

www.HarrogateParkinsons.co.uk

NEWS

February 2024

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

Harrogate
& District
Branch

I know about your
problem and it doesn't
bother me. Love you.

**YOU ARE
NOT ALONE**

**WE ARE HERE
TO HELP!**



Ramblings from the Chair

CHAIRS RAMBLING

Firstly I would like to thank David Andrews who has recently joined the rank of us diagnosed, for his time and assistance in the design of this Newsletter.

The numbers diagnosed at Harrogate & District continue at around 650

So what does 2024 bring for us?

We have already had the very successful Event with the Hospital Team – please see earlier in this newsletter. Over 100 attended and the Team will invite newly diagnosed to awareness sessions.

You may remember two years ago we had a sponsored walk 50% for Research and 50% for the Branch – we ended up the top team group and two of us were in the individual top 10. Well, we are looking at it again this year. This year will be based not on just 50 miles but 100 miles in May.

Don't worry we all just do what we can. It's events like this that enable us to fund so much.

Branch meetings continue to be held on the second Tuesday each month at The Masonic Hall.

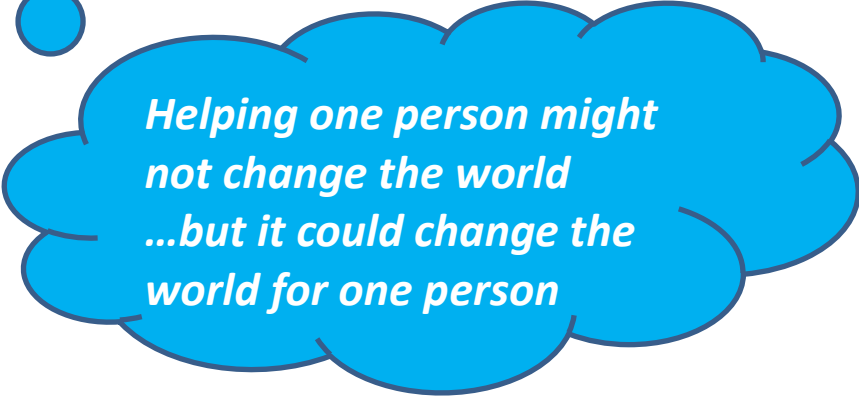
Drop in afternoons are held on last Tuesday in Ripon.

The portfolio of exercises continues to grow – recently Chess and Pilates have been added - should you have an idea of something different please let us know.

John Sheepy - Chair Harrogate & District Branch of Parkinson's UK
Chair Harrogate & District Branch of Parkinson's UK

Mobile : 07811 126534

Home: 01765 279386



*Helping one person might
not change the world
...but it could change the
world for one person*

Resounding success

The 2nd Annual Harrogate Parkinson's Patient Education Event was held on the 17th of January and was a resounding success. This event, organised by the Parkinson's Team at Harrogate Hospital and the local Harrogate Branch of Parkinson's UK, was held at Cedar Court Hotel.

The icy conditions didn't deter the 100 or so people who attended to gain more information about the condition, and to meet members of the team and allied charities.



Dr Rosaria Buccoliero, Consultant Neurologist, leader of the Parkinson's service locally, opened the afternoon and gave us an overview of last year event plus a feedback on how Harrogate performed In the Parkinson's national audit of 2023.

We were then welcomed by the local branch chairman, John Sheepy, who introduced us to Mrs Caroline Russell, CEO of Parkinsons's UK and Mrs Jill Quinn MBE from Dementia Forward. It was a proud moment to hear Mrs Russell talking about how strong our local community was.

The talks continued with Dr Ipshita Scarrott, Consultant Geriatrician, talking about the headline news in Parkinson's research from 2023. Many exciting projects on the horizon were discussed as well as information on how to get more involved in research. Aya Alomari, pharmacist at Harrogate Hospital, gave us a talk



next on Parkinson's medications, which helped us to understand the different medications and preparations that are commonly used, as well as new drug preparations that may be around the corner.

A Multidisciplinary Team is so important in looking after people suffering with Parkinson's, and this was highlighted in the next few talks. Angela Horner, Parkinson's Specialist Nurse at Harrogate Hospital, led a talk into keeping well in Parkinson's, giving us tips on wellbeing and what to look out for. Karen Zuzarte, neuro-physiotherapist, led an excellent exercise



session with Vicki Watson getting us all up and moving to Harry Belafonte! The talks were nicely rounded off by our resident singer, Rhiannon Gayle, who led us in a beautiful rendition of Happy Birthday dedicated to John!

Tea and coffee gave all the attendees opportunity to mingle and talk to our team in more detail. Our wider team of research nurses, occupational therapist, dieticians and speech and language therapists were all there to provide support and information.

