

HARROGATE PARKINSON'S

JANUARY 2025 NEWSLETTER

1. Did you see this **BBC News** item yesterday? Adaptive DBS (Deep Brain Stimulation) has made a huge difference to the life of one PwP <https://www.bbc.co.uk/news/articles/ckgn49r069wo#:~:text=A%20small%20computer%20inserted%20into,he%20has%20%22been%20cured%22.>
2. Looking forward to 19 March at Ashville College when the second **Harrogate Parkinson's Education Event** takes place under the auspices of Harrogate Hospital's team of Parkinson's specialists. The icing on the cake is the appearance of Paul Mayhew-Archer (co-author of *The Vicar of Dibley*) to open the evening at 6pm. You may have seen/heard him on *Movers and Shakers* – he's the comic one who laughs his way through his condition and encourages us to do the same. 6-9pm Wednesday 19 March at Ashville College – no tickets, or cost, just come with carers, family and friends to laugh and learn. Donations welcomed.
3. Second Tuesday of the month – **Branch Meeting** (11 February 2-4pm) in the Masonic Hall, Harrogate.
4. Tommy who constructed and maintains **our website** <https://www.harrogateparkinsons.co.uk> is updating a What's Coming Up section to coincide with this mailing. Have you looked at the web site recently? It's packed with information and videos of events and activities. Well worth a look.
5. Attached also are details of **Strictly Fun Dancing** which has been opened up to include those with Dementia, their carers and friends. Sophie Zealand is the enthusiastic instructor and contact on Sophie.zealand@yahoo.co.uk and 07985 158263.
6. Vicki Watson (tel. 07961 070159) is a highly-qualified Therapeutic Neurological Instructor and promotes **Pedal for Parkinson's** locally and nationally. Many Branch members have enjoyed these sessions, but she particularly wants to reach out to PwP who are not registered members. If you know of anyone, please send them these details. https://www.harrogateparkinsons.co.uk/files/ugd/9ed179_8d07662a45e64457bef5b53061030704.pdf
7. If you know anyone who would like to join this mailing list, please give them the admin link below and I'll do the rest.

Admin@parkinsonsharrogate.co.uk

Web: www.harrogateparkinsons.co.uk

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