

UPDATE FOR JUNE 2023

just a note to update on what we have planned for this summer and beyond.

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- * Updates in general
- * Research Meeting
- * Respite care Drop in
- * Fund raising events- Boogie Night and Snake Davies
- * Up dates from exercise classes
- * Details of events supported by us
- * New ideas

An enjoyable morning was spent with the Llamas!



There is still time to see Snake Davis!

Well this year has taken so long to warm up- but hopefully that is now all behind us and let the heat begin

Should you have any specific issues or concerns please don't hesitate to contact us on

John.sheepy@harrogateparkinsons.co.uk

Or phone 07811 126534

All proceeds from the day to:



SCAN ME!



GRAND DAY OUT for PARKINSON'S

GRAND
RAFFLE

NIDDERDALE FELL & TRAIL HOST:

10K Trail run
2K Kids run
3K Canicross

Goat Obstacle
Course

Food
Stalls

Morris
Dancing

Animal
Petting

Supporting
DJ



PLUS, MUCH
MORE!

SUNDAY 25TH
Pateley Bridge
Showground
JUNE
2023

RACES STARTING 10AM - REGISTER 8:30AM - ENTRIES @ [RACEBEST.COM](https://www.racebest.com) or ON DAY (CASH ONLY)

YOU CAN DONATE NOW AT - [JUSTGIVING.COM/PAGE/RUN-NIDDERDALE](https://www.justgiving.com/page/run-nidderdale)

Whilst this event is on behalf of the charity “Cure Parkinson’s” we are supporting the organiser because we all have the same aim – To Find a cure

EXERCISES CLASSES FOR PARKINSON'S IN RIPON



We all know exercise is good for us especially as we get older.

This class is designed for those with Parkinson's using cardiovascular, strength, balance and cognitive exercises in a supportive, fun environment.

The exercises also benefit those without Parkinson's – so bring your family and friends along too!

Ripon Arts Hub, Allhallowgate, Ripon, HG4

2nd and 4th Wednesday 3.30 to 4.30pm

1st & 3rd Thursdays 2 to 3pm (see timetable below)

For more information and to book a place contact Lisa on 07975 967354 or email

lisa@mobilitymagic.co.uk **Come along to a fun and friendly group. We look forward to welcoming you.**

Parkinsons Group - Exercise Class - Ripon Arts Hub

Wednesdays 3.30-4.30pm

*May 3, 17, 31
June 14, 28
July 12, 26
Aug 9, 23
Sept 13, 27
Oct 11, 25*

Thursdays 2-3pm

*May 11, 25
June 8, (no class on 22nd)
July 6, 20
Aug 3, 17, (no class on 31st)
Sept 7, 21
Oct (no class on 5th), 19*

Keep moving with ...

Mobility Magic

Don't forget there are also classes by Vicky of Wishfitness throughout the week in Harrogate this advert is placed because of confusion over times of classes

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



Parkinson's UK Research

Parkinson's is the fastest growing neurological condition in the world. There's currently no cure. But as the largest European charitable funder of Parkinson's research, we're determined to change that. We've invested over £100m in vital research that has delivered ground breaking discoveries, new medications and better care. And right now, new treatments are within our grasp.

Every breakthrough is powered by people who care about Parkinson's.

Together we can find new treatments. And one day, a cure.

Parkinson's research needs everyone. People with and without Parkinson's, of every age, gender and ethnicity. Without volunteers, progress in Parkinson's research would be impossible.

Taking part in a research study can come in many forms, from questionnaires to trialling new treatments. Some research can be done from home, while other opportunities will involve visiting a hospital or research centre.

Here in Harrogate we have regular invites to join different research projects with this in mind the July monthly meeting will be a round up of what is happening and YOU can help

The meeting will be on Tuesday 11th July at 2.00 pm where I am pleased to advise:

Heather Mortiboys a regular presenter to us from Sitran University of Sheffield will be updating us on her work

We will also welcome researchers from various other Universities in the UK explaining how YOU can help!

Snake Davis Band

Harrogate
PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



Snake and his band return for a gig in support of Parkinson's UK Harrogate & District Branch.