A truly successful event, reflected by the warm reception on the day and the written feedback we received from so many at the end of the day. Indeed, 100% of respondents found the event informative and 98% useful. There was much positive feedback around the breadth of talks and how good people found it to get the whole community to come together. The feedback given is so useful as it helped to shape this year and will aim to get our 3rd year in 2025 even more bespoke to people's needs.

Thanks to All,

The Harrogate Hospital Parkinsons Team.



(We know not everyone heard or saw everything. Promise we'll do better next year!)

FIGHT PARKINSON'S WITH EXERCISE

All sessions cost £5 (Golf £10) unless they're **free**

WALKING FOOTBALL COMING SOON courtesy of Harrogate Town Football Club, we will be starting classes at Bilton Health and Wellbeing Hub. Day and time to be announced shortly.

EXERCISE CLASSES

In Harrogate In conjunction with Vicky of *Wish Fitness*, a wide variety of exercise classes for beginners, intermediate, and advanced, plus for those restricted to home, one to one can be arranged by negotiation.

Contact Vicky of *Wish Fitness* on 07961 070159 .

BRIMHAMS ACTIVE VIDEO

<https://youtu.be/NuoyKhgeaps?si=oY5F7DnUzZ78jNJU>

In Ripon Suitable for both seated exercise and exercises for the more capable, at **Ripon Community Hub**. Alternating Wednesday 3.30-4.40pm and Thursday 2.00-3.00pm. Contact Lisa on 07979 5967354.

BOX CLEVER AGAINST PARKINSONS

Every Wednesday 10-11am at Bilton Health and Wellbeing Hub.

For more information contact Chanelle **McGill** on 07766

488688 chanellemcgill@hotmail.co.uk

TABLE TENNIS for Friends and family of Parkinson's **FREE**

For more information George Chan 07507 039071 Email:

tabletennis@harrogateracquetsclub.co.uk

TAI CHI Bilton Health and Wellbeing Hub every Tuesday 2 - 3pm For

more information contact Breffni Groome on 07817 769089

PADEL TENNIS NEW - played on a covered court in Ripon.

For more details contact Celia on 01765 603286 or 07989 715950.

DANCING The class under the expert guidance of classically trained Sophie Zealand where she will take you through different styles of dance discipline from around the world, Ballet, line dancing, disco and Bollywood dancing to name but a few.

Bilton Health and Wellbeing Hub, every Friday 11.00-12.00.

Contact Sophie Zealand 07985 155263

Email: sophie.zealand@yahoo.co.uk

NORDIC WALKING offers taster sessions and regular walks in and around the beautiful countryside of North Yorkshire. Mike will guide you through how to use the poles to help propel you along and utilise the upper body as well as the lower working at a level to suit the individual. For more information contact: Mike Stead of Nordic Walking UK on: 07968 928730.

GOLF - courtesy of Golf in Society and Rudding Park Golf Club, we offer the opportunity of not only every other week a golf session but excellent teaching for the novice. 2nd and 4th Wednesdays each month - £10 per session. To book your place phone Anthony Blackburn 07491 694938, golfinsociety@gmail.com

PILATES A mind-body exercise that focuses on balance, posture, strength and flexibility, tailored to help with some of the movement difficulties experienced by PwP. Bilton Health and Wellbeing Hub on a Tuesday 10am-11am with Louise Lowe. Email loulowe@icloud.com Tel: 07595 030863.

CROWN GREEN BOWLING free at The Bowling Green, Knaresborough Castle Grounds. Every Tuesday 1pm-3pm weather permitting. Contact : Neil Fuller on 01423 202429.

Walk for Parkinson's 100

I'm taking part in Walk for Parkinson's 100 Mile Challenge to fund Parkinson's UK's groundbreaking research into better treatments and a cure. The distance depends on you physical wellbeing. Our options are:

1. 100 mile walk or run during May 2024 or
2. 100,000 steps (that's 1600 a day) during May. My chosen option or
3. Set your own target

A meeting is arranged to discuss and register locally and if interested at The Masonic Hall Harrogate on 27th March at 2.00pm.

John Sheepy

Chair of Harrogate Parkinson's

07811126534

Research Trial



Combining memantine and cholinesterase inhibitors in Lewy body dementia

Treatment Trial

About COBALT

The trial will look at the use of a drug called Memantine for treatment of people with Dementia with Lewy Bodies (DLB) and Parkinson's Disease Dementia (PDD) symptoms.

The aim of the trial is to find out if Memantine treatment can help improve overall health and functioning for people with DLB or PDD. Potential participants should be currently taking cholinesterase inhibitors

What's involved?

If you agree to take part, you will join one of two trial treatment groups for 12 months:

- a placebo ('dummy' drug) group
- OR
- a medication (Memantine) group

You will have planned visits and phone calls with the local trial team, who will ask you about your symptoms, how you feel and your study treatment.

