



## Wakefield Parkinson's Support Group

### November 2018 Newsletter

#### Events that took place in October:

As well as our regular meetings we had three sessions of Djemba drumming at St Anne's Church Hall on 3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup> October. There was also a friendship cafe meeting at Royd Court in Mirfield on Wednesday 17<sup>th</sup> October 2.30pm-3.30pm

#### Planned events for November are:

Monday 5<sup>th</sup>, and 19<sup>th</sup> = Walk around Pugney's Country Park

Tuesday 13<sup>th</sup> and 27<sup>th</sup> = Hobbies and activities at Kettlethorpe

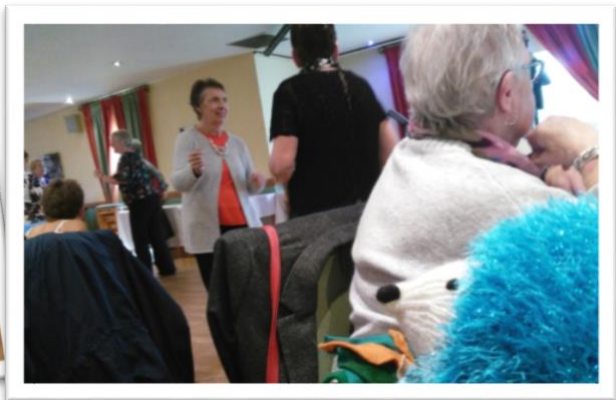
Tuesday 6<sup>th</sup> and 20<sup>th</sup> = Coffee morning at Angelina's Tea and Cake, Batley Mill Outlet

**NEW** = Wednesday 21<sup>st</sup> November = Friendship Cafe at Royd Court, Huddersfield Road, Mirfield

Wednesday 28<sup>th</sup> = Monthly social meeting at Wrenthorpe Village Hall

Thursday 1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> = Coffee morning at The Wickham Arms in Cleckheaton

Friday 9<sup>th</sup>, and 23<sup>rd</sup> = Coffee morning at The Victoria Garden Centre



**Thursday November 1<sup>st</sup>** = This was the day for our trip to Millstones near Harrogate which was an indoor event with a lovely lunch included. The entertainment afterwards gave those attending a good opportunity to dance away the calories or just to relax and watch.



**Wednesday 7<sup>th</sup>** = Djemba drumming session at St Anne's Church Hall, Valley Crescent, Wrenthorpe from 2pm-3.30pm.

**Monday 12<sup>th</sup> November** = Our regular Monday monthly meeting at Wrenthorpe Village Hall starting at the regular time of 12 noon. Please bring along your own packed lunch but the usual tea and coffee will be available. This month's video's are = '***Myths and Mistakes in Parkinson's Disease treatment***'= 60min. "***Living with Parkinson's***" = 30min and "***Tom Isaacs Interview***" = 11 min.

**Sunday 18<sup>th</sup> November** = Our main fundraising event of the year is our Christmas Fayre in Wrenthorpe Village Hall, which will be open to the public from 11am to 3.30pm. Could stall holders please be there to set up from 9am.

***Also please return your sold raffle ticket stubs to David or Pat as soon as possible for the draw on the day.***

**We are also in need of any home baking or bought cakes for the cake stall and refreshment area, thank you.**

**Wednesday 21st November** = Friendship Cafe at Royd Court, Huddersfield Road, Mirfield WF14 9DJ. 2.30pm-3.30pm.

**Wednesday 21<sup>st</sup> November** = Djemba drumming session at St Anne's Church Hall, Wrenthorpe from 2pm-3.30pm.

**Wednesday 28<sup>th</sup> November** = Our regular Wednesday monthly meeting. This month Alan Beal, a music teacher, who is the husband of one of our members is coming along to play for us.