

October 2025

Harrogate & District Branch

Newsletter

News for all affected by Parkinson's

Branch Social Meetings (next is this Tuesday)

Speakers have been arranged for the meetings for the rest of this year as follows:

- 14 October, Gaynor Porter, Epic bike ride
- 11 Nov, Harrogate's Mayor and Mai Mutch.
- The December meeting will be a Christmas meal out (see below 9 December)

The Life Scientific

Read about some fascinating research into Parkinson's . . . <https://www.bbc.co.uk/sounds/play/m002jf25?partner=uk.co.bbc&origin=share-mobile>

BeechBand

Some developments and improvements announced on the BeechBand Facebook page

<https://www.facebook.com/search/top/?q=beechband>

- quieter operation
- longer-lasting battery (presently <3 hours on one charge)
- led lights for charging, and "much more" the announcement says.

No price yet, but it will be discounted for those that purchased the original. This new edition is being launched on 10/11 (not sure if that's 10 November or 11 October) with "significant improvements".

Christmas Meal

John contacted The Walshford Bridge Hotel and negotiated the following (draft menu below):

Date	9th December
Time	12.30 – 1.00 we decide
What	a silver service 3 course meal
Cost	was £35 but we have a discount down to £28 per head

This is geared to up to 60 attending. If we can get more they will consider further discount. John vouches for the culinary quality, having dined there on a number of occasions.

Walshford Bridge Hotel
Choice Silver Service

Starter

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Bloody Mary prawn cocktail, with baby gem lettuce & wedge of lime.  
Melon, cucumber and fresh mint salad with cherry tomatoes (ve, gf)  
Homemade winter vegetable soup with toasted brioche croutons (v)

**Main course**

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Traditional roast turkey, home-made sage, onion,
and cranberry stuffing with roast gravy.
Homemade braised beef, mushroom and Yorvik Ale pie
topped with herbed suet pastry.
Poached medley of seafood, with a chardonnay and thyme sauce.
Homemade vegan festive cottage pie with chive mash potatoes (ve, gf)
Minted new and rosemary roasted potatoes
Market fresh seasonal vegetable selection.

Sweets

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Traditional Christmas pudding with brandy sauce.  
Homemade mango & lime cheesecake with passionfruit coulis & ginger crumb.  
Chefs Christmas edition fresh fruit salad medley (ve, gf)

**Coffee**

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Freshly brewed Colombian coffee and chocolate mint

Free confidential helpline

0808 800 0303

Monday to Friday 9am–7pm, Saturday 10am–2pm (interpreting
available)

NGT Relay 18001 0808 800 303

(for textphone users only)

Parkinson's UK, 50 Broadway, London SW1H 0DB

hello@parkinsons.org.uk

parkinsons.org.uk

Parkinson's UK is the operating name of the Parkinson's Disease
Society of the United Kingdom. A registered charity in England and
Wales (258197) and in Scotland (SC037554).

Parkinson's UK, 50 Broadway, London SW1H 0DB

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David

Admin@parkinsonsharrogate.co.uk

Web: www.harrogateparkinsons.co.uk

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