A family member or person who knows you well will also be asked to answer questions about your symptoms and about how they are feeling.



For more information you can contact one of the trial team
Clinical Ageing Research
Unit 0191 208 1250

This research trial was approved by the
East of England Research Ethics Committee

Research

PD Frontline through Harrogate & District Hospital gives you an opportunity to get on the forefront of Research. If you are interested in helping find a cure this is the first step.



The poster features a light blue background with a large, stylized blue wave graphic on the right side. The PD Frontline logo is in the top left corner. The title 'PD Frontline' is prominently displayed in the upper center. Below the title is a descriptive sentence. Three numbered sections provide details about the study, including eligibility criteria. A QR code is located in the bottom right, and social media handles for Instagram and Twitter are in the bottom center. The website and contact information are at the very bottom.

pd frontline

PD Frontline

PD Frontline is an online study that aims to put people with Parkinson's disease at the forefront of research.

- 1 What is PD Frontline?**

Many of the drugs developed for Parkinson's are targeted at specific genes that influence disease progression. This is why it's important to identify people with gene changes and enrol them in drug trials that test if these drugs work. PD Frontline allows you to undertake genetic testing which may make you eligible for these drug trials.
- 2 How do I take part?**
 - 1) Register your details, sign the consent form and login
 - 2) Answer some questions
 - 3) We'll send you a saliva collection kit in the post
 - 4) Return it in the pre-paid envelope
- 3 Am I eligible?**
 - Have a current diagnosis of Parkinson's
 - Live in the UK
 - Be 18-90 years old
 - Have no diagnosis of another neurological disorder (e.g., dementia or progressive supranuclear palsy)

For more information and to register visit www.pdf frontline.com and #GetTrialReady

 @pdf frontline 

 Scan the QR code to register!

www.pdf frontline.com | 020 801 68413 | pdf frontline@ucl.ac.uk

A request from Dr Buccoliero

From Dr Buccoliero, Consultant Neurologist at Harrogate Hospital

Dear All

I was wondering if any of you can help in promoting our primary school ageing awareness project? We have been doing this since pre-COVID, but over time clearly it was not possible to continue due to work commitments. Therefore with COVID, my husband and I thought that the best way was to empower primary schools to do it in their own time and by themselves, and for us to contact them and provide the kit for the simulation activities.

We are looking for more volunteers (we have only one whom we succeeded in recruiting) to help promote the project in schools and we were wondering if you would be willing to help.

You can read more about it on

<https://www.ageingawareness.org/>

Rosaria Buccoliero and Edwin Rydberg



Please let us know if you are interested through
John Sheepy on 07811 126534. Thanks

Harrogate & District Branch of Parkinson's UK

Branch meetings 2024

Harrogate

**2nd Tuesday of the month
at 1.45-4.00pm in the
Masonic Hall.
Harrogate**

12 March – AGM

9 April

14 May

11 June

9 July

August Holiday Month

10 September

8 October

12 November

10 December

**Drop in - Wetherby at The
Crown Hotel Boston Spa.**

**1st Wednesday each month
10.30 – 12**

Ripon

**Last Tuesday of the month.
At 1.45-3.30pm at
St Wilfrid's Community
Centre, HG4 2AB**

25 March

30 April

28 May

25 June

30 July

August Holiday Month

24 September

29 October

26 November

December – to be arranged

**Drop in Knaresborough
Gracious St Methodist
Church**

**3rd Tuesday each month
10.30 – 12 noon**

**Early Bird pub meal in Ripon
6.00-8.00pm 2nd Tuesday**

SINGING

PARKINSON'S UK, HARROGATE BRANCH.

Mondays

1:45pm - 3:00pm

THE PARKINSON'S CHOIR

**JOIN US ON MONDAYS FOR A
FUN SESSION OF SINGING AND
VOCAL EXERCISES LED BY
RHIANNON GAYLE, DESIGNED TO
HELP STRENGTHEN YOUR VOICE
AND BREATH CONTROL.**

**Green Hut, Harlow Avenue, HG2 0AS.
£5 per session including a cuppa and a biccyy.**

**Contact Rhiannon Gayle 07752 468102
singingismental@gmail.com**

Harrogate & District Branch FUNDRAISING

Boogie night

**22nd at Pannal Memorial Hall
Vinyl records with DJ Ian Smith
Soul music from the 60's onwards
Including Northern Soul
Tickets £10.00 available from
Tommy on 07443 608329**

Annual Ripley Live event

**20nd July 7:30 till 10:30
With Chantel McGregor playing
on acoustic first half
Followed by electric guitar
Tickets £18 Available from Ripley Live
Renee 01423 8798079**

CHESS

Free Stimulate your brain and outwit your opponent with a strategic game of Chess amongst friends and family.

