by Sue Wylie (detailed earlier)

Monday 19th February - A First Aid course is being held at Wrenthorpe Village Hall from 12noon until 2pm and another session is planned for Monday 16th April (*places still available*)

Thursday 22nd February - Our trip to Tennants Auction Rooms in Leyburn, leaving Carr Gate Garden Centre at 10.30am and arriving back around 6pm.

There is a Concert planned at the Central Club in Batley on Friday March 23rd. The tickets are now available at £2 each which includes a buffet supper

We would appreciate any contributions towards the Easter hamper raffle, preferably of an Easter theme, which will be drawn at the meeting on Wednesday 28th March.

Good Luck to all

(Your New Year's resolutions about losing weight will be broken by now so tuck in!)

*There will be a Table Top sale at Wrenthorpe Village Hall on Saturday March 31st which will include Bric a Brac, jumble and our other usual stalls including craft stalls, jam jar tombola, games, handmade greetings cards and many more. Any donations for the jam jar tombola would be gratefully received
Please inform David as soon as possible if you would like to book a table*

Once again, welcome to all of our new members who I'm sure will all enjoy the company of others in the group, making new friends and sharing problems along the way. You may even have new ideas for fundraising or trips and also have fun at all our events and activities. If any new members have any crafting skills please let us know as they would be greatly appreciated