

HARROGATE & DISTRICT PARKINSON'S JUNE 2025 NEWSLETTER

FIRST AID COURSE FOR CARERS. Sharron Hall , who runs a Parkinson's Carers support group at the Methodist Centre on Gracious Street, Knaresborough has organised a training session especially for carers, on 1st July 10-11.30. She says: "Our concerns are especially around choking and falls. (Some of our partners are experiencing problems in these areas.) We have found someone who can do a first aid session for us. She is also a carer and experienced with Parkinson's." Spaces may be limited, so please contact Sharron if would like to attend. Email : phshhall@gmail.com Phone : 07931423462.

BRANCH SOCIAL MEETING on Tuesday 10 June 2-4pm at the Masonic Hall. Suggestions about the sort of thing you'd like at future meetings would be welcomed. Please send to Bob chair@parkinsonsharrogate.co.uk

A VERY EXCITING OFFER ON MONDAY 16 JUNE.

Many of you will have heard about the BeechBand and the incredible impact it's having on symptoms for many people with Parkinson's. The wrist device, designed by Carl Beech is [powered by Parkinson's UK](#). You can see more about it on YouTube: <https://www.youtube.com/@beechband>

Before the bands go on sale, we've secured **500 free BeechBands** to give to our community, and we want our group members (you) to have exclusive access to these before anyone else! We're particularly looking to support those who may benefit from the band but are digitally excluded or who wouldn't be able to afford to purchase a BeechBand, which is where your assistance is invaluable, as you can share the news with community members in different ways.

On **Monday 16 June at 9am**, we'll open a Google

Form: <https://forms.gle/oGFUPTxDaA5BNdGw5> especially for members of our groups to register. Bands will be allocated on a first come, first served basis whilst stocks last and limited to one per person, which is why we're letting you know about this today.

The form will need the name and address details of the recipient, as well as the name of the group (Harrogate & District Branch of Parkinson's UK). Unsurprisingly, there's been a lot of interest and as it's a nationwide offer we're expecting the 500 to be snapped up quickly! Don't hang around on Monday if you want one! One BeechBand when available is expected to sell for about £50.

Please let your group members know that this will be coming soon, exclusively for them. If you think any of your members would be interested in this offer but would be unable to complete the form themselves, think about whether you can nominate someone to register on their behalf. And be ready to put in your orders on Monday 16 June.

I am happy to do this if you give me your details by Sunday evening.

In return for receiving a BeechBand, recipients will be asked to share feedback with the team at BeechBand so that they can further develop the product. In the box with the device, will be information about how to share this feedback both online and offline.

You remember the **PARKY CHARTER** gathering signatures, aiming for 100,000? Mark Mardell wrote “Congratulations. We’re the team behind the [Movers and Shakers](#) podcast about living with Parkinson’s and we’re writing to PUK’s fantastic supporters across the country to announce a competition -with ourselves as the prize !

It is really, really important we don’t fumble this opportunity to hold the Government to account – if we get 100,000 signatures for our [petition](#) by 10th September we get a big debate in Parliament calling on Wes Streeting to keep his promises to people with Parkinson’s.

We aren’t doing too badly: as I write on Thursday 12th June we have 42,961 .But that still means we have to get about 600 signatures a day, from now on.

So we’ll need a real push from every corner of the country to get us over the line. Places like Harrogate, near the top of the scoreboard, will be critical to our success -or failure.

As I write Harrogate has 144 signatures -making it the 2nd strongest area in England North of Chesham (222) York is in the lead with just 1 more. and Leeds NE 141.Thanks for all your hard work so far -but can I plead for some more ?

The top area in the country is Bexhill with 299 signatures but still that is only 0.03% of their population – so victory for the South is by no means assured.

What is so frustrating is it shouldn’t be too difficult – First pluck the low hanging fruit :

if everybody in a Parkinson’s group got the 3 people they know best in the world to sign -their partner, their children, their best friend, their brothers and sister, whoever – we would almost be there. If those 3 did the same, we would probably be across the line.

But not everyone will do this so we need you to get out on the high street and sign people up -you might be surprised how willing people are to help..

We’re launching a bit of light-hearted competition – and we’d love Harrogate to be part of it. You can see more details on our [Facebook](#) page and [website](#), including the [answers](#) to some obvious questions. The idea is simple: a friendly battle between Parkinson’s UK groups (and other brilliant supporters) to see who can gather the most signatures.

The prize? We’ll bring the Movers & Shakers podcast to record a live episode in the winning area – Harrogate could break the South Coast’s domination of the map.

Rope in friends, family, anyone with a smartphone – here’s a QR code to get you started (at bottom of page).

You may have seen the live map—every UK constituency is there and changes automatically as signatures come in. Some are already glowing bright red.

That’s why we’re writing now – to say: this is your moment.

So please, please, it would be great if you could gather some friends and supporters and get out there and sign people up but if not could you make sure you and all the committee have signed and got 3 other people to do the same – that would probably put you in the lead !

Each week, we’ll publish a leaderboard – and we’d love to see Harrogate racing up the ranks.

This is all about working together, having a bit of fun – and but please let's remember that fundamentally it's about getting more help for people with Parkinson's. Help that is desperately needed so often and in so much of the country. By helping you will be doing a tremendous amount for the 153,000 people with Parkinsons. Thank you so much. Please do let me know what you think

07912 981329 m

01737 202416 h

Please sign our petition parkypetition.com

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.

Admin@parkinsonsharrogate.co.uk

Web: www.harrogateparkinsons.co.uk

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