

HARROGATE PARKINSON'S

FEBRUARY 2025 NEWSLETTER

1. **Let's Dance - this Friday** 11-12:30pm. All Welcome.
2. **Brian Nicholl (treasurer)** writes "Hi all, below is the link to the new Think Loud 4 Parkinson's fundraising album. Loads of rock and pop musicians involved in recording songs specifically for it. Highlights for me so far are Meet On The Ledge with Richard Thompson and Fairport mates in good voice, and Whiter Shade Of Pale recorded after Gary Brooker died, but using a vocal track of his singing from a gig (obviously!) before he died. The one brand new song all about Parkinson's (Think Loud) is sung -really well- by Leo Sayer in a rock style. Maybe next year we should have a go at singing that one for next year's Parkinson's day? (though it would need re-arranging for a choir!). I will separately send you the link to the Think Loud single itself. You can buy the (double) LP which includes the CD, but it's £45. Proceeds do go to Cure Parkinson's though." <https://cureparkinsons.org.uk/2025/01/limited-edition-album-think-loud-to-support-cure-parkinsons/>
3. **Vicki Watson (Exercise Instructor)** has seen some inaccuracies on our website and writes "Hi David, I've just noticed the website isn't up to date with our classes. Monday classes are at Fairfax Community Centre, Fairfax Ave, HG2 7RU (Not at Jennyfields). 11.30-12.30 Neuroactive Advanced session 1-2pm Neuroactive for Parkinson's, 1.30-2.30 Exercise for Parkinson's (complex needs).
4. Renee writes "Just a quick note to say that we have a new event coming up **8th March dinner and music** at Pannal Golf Club. A friend and client of mine is the Captain of Golf and he is coming to the end of this term, he has asked if I would help him with this event. It is short notice, but they have some of it organised and need more people to the event. I have got 7 more people but if we can get more that will be great. If anyone wants to come along, it is £18.00".
5. And please don't forget **19 March 6-9pm at Ashville** – our Parkinson's Education Event with Harrogate Hospital's Neuro team and Paul Mayhew-Archer, who also appears on the current
6. **Movers and Shakers** podcast discussing Intimacy. Two of the usual five men found they were unavailable(!). Birds do it, bees do it, even educated fleas do it – but do Parkies? It affects us all and it's a brave podcast at <https://open.spotify.com/episode/3TOovQvWtUPdm9wN9F3G6g>.

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