

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

**YOU are NOT alone...**

# **HARROGATE & DISTRICT BRANCH NEWSLETTER**

*Merry Xmas*

**...Let's get ready for 2021**

# *Welcome from the Chair...*

## **A LITTLE EARLY, BUT HAPPY XMAS FROM US. 2021 CAN ONLY BE BETTER!**

So much is happening, yet nothing is happening!!

Then suddenly December is here!

On behalf of the committee, I wish you all the best Christmas possible.

A happy new year! Lets be honest, it has to be better than this one!

The aim of this newsletter, is to let you know what we are working on to keep you in the loop, with news congratulations and new research ideas.

Attached is a questionnaire, I hope you will take a few minutes and complete it, so we can ensure we are planning a future for you the members, that meets what you would like to see?

Any opinions ? Please give me a call.

*John Sheepy*

Chair of Parkinson's UK  
Harrogate Branch

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Please take care one and all,  
I finish with a little humour to  
“raise a smile!”



...But remember Michael J Fox is in the same position as us!



Care and Support for Life

**NORTH YORKSHIRE BRANCHES OF PARKINSONS UK  
ARE PLEASED TO OFFER A NEW SERVICE**

Parkinson's Dementia diagnosis is increasing significantly in the area in line with our aging population! Taking this into account discussions and planning is taking place, to include Dementia specific training for our National Health Service Parkinsons teams in North Yorkshire by Dementia Forward.

Dementia Forward is an award winning charity, working exclusively in North Yorkshire with a tremendous reputation in the treatment and support of Dementia.

Branches of Parkinson's UK throughout North Yorkshire are pleased to announce they have agreed to join Dementia Forward with a new approach.

The primary aim of this collaboration, is to ensure that patients, their families and friends upon receiving a diagnosis of Parkinsons Dementia, are not left to face it without expert support. This will be achieved by offering introductions to Dementia Forward, who working together with Parkinson's UK branches, the National Health Specialist Parkinsons Teams, to offer a network of experts of fully trained Dementia nurses and advisors all with specific Parkinsons awareness.

For more information please look at

<https://www.dementiaforward.org.uk>

or phone the Dementia Forward help Line on **03300 578592**

or contact your local Parkinson's group

**This venture is supported by :**

**Harrogate, Ripon, Ryedale, Scarborough, Selby, Skipton, and York,  
branches of Parkinson's UK**



#dementiaforward

# News...

## MEETINGS

We are not expecting the Granby to be available until well into 2021, so we are looking at a series of coffee and a chat sessions, to fill the gap. These sessions are intended to start as soon as face to face restrictions allow...

## GOOD LUCK!

By now you'll be familiar with our advertisers, whom produce our newsletter. Lisa Stirk of Homelinstead and Carl Drake at Rise Mobility and their colleagues, are collectively known as "The Independent Living Roadshow" (*a not-for-profit initiative supporting people in later years*) have been named finalists in this years Markel 3rd Sector Care Awards. Lisa & Carl will have to wait until next year now to find out if they have won the prestigious award...

*Well Done and Good Luck Guys!*



## CONGRATULATIONS SHIRLEY!!

There was great news in the Queens Birthday Honours list with Membership Secretary Shirley Clegg being honoured with an MBE for services to the Prison Service . A fully deserved award doesn't take into account her extensive local charity work Well done .

*So well deserved!*

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Shirley Clegg MBE



# *...and Good News!*

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**THE MICHAEL J. FOX FOUNDATION**  
**FOR PARKINSON'S RESEARCH**

  
**Neurolinx**

Parkinson's UK is joining forces with US charity The Michael J. Fox Foundation and biopharma company Neurolinx to fund a £1.5m clinical trial of an exciting new drug to combat dyskinesia in people with Parkinson's.

Dyskinesia is a common side effect experienced by people with Parkinson's who have been taking levodopa-based medications, a standard treatment for Parkinson's, for several years.

It causes involuntary movements that can affect various parts of the body. It means people with Parkinson's can't do simple tasks, like tying their shoelaces or making a cup of tea. We will keep you updated on progress

## *Survey*

For those online there is a copy of the survey, to complete and email back. For those using mail, I enclose a paper copy and return envelope.

What we would like to learn is what format you would like to both keep in touch and meet up in the future!

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# Snippets...

The future is confusing for us all, but I am pleased to say, work is still moving forward to achieve what we all long for a cure. The GKNF trial position is once again being reviewed with hopes it will be looked at again with the use of new and up dated.

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Rudding Park Golf

Dates for  
**2021**

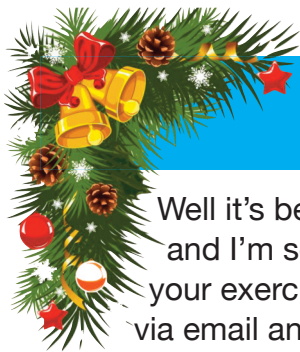
Dec 9th  
Jan 13th & 27th  
Feb 10th & 24th  
March 10th & 24th  
April 14th & 28th  
May 12th & 26th  
June 9th & 23rd  
July 14th & 28th  
August 11th & 25th  
Sept 15th & 29th  
Oct 13th & 27th  
Nov 10th & 24th  
Dec 8th

***Do not forget you need to book your place  
as numbers are restricted.***

Contact Anthony on

**07491 694938**

[golfinsociety@gmail.com](mailto:golfinsociety@gmail.com)



# Christmas Greetings...

Well it's been a funny old year hasn't it!! We've battled on and I'm so excited that you have managed to keep up with your exercises and put up with my slightly dubious videos, via email and classes over zoom!

