



## Wakefield Parkinson's Support Group

### May 2018 Newsletter

#### Planned events for April were:

- Monday 2nd, 16th and 30th = Walk around Pugney's Country Park
- Tuesday 3rd and 17th = Hobbies and activities at Kettlethorpe
- Tuesday 10th and 24th = Coffee morning at Angelina's Tea and Cake, Batley Mill Outlet
- Wednesday 25th = Monthly social meeting at Wrenthorpe Village Hall
- Thursday 5th and 19th = Coffee morning at The Wickham Arms in Cleckheaton
- Friday 13th and 27th = Coffee morning at The Victoria Garden Centre

**Monday 9<sup>th</sup> April** = Our regular Monday monthly meeting, which featured a video showing of the seminar regarding research developments. Speakers were **Steve Ford**, Chief Executive of Parkinson's UK, **David Dexter**, Scientific Director, **Diane Stephenson** from the Critical Parkinson's Project and **Lesley Gosden**, a Parkinson's patient who took part in a clinical trial of GDNF. Lesley Gosden highlighted that the clinical trial did not ask participants relevant enough questions afterwards as they were laid out as tick box replies. This method did not cover all necessary answers to show how successful the trial had been for her and others. Obviously we all know that Parkinson's affects everybody in so many different ways so tick boxes in any questionnaire just aren't suitable. She found the trial both physically and mentally draining but believes it was worthwhile and would still go ahead and do another one to benefit future research. Her last and heartfelt message was 'She wants **HOPE** and she wants it **NOW!**' Don't we all! Now that the 'Critical Path Trust' are bringing together worldwide research and clinical trial results, hopefully we will find a cure in a couple of years time .....not decades.

Also today, we welcomed another two new members to our group, Gaynor and Jim who enjoyed their first meeting and also found the video very interesting.

### Wednesday 11<sup>th</sup> April = World Parkinson's Awareness Day

Many awareness stands were set up across the UK and indeed the world to raise awareness of Parkinson's and to promote the need for support groups. Our local events were:

**Tuesday 10<sup>th</sup> April = The Ridings Shopping Centre, Wakefield 9am-2pm**

**Wednesday 11<sup>th</sup> April = The Mill Outlet in Batley, 10am-4pm**

**= Eddercliffe Health Centre, Eddercliffe Crescent, Liversedge 10.30am-12.30pm**

**= The main atrium of Pinderfields Hospital, 9am-4pm**

**= Royd Court, Huddersfield Road, Mirfield WF14 9DJ, 2pm-3.30pm**

**Many thanks to all those who were able to man the stands or attend to show support**

**Monday 16<sup>th</sup> April** = The second of our first aid courses was held in Wrenthorpe Village Hall from 12 until 2pm to cover general advice again for falls, cuts, heart attacks, strokes, hypothermia and broken bones. Many thanks to Vivienne from the Red Cross for providing this advice.

**Wednesday 25<sup>th</sup> April** = Our regular Wednesday monthly meeting, this time featured another showing of the film 'Kinetics' by Sue Wylie for all those who missed it on Monday 12<sup>th</sup> March.

**Saturday 28th April** =After a lovely fish and chip lunch at Wetherby Whaler, members of our group enjoyed the second of this year's trips to Wakefield Theatre Royal to see the performance of the musical 'The full Monty' based on the film of the same name. This was a Broadway production so the story line was based in Buffalo instead of Sheffield and there was quite a bit more nudity than the film version but a good professionally performed show nonetheless with excellent singers.

**Monday 30th April** = Meeting at Hepworth Art Gallery in Wakefield (By invitation only) with talks by Rose Crawley, Tracy Westgarth, Barbara Locke and Sarah Fittell of Parkinson's UK, covering the '**Working Together Programme**', the new '**Data Protection Regulations**' to be introduced on May 25<sup>th</sup>, the '**Take Control Grants**' available to all Parkinson's members who are in need of financial help and getting involved in '**Campaigning**' to provide better services for Parkinson's patients. Representatives from other support Groups attended so it was good to meet them and to ask relevant questions of the various speakers.

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**Planned events for May are:**

- Monday 7<sup>th</sup>, and 21<sup>st</sup> = Walk around Pugney's Country Park
- Tuesday 1<sup>st</sup>, 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 23<sup>rd</sup> = Monthly social meeting at Wrenthorpe Village Hall
- Thursday 3<sup>rd</sup>, 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

**Monday 14<sup>th</sup> May** = Our regular Monday monthly meeting, which this week features a video about exercise for Parkinson's from an American TV station.

**Wednesday 23<sup>rd</sup> May** = Our regular Wednesday monthly meeting this time features a talk from Alan Bishop who walked the Machu Picchu Trail for Parkinson's in 2016 .

**Wednesday 30th May** = Our cruise on the river Trent in Nottingham is now fully booked, leaving Carr Gate Garden Centre at the usual time of 10.30am to arrive back approximately 6pm. This is a tranquil two and a half hour cruise which takes in the splendour of the scenery and landmarks on the River Trent. The cruise comes with live commentary and gentle background music. Included on the cruise is a two course meal. The boat we will be hiring is called the Trent Lady which is a two storey vessel for which the details are:

**The Trent Lady's Upper Deck** = Designed with access for the less-able in mind, boarding to this deck is easy with our purpose built boarding ramp. Facilities include a large toilet, which can accommodate a wheelchair, as well as seating for approximately 30 people. There is a Conservatory area, which offers panoramic views of the river. The deck is fitted with ambient lighting and audio/visual media facilities.

**The Trent Lady's Lower Deck** = Our main activities deck houses the galley, a fully-licensed bar, two toilets and seating for approximately 25 people. The deck is fitted with ambient and disco lighting and audio/visual media facilities. There is also an open fore-deck, which allows people to experience the true pleasure and splendour of the nature on the River Trent.

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**As mentioned in April's newsletter = Leanne Owen will be commencing her next fundraising cycle challenge on Thursday 28<sup>th</sup> June leaving St Chad's Church, Headingley, Leeds between 9am and 10am. She will arrive back hopefully around 5pm on Sunday 8<sup>th</sup> July at the Upton Arms. Could anyone who is able please attend either occasion to give her our support, thank you.**

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