He has played and collaborated with some of the biggest names in contemporary music

The list includes the likes of James Brown, Tina Turner, Paul McCartney, George Michael, Robert Palmer, Primal Scream, Lisa Stansfield, Annie Lennox and Dave Stewart amongst many others.

If the gig in 2021 was anything to go by, we are in for a treat

Date **Saturday 29th July**
Doors Open 7 for 8pm Start

Cost: **Tickets £15**

Venue: **Ripley Town Hall HG3 3AX**

Online Booking **BOOK ONLINE here**

Enquiries: **Renee Dickinson**
Email:

renee@countryfabrics.co.uk

Parkinson's UK Harrogate

Boogie Night at Pannal Memorial Hall HG3 1JG

**DANCE TO THE SOUL, FUNK AND
DISCO SOUNDS OF THE 60'S, 70'S
AND 80'S**

**ALL TUNES ARE PLAYED ON THE
ORIGINAL VINYL RELEASES OF
IAN SMITH & FRIENDS**

(HARROGATE NORTHERN SOULCLUB)

SATURDAY 17TH JUNE 2023

7.30 PM UNTIL 11.30 PM

ADMISSION BY TICKET £10

**ALL PROCEEDS TO HARROGATE &
DISTRICT BRANCH OF PARKINSONS UK
FOR TICKET INFORMATION CONTACT
RENEE DICKINSON ON 01423 879079**

WHATS NEW ON THE EXERCISE FRONT

Our aim on the exercise front is to listen to our members and cater for demand. This year we have already introduced Table Tennis and next **PILATES!**

We have listened and with the support of David Watson at North Yorkshire Sport, a grant application has been submitted to offer you a weekly class.

Pull out your gym mat and get ready to do a series of movements that will stabilize and strengthen your core.

The exercises are usually done in a specific order, one right after another. The movements have names, like "The 100," Criss-Cross," the "Elephant," and the "Swan."

The moves may look simple, but they take a lot of precision and control. It's not like doing a bunch of crunches (which you shouldn't be doing anyway!) There's a strong emphasis on technique tailored to help with some of the movement difficulties which may be experienced by people with Parkinsons.

The benefits of Pilates come from being in tune with the movement of your body through correct breathing, spinal and pelvic alignment and focus on smooth movement. Pilates can also help to reduce stress.

Pilates has been well received in other local branches and physiotherapists Bhanu Ramaswamy and Sarah Sessa explore some of the benefits on the Parkinson's UK website <http://parkinsons.org.uk>

Pilates classes typically take 45 minutes to an hour, but you can do fewer moves in less time and our classes will be tailored to your needs. You will need to be able to get down on the floor (we can teach this at our other classes if you find this difficult) and bring your own mat and a cushion if you need it.

COME ALONG TO OUR FREE TRIAL AT BILTON HEALTH AND WELLBEING HUB ON TUESDAY 20TH JUNE AT 4.15PM WITH OUR FABULOUS INSTRUCTOR LOUISE LOWE

JUNE MEMBERS MEETING

2.00 pm 13th June at Masonic Hall

From previous meetings you will have heard that Parkinson's Dementia is becoming a major concern with in the community

With this in mind 'Dementia Forward' have introduced a call centre for members searching information / help - this is a facility sponsored by Parkinson's UK exclusively in North Yorkshire

I am pleased to say this is now up and running and one of the responders will be attending our June meeting to introduce and answer any of your questions!

We look forwards to seeing you there!

ANOTHER CHANCE TO WALK WITH LLAMAS



Nidderdale Llamas is a family run trekking centre in the heart of Nidderdale. The farm is idyllically positioned and enjoys some fantastic views. Everyone who visits Kiln Farm always comments on its amazing location.

FURTHER OPPORTUNITIES

14th or 21st June 2023

10 am – 12

Dates now released to enjoy this therapeutic season – its so special

Places are restricted so book yours today phone

John Sheepy on

07811 126534 or email

john.sheepy@harrogateparkinsons.co.uk

SET JUST OUTSIDE PATELEY BRIDGE YOU WILL FIND AN EXPERIENCE MATCHED BY LITTLE ELSE - CONTACT TODAY TO Book