We've so missed seeing each and every one of you in person and can't wait to see you all in 2021, when hopefully we can get back to shouting, singing and jumping about together! Keep smiling, together we can do this!!

*Much love & best wishes  
during this festive season and always.  
Vicki, Carol, Breffni, Lou and the team xxx*

Dear patients,

My message to you is to take care of yourselves! It is important not to allow this period to bring your mood down and keep active. We all need to stay strong because this feeds you with the positivity needed every day. Most of all keep up exercise and therapy treatments.

I believe that following the government rules including social distancing and washing hands and supporting each other, we will overcome this period and we will laugh loudly again.

*All the best enjoy but stay safe.  
Rosa Buccoleiro and your Harrogate and District  
Hospital Parkinson's Team*

Dear friends

Remember when we all sat down for that excellent Christmas lunch last December? If someone told me then, what 2020 would be like... I'd have thought they'd been at the sherry!

Stay safe, stay home, stay positive... 2021 will be better.

*Wishing you peace & goodwill to you,  
your loved ones & your families,  
wherever they may be this Christmas.  
Carl Drake ~ Rise Furniture and Mobility*





**DECEMBER IS A LITTLE DIFFERENT THIS YEAR...**

- *We can't get carried away, on the karaoke machine at the Christmas party.*
- *We can't meet up, with all our friends and family in sparkling outfits or Christmas jumpers...*

**BUT WE CAN STAY IN AND STILL HAVE A GREAT TIME!**

Join Harrogate - Parkinson's UK at our Party Night this Christmas.

The party will be packed full of entertainment including musical performances, festive readings, dancing and possibly, even cocktails...

Get your slippers on, or dress up to the nines.

Put your feet up, or rock around your Christmas tree.

***Enjoy our Christmas party with a difference***

in the comfort of your own home on

**Thursday 17th December 2020 at 2-4pm**



**WIN**  
**GREAT PRIZES**

**QUIZZES**

**Cracker Jokes**

**for**

**BEST JUMPER!**

**Best**

**XMAS  
MASK**

**Music**

**& Much...  
Much More!!**

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JOIN US.**

**We'll bring the  
party to you!**



# *A message from... Louise Smith*

Parkinson's UK information and Support

With the situation with COVID continuously evolving, I feel duplicating Louise's information important:

I hope you and your family and friends are well. Just a quick update to let you know about new resources that have been developed in response to COVID 19, which may be helpful to you.

Maintaining good mental health at the current time can also be difficult, if you feel isolated or restricted by staying at home. Please have a look at our website, which provides some tips about looking after your mental health.

- **Staying active at home when you have Parkinsons**
- **Staying at home and managing your mental health when you have Parkinson's**
- **Parkinson's UK Youtube channel**

You may also want to connect with other online Parkinson's community support groups, such as the facebook group the charity has set up, in response to COVID 19.

<https://www.facebook.com/groups/parkinsonsukcommunitygroup>

As you will appreciate, Local Advisers are unable to offer home visits at present, however we are still very much here to support you with all things Parkinson's related, and are also offering welfare calls and providing emotional support to anyone affected by Parkinson's throughout this period.

If you need support please contact me directly on **0344 225 3769** or [lsmith@parkinsons.org.uk](mailto:lsmith@parkinsons.org.uk) my usual days of work are Tuesday, Wednesday and Thursday, or you can call our specialist help on **0808 800 0303** or email [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)



# Exercise Update...

COVID restrictions have left a far more restricted exercise schedule than we would normally be on offer so we would like to just clarify:

## **STOP PRESS... ALL CLASSES BACK TO NORMAL FROM 2ND DECEMBER**

Contact Vicky Watson **07961070159** for space availability

Golf at Rudding Park contact Anthony

Alternate Wednesdays—dates arranged pre booking essential

Tai chi contact Breffni on **07817769089**

Every Tuesday 2pm-3pm via Zoom

Prebooking essential



**All details are likely to change dependent on Covid restrictions to keep in touch either contact direct or see our website**

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

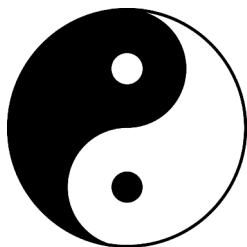
New Ideas? - if you have any ideas of exercise classes you would like to see please get in touch

Once restrictions are lifted we are already considering Kurling, and Dance.



We have started 'Tai Chi' which is looking so good. Already further classes are in the pipeline - see leaflet elsewhere in newsletter or look to see what is involved.

We are in advance talks to start working with an organisation 'Dancing with Parkinson's' I thought this meant a gentler type of exercise, but at a trial quickly found that not the case.



