

# HARROGATE & DISTRICT PARKINSON'S AUGUST 2025 NEWSLETTER

**BEECHBAND** is on general sale now at the launch price of £49.50 instead of £75.(+p&p) There is also a 10% discount for 3 or more bought together.

Why not join together to get the extra 10 %? If you email me, I'll sort the threesomes and let everyone know when/how to pay.

From Info@Beechband.com

General info : Born out of personal experience, our device only requires you to press one button to help you feel calm.

The BeechBand releases a gentle audible vibration into the wrist or ankle, powered by a small motor and battery inside the plastic case. The vibration released is mechanical rather than electrical. Designed by patients, for patients, the BeechBand was made to be accessible and non-invasive.

The BeechBand is a 'dumb device' with no WIFI, connectivity, or magnets. It functions a bit like a watch – you put it onto the wrist and simply press a button to turn it on and off as desired.

Battery: The battery lasts approximately 2-3 hours, and requires 45 minutes to charge. The device does not come with a charger. It uses a USB-C charger, which is the same as most iPhones and lots of electrical devices, so you might well have one lying around already.

We are planning to release a device with a longer battery life in the future. In the meantime, we recommend purchasing two devices to ensure that you can always have one on charge, and one in use.

The noise: The BeechBand's audible vibration can take some getting used to if you are used to silence. Some users are wearing sweat bands over their device to muffle the sound a bit. Others are wearing the device on their ankle as this also muffles the sound a bit (and is further away from the ears!)

Wear: We recommend wearing the device as much as possible. We have seen the most positive effects when people are able to almost forget that they are wearing the device, and the vibration becomes subconscious.

So far, we've only seen about 20% of users experience an immediate positive effect with the band. For some people it takes 1-3 weeks, and for others up to 6 weeks to see a positive effect. Everyone is so different, and perseverance and persistence really are key!

Straps: The BeechBand comes with one standard strap. We are looking to launch a range of straps in the future. If you would like a more adjustable or easier to use strap, there are lots of

alternatives available on Amazon for a low price – if you search ‘adjustable watch strap 20mm’ there will be lots of options available.

Feedback: If you haven’t already, please join our BeechBand Community group on Facebook (which can be found here: <https://www.facebook.com/groups/1342593926915189> to see lots of users sharing their experience with the band and the kind of things they are finding it helps with.

We would love to hear how you get on with the device. We are also here to offer support and guidance. No question is too big or too small! Please reach out to us at [info@beechband.com](mailto:info@beechband.com)

Returns: We realise that the BeechBand doesn’t work for everyone. We have a 45 day quibble free returns policy, meaning that you have just over 6 weeks of testing the band to see if it works for you. If it doesn’t work for you as you would wish it to, you are welcome to return the band and receive a full refund, provided that the band is in like new condition.

**BRANCH SOCIAL MEETINGS** - No meet in August, so the next will be 9 September in the Masonic Hall.

**The RCSLT (Speech and Language Therapy) and Parkinson’s UK** are developing new guidance on communication, eating, drinking and swallowing difficulties and saliva for people with Parkinson’s or atypical Parkinson’s. The guidance is now in its feedback stage where our members, organisations which work with people with Parkinson’s and members of the public can review the draft guidance and share their opinions.

We’re particularly looking for feedback from people who have Parkinson’s or atypical Parkinson’s as well as their families, to help ensure that the guidance also answers the questions, provides first rate information and takes into account the views and opinions of people with lived experience. The guidance will be split into recommendations for SLTs and information for members of the public. This is new guidance and has been a joint endeavour between RCSLT and Parkinson’s UK and has been co-produced by people with lived experience of Parkinson’s or atypical Parkinson’s.

[Review our Parkinson’s guidance - RCSLT](#)

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**The Pateley Bridge group** - the Pateley Parkies is in its embryonic stage! There were 11 at The Crown on 31 July, with some good ideas. Sarah Ward is coordinating this and she has started a WhatsApp group so that everyone can stay in touch. There was interest in having a static bike class, pilates and boxing if possible. It is known that the Bike Instructor is willing to go to Pateley Bridge so Sarah will approach the Leisure Centre. Somebody else is going to speak to the Pilates Instructor but Sarah will need to find out who to speak to re boxing.

Sarah is going to a singalong this month run by a local woman who is dedicated to improving wellbeing through creative practices, so she is going to see if this might be useful. Sarah Ward can be contacted at: [wardsarah084@gmail.com](mailto:wardsarah084@gmail.com)

### **PUK Harrogate Table Tennis players**

Open invitation to a Parkinson's Table Tennis event during Japan week in Manchester.

ParkySMASH! - Great Northern Ping Hub, Manchester - Sunday 7 September 2025

ParkySMASH! is a day of table tennis for anyone living with Parkinson's, whether you already play and would like to take part in a friendly tournament, or you would like to try table tennis outside of competing.

Please follow this link to apply to take part in ParkySMASH!,  
by Friday 29 August : <https://bit.ly/ParkySMASHform>

Three Japanese table tennis players will be welcomed, each with Parkinson's, who are visiting as part of Japan Week Manchester. ParkySMASH! is open to 30 players in the tournament (and more who want to try table tennis.) There are at least 12 places for women, and at least 12 for men. If there are enough people the tournament will include women's singles, men's singles, and open doubles. If you would like to play in the doubles, you will be paired with somebody on the day.

Taking part in ParkySMASH! is free! More information: [parkyping@gmail.com](mailto:parkyping@gmail.com). ParkySMASH! Is supported by Parkinson's UK and Table Tennis England

**TOMBOLA at RIPON RACES** Celia writes "Thank you to everyone who donated for our tombola at Ripon Racecourse. This is not now taking place but we will still have a tombola at a date to be arranged next year so rest assured your donations will still be used. James Hutchinson contacted John Sheepy last week. Their main race sponsors on 16<sup>th</sup> August, William Hill Bookmakers, asked if their charity partner, the MND Association could be the nominated charity of the day. James was very apologetic but asked if we would stand aside and allow them to do so. He offered us a generous donation and the promise of a date for next year. It is disappointing but in order to maintain our excellent links with the Racecourse, we felt we would accept this proposal."

**UNSUBSCRIBE** At any time you can opt out of these mailings simply by emailing me. Conversely, if you know anyone who would like to receive them please pass on my email address to them. All email addresses remain private and secure.

Best wishes

David

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Web: [www.harrogateparkinsons.co.uk](http://www.harrogateparkinsons.co.uk)

Facebook: <https://www.facebook.com/groups/parkinsonsharrogate>

PS. I'd be pleased to hear from anyone using a tandem (two-seater) mobility scooter on pavements/roads in the UK.