



## Wakefield Parkinson's Support Group

### October 2018 Newsletter

#### Events that took place in September:

**Monday 10<sup>th</sup> September** = Our regular Monday monthly meeting which featured a showing of Parkinson's TV series Two covering '*Psychosis*' and '*Compulsive Disorder*'.

**Wednesday 12<sup>th</sup> September** = Djemba drumming session at St Anne's Church Hall, Wrenthorpe

**NEW = Wednesday 19<sup>th</sup> September** = A new monthly meeting of the 'Friendship Cafe' at Royd Court, Huddersfield Road, Mirfield WF14 9DJ, 2.30pm – 3.30pm. Come along if you can to any future events. The cost is £2 per person on entry which includes coffee or tea and cake. There is a car park at the rear of the building.



**Wednesday 19<sup>th</sup> September** = Ten members of our group had an enjoyable two night break at the Durker Roods Hotel in Meltham. As it was so successful, another short break is planned for sometime next year.

**Saturday 22<sup>nd</sup> September** = After a lovely fish and chip lunch at the Wetherby Whaler, some of our support group members went on to the Wakefield Theatre Royal to see John Godber's play 'Seasons in the sun' which was a huge success and very funny.

**Wednesday 26<sup>th</sup> September** = Our regular Wednesday monthly meeting this time featured a talk from a couple of members of the West Yorkshire Police Crime Prevention Team on the subject of crime prevention.

**Planned events for October are:**

- Monday 1<sup>st</sup>, 15<sup>th</sup> and 29<sup>th</sup> = Walk around Pugney's Country Park
- Tuesday 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> = Hobbies and activities at Kettlethorpe
- Tuesday 9<sup>th</sup> and 23<sup>rd</sup> = Coffee morning at Angelina's Tea and Cake, Batley Mill Outlet
- NEW=** Wednesday 17<sup>th</sup> = Friendship Cafe at Royd Court, Mirfield 2.30pm-3.30pm
- Wednesday 24<sup>th</sup> = Monthly social meeting at Wrenthorpe Village Hall
- Thursday 4<sup>th</sup> and 18<sup>th</sup> = Coffee morning at The Wickham Arms in Cleckheaton
- Friday 12<sup>th</sup>, and 26<sup>th</sup> = Coffee morning at The Victoria Garden Centre

**Monday 8<sup>th</sup> October** = Our regular Monday monthly meeting which will show another video in the Parkinson's TV series. This time the subjects to be covered will be '**Apathy**' and '**Sleep and fatigue**'.



**Wednesday October 3<sup>rd</sup>, 17<sup>th</sup> and 31<sup>st</sup>** = 2pm start for Djemba drumming session at Valley Crescent Community Centre, Wrenthorpe

**Wednesday 24<sup>th</sup> October** = Our regular Wednesday monthly meeting which will be attended by Leanne Owen who will be telling us all about her Parkinson's fundraising Cycle challenge that she undertook this year and all the pitfalls she went through .

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***Our trip to Millstones on Thursday November 1<sup>st</sup> still has places available.  
Please see David Foster or Sue Shearer to book. The subsidised cost is £10 for group members and their family member or £15 for each friend***

***Please also book your table for our main fundraiser Christmas Fayre which this year is on Sunday 18<sup>th</sup> November or state your availability to be a helper***

***We would also welcome any contributions to the tombola, hamper, public raffle, wine and water stall or other items for use as prizes.***

***Donations of cakes for the stall and refreshments are most welcome on the day***

***Please note there will not be any second hand items on sale this year apart from handbags***

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