

Wakefield Parkinson's Support Group



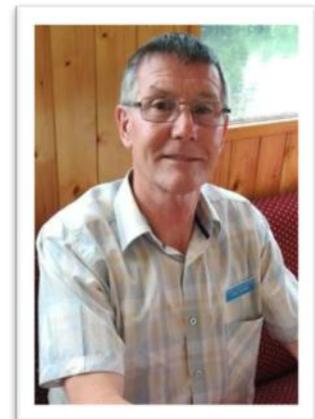
June 2018 Newsletter

Events from May were:

Monday 14th May = Our regular Monday monthly meeting, which featured a video about how important exercise is for Parkinson's patients to keep movement patterns as normal as possible. Any exercise is beneficial to counteract dyskinesia, slow movements and to help balance and sleep disorders. There are even exercises to help speech and volume of voice. It was also recommended that Parkinson's patients consult a physiotherapist so that exercise can be geared up to individual needs. This video was made by an American TV station called *Parkinson's TV* which has been introduced from Holland.

Wednesday 23rd May = Our regular Wednesday monthly meeting, this time featured a talk from Alan Bishop who walked the Machu Picchu Trail for Parkinson's in 2016

Wednesday 30th May = Despite the inclement weather, our **Trent Lady** cruise on the river Trent in Nottingham, was a tranquil two and a half hours taking in the scenery and landmarks on the River Trent. The cruise had live commentary and gentle background music. Included on the cruise was a lovely two course meal for all 45 of our members who took part.



Just a reminder to all our group members that we have a book lending library for anyone who is interested, covering Parkinson's related topics as well as a few others. We also have a range of speaking books which also offers a wide range of topics.

A highly recommended read is Tom Isaacs' book *'Shake Weell Before Use'*. This follows his sponsored walk around the coast of Britain covering 4,500 miles and the many perils he faced along the way. A very well written and highly amusing account of his exploits. He speaks of *'his hands being possessed by the castanets of Satan'* and about his walking stick that he calls Ewan (*You won*). He and his companions have many fights with UFFO's in Scotland (Unfeasibly Fierce Flying Objects) = Midges! He also speaks of his personal battle with ketchup sachets in Beadnell, of being attacked by a pheasant called Eric in Ochtrelure and of meeting the 'Headless' brothers of Llanrhystud! It can also be purchased on a Kindle for around £4

A must read for anyone and everyone.

Planned events for June are:

- Monday 4th, and 18th = Walk around Pugney's Country Park
- Tuesday 12th and 26th = Hobbies and activities at Kettlethorpe
- Tuesday 5th and 19th = Coffee morning at Angelina's Tea and Cake, Batley Mill Outlet
- Wednesday 27th = Monthly social meeting at Wrenthorpe Village Hall
- Thursday 14th and 28th = Coffee morning at The Wickham Arms in Cleckheaton
- Friday 8th and 22nd = Coffee morning at The Victoria Garden Centre

Monday 11th June = Our regular Monday monthly meeting, which this time will feature two programmes from the American Parkinson's TV channel covering medication and nutrition

Wednesday 13th June = Djembe drumming session at St Anne's Church Hall, Wrenthorpe between 2pm and 3.30pm

Wednesday 20th June = Afternoon tea and Birds of Prey Experience at Burn Hall near York. Their Yorkshire afternoon tea is highly recommended with a selection of sandwiches, homemade cakes and fabulous homemade scones. The Birds of Prey Experience offers the chance to handle and fly owls and birds of prey - including getting up close with their Golden eagle. The cost of this trip will be £7.50 per person including entry to the Birds of Prey Experience. ***Please note on this outing you will have to make your own way to the venue, meeting there at 12.30pm. Now fully booked.***

Wednesday 27th June = Our regular Wednesday monthly meeting, this time featuring a talk by Dr Richard Mead from the research centre- *SITRAN* in Sheffield

Thursday 28th June = After her second fall and subsequent injuries and operations, Leanne Owen will probably be riding in the support car for the sponsored bike ride instead of completing the course herself. However, after all her hard work training and fundraising, we would still like to support her and the team. The event will commence from St Chad's Church, Headingley, Leeds between 9am and 10am. The team will arrive back hopefully around 5pm on Sunday 8th July at the Upton Arms. Could anyone who is able please attend either occasion to give them all our support and encouragement, thank you.

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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