## Introducing Tai Ji (Tai Chi) Exercises

Under the expert guidance  
of experienced practitioner  
Breffni Groome.

The class is designed to help with  
movement co-ordination, breathing,  
to improve balance, posture and strength.

With regular practice, a step towards  
greater awareness of your Qi  
internally and externally  
Reducing stress and calming the mind.



**Every Tuesday via Zoom  
classes are back to normal from 2nd December**

**Book Today  
Limited spaces**

Date: **Every Tuesday**

Time: **2pm until 3pm**

Fee: **£5.00**

Venue: **Your Living Room**  **zoom**

Reservations: **Breffni Groome & John Sheepy**

email: **breffni69@gmail.com**

**john.sheepy@btinternet.com**

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# PARKINSON'S ISNT JUST



WALKING PROBLEMS



TREMORS



MASK-LIKE EXPRESSIONS



MOTOR FLUCTUATIONS

## IT IS ALSO:



TRouble EATING



WEIGHT LOSS/GAIN



DRY MOUTH



PAIN



MUSCLE CRAMPS



SPEECH ISSUES



DROOLING



MEMORY PROBLEMS



TRouble CHEWING



RESTLESS LEGS



HANDWRITING ISSUES



LOSS OF SENSE OF SMELL



DAYTIME NAPPING



DIFFICULTY USING UTENSILS



DIZZINESS



BAD BALANCE



INDIGESTION - CONSTIPATION



APATHY



EXCESSIVE SWEATING



TRouble DRESSING



DEPRESSION



TRouble SEEING



FEAR OF FALLING



ANXIETY



FREEZING



COUGHING



FEELING TIRED



BAD COORDINATION

# Research Update...

I took part in 2 online research seminars recently and was so impressed, I thought I would share them with you...

## **Bio Tech Research Projects**

The cost of researching for new treatments is cost prohibitive for many ideas! There are 3 stages to a new treatment.

### **Does the idea work?**

If so, refine and test, then finally test and trial then test again, all before going to try it on patients. This all can take 10 yrs and millions of pounds.

So Parkinson's UK have created a biotech department where groups bid for finance, which is then used to complete the first stage and then hopefully it is taken over for the other stages by one of the large pharmaceutical companies.

It's amazing, a bit like Dragons Den, but it works.

## **Bladder Problems and Parkinsons**

Do you suffer regular trips to the bathroom at night?

This is called' a Nocturia! Condition?

Do you suffer panic need the toilet NOW!

This session was for you and a research application group is being proposed to investigate.

If you are interested in learning more about either please let me know and I will arrange a short zoom chat.

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*John Sheepy*

Chair of Parkinson's UK  
Harrogate Branch



## Home care with a difference

### Tailor made to your individual requirements

- Award winning care
- Companionship services
- Home help services
- Personal care services
- Highly trained CAREGivers

If someone in your family needs a little help please call on **01423 774490**

[www.homeinstead.co.uk/harrogate](http://www.homeinstead.co.uk/harrogate)  
Email: [harrogate@homeinstead.co.uk](mailto:harrogate@homeinstead.co.uk)

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*to us, it's personal.*

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## DO YOU NEED A STAIRLIFT?

*We can survey your stairs and provide a FREE quotation without visiting your home.*

“UPSTAIRS,  
DOWNSTAIRS...  
NO PROBLEM.”



### DID YOU KNOW?

If you have a smart phone or tablet\* we can carry out an assessment of your staircase without entering your home.

For more details and to book your

**FREE Virtual Home Assessment**

**01423 526737**

[sales@risemobility.co.uk](mailto:sales@risemobility.co.uk)

- ✓ New & reconditioned stairlifts
- ✓ For straight & curved staircases
- ✓ 24hr support all year round
- ✓ 12 months interest **FREE** credit

\*Don't worry if you don't have a smartphone or tablet, let us know, as you'll need a traditional on-site survey.

**RISE** FURNITURE  
— AND —  
MOBILITY

NATIONAL RETAIL BUSINESS  
OF THE YEAR

**We are  
OPEN**

## PAYING FOR CARE

We can provide advice on:

- > Making savings and assets last longer
- > Tax efficient planning
- > Specialist investment advice
- > The opportunity to protect the family legacy
- > Flexibility of care provision



## Sally Rollinson - Our care adviser

I am a senior financial planner at Cardale Financial Planning. Having joined the financial services industry in 1991, I achieved the industry's Gold Standard as Chartered Financial Planner in 2010 and provide Wealth Management Solutions with Cardale Asset Management, in addition to being an accredited later life adviser.

### Areas of specialist advice

I am able to support my clients in key areas such as:

- > Investment solutions
- > Inheritance tax planning
- > Estate preservation
- > Immediate Needs Annuities
- > Retirement planning and pension reviews

For an initial meeting at our expense please contact Sally Rollinson who is a SOLLA accredited adviser  
T: 01423 534100 E: [sally.rollinson@cardale-fp.co.uk](mailto:sally.rollinson@cardale-fp.co.uk) W: [www.cardale-asset.co.uk](http://www.cardale-asset.co.uk)



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