For PwP (People with Parkinson's),

- it can enhance your mental wellbeing and arguably improve your cognitive function in areas such as . . .
- Problem solving,
- decision making,
- visualisation and pattern recognition,
- calculation evaluation and analysis,
- tactical and creative thinking,
- abstract reasoning, to name but a few.



All levels from beginner to advanced standard are welcome.

Harrogate Library, Victoria Avenue, HG1 1EG.

Fortnightly (1st and 3rd Thursday each month) 2 - 4pm

Alf Spence spenceah@gmail.com 07886 701399

Harrogate & District Branch

Boogie Night
Pannal Memorial Hall Harrogate
Saturday 22nd June 2024
7:30 – 11:30pm
Ticket: £10
LET'S GET IT ON
<https://www.harrogateparkinsons.co.uk/>

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

Need a break from reading?

I'm David, one of the newly diagnosed. There's so much to read, isn't there? So when I heard about a podcast (audio programme) dealing with all aspects of Parkinson's, I pricked up my ears (literally).

“Movers and Shakers finds six friends – Rory Cellan-Jones, Gillian Lacey-Solymar, Mark Mardell, Paul Mayhew-Archer, Sir Nicholas Mostyn, and Jeremy Paxman – gathered in a Notting Hill pub to discuss the realities of life with Parkinson's. And maybe find a few silver linings!”

Just Google “Movers and Shakers Parkinsons Podcast” and you'll find them. Each episode lasts about 30 minutes and so far there are 29 of them. They're on Spotify too if you subscribe. The one I remember especially concerns the wives/husbands/carers who meet to discuss their problems. They don't always get the chance ...

Parkinsons UK are looking at a brand refresh – can you help?

What are they doing?

We've learned that our brand (the way we describe who we are, and how we look and sound) isn't working as well as it should. Ultimately, this is making it harder for us to do our vital work - to be there for everyone affected by Parkinson's. We're investing in and developing our brand in the form of a brand refresh. That means we are redefining: the way we describe who we are as an organisation, and what we look and sound like.

Why are we doing this?

A refresh will help us to make it easy for everyone to understand who we are and what we do. We're looking dated, which is holding us back.

Charities operate in a crowded, competitive marketplace and we mustn't fade into the background.

Our ambitious new strategy will have a big impact. We need our brand to accurately reflect who we are and what we want to achieve. We have so much important work to do, but to do this we need to meet some ambitious fundraising targets. Our brand will help us do that.

We need your help: We want to make sure we get our brand refresh right. Harrogate & District Branch is one of five chosen throughout the UK to help.

By involving people with a close connection to and people with Parkinson's we can make sure that our refreshed brand works well for everyone. Since September we've been working with a group of people from the community (people with Parkinson's, and healthcare and research professionals) on how we describe ourselves as an organisation.

From January to March 2024 we will be working on how we look and sound. We want to share that work with you so we can develop and improve it based on your feedback. What we're asking you to do: We'll be sharing an online survey (that should take about 20-30 minutes to fill out) on 19 February asking questions on two different options for our brand identity. The survey will be open until 26 February..

If this is something you'd be happy doing, Parkinson's UK would really appreciate your feedback.

To be included in this review could you please confirm as soon as possible and we will include you in the distribution?

NEW IDEAS

We try to find exercise routines that will attract more members to them – its working well with an emphasis on what YOU enjoy! In saying that we cannot satisfy all needs but we try. Is there an exercise that you enjoy(ed) that you feel others would enjoy please let us know and we will do the best to accommodate – for example this was how Golf and Boxing were introduced! Give us a ring and share your idea – 07811 126534

YOUR COMMITTEE

Chair	John Sheepy	07811 126534
Vice Chair	Bob Archibald	07860 628379
Treasurer	Brian Nicholl	07825 056080
Secretary	Vacant	
Fundraising Chair	Renee Dickinbson	01423 879079
IT and Computer	Tommy Leong	07443 608329
Membership	Shirley Clegg	01423 815975
Ripon	Celia Grieve	01765 603286
Chess	Alf Spencer	07886 701399
Committee	Christine Taylor	07786 008238
Taxi	Trevor Drawbridge	07866 847801
Committee	Julia Drawbridge	
Committee	Wendy Ridgway	01423 563411

PLEASE NOTE THAT AT THE ANNUAL GENERAL MEETING THE ABOVE WERE UNANIMOUSLY VOTED IN AGAIN FOR A FURTHER YEAR

Parkinson's is the operating name of Parkinson's Disease Society of the United Kingdom.

A Charity registered in England and Wales 258197

And Scotland SCO037554j

Any queries please contact John Sheepy

07811 126534

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