

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

YOU are NOT alone...



HARROGATE & DISTRICT BRANCH NEWSLETTER

Break out News!

A time to “Shake” free

Rambles from the Chair...

WHO AM I? WHERE AM I? WHO CARES...?

As I sit here, wondering what the post Covid era will bring, when will it end or even will it ever end. I wondered, what was that all about? I do hope you and your families are OK, our thoughts are with you all.

Your committees wish for this new challenge ahead is to find and support every one affected by Parkinson's in the Harrogate district whether the patient, family or friends.

HOW? By improving the way we look out for them, this is as important improving what we do for you. Over two thirds of the diagnosed in the area are not known to us!

WHEN? Hopefully the information in here will help you understand our initial aims, but then is down to the Government!

WHERE? Anywhere that the Harrogate District hospital neurology department covers. I am pleased to say Ripon area have now rejoined the branch ~ welcome and thanks to Gillian and Julie for all the hard work they have done.

I would like your opinion of our new meeting intentions and hope you will tell us what you want from us by completing and the enclosed information sheet.

John Sheepy

Chair of Parkinson's UK Harrogate Branch

Our Proposed Programme...

Peer support and talking with similarly diagnosed are 2 of the most effective ways of coming to terms with Parkinson's and so we will be offering a new approach with the desire of more time to chat!



COFFEE DROP IN / GET TOGETHERS

Pateley Bridge ~ monthly

Wetherby ~ monthly

Boroughbridge ~monthly

Harrogate ~ twice monthly

(one in the morning one in the afternoon)

Ripon ~ twice monthly

As well as improving support to the existing Knaresborough group run by Daphne.

MEET UP CHATS AND GAMES AFTERNOONS

Both Ripon and Harrogate monthly

SPECIALIST SPEAKERS

With the assistance of both HO connections and Parkinson's Concierge, we will be offering periodic late afternoon/early evening meetings on Parkinson's specific subjects will be held at either The Granby or Burton Leonard.

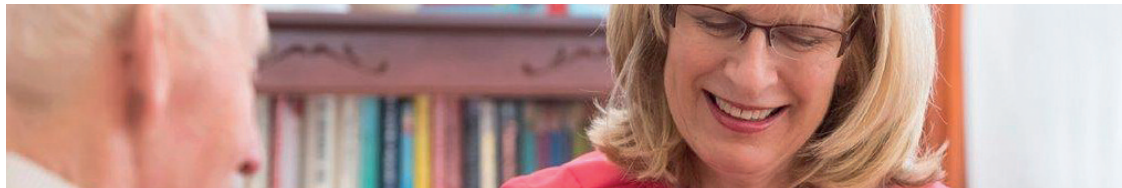
NEWLY DIAGNOSED MEETINGS & MEET OUR SPECIALISTS

Meetings proposed for twice a year.

Many of you say you want to be involved, so bi-monthly research specific meeting are proposed.

Research ~ introduction and update

Full details to follow shortly



Love every day at The Granby

At brighterkind's The Granby Care Home in Harrogate, our Magic Moments Club provides a vast range of activities and fun things to do that are open to all of our residents. The idea behind Magic Moments is that just because someone moves into a care home doesn't mean that the things they love doing should suddenly stop – quite the contrary, we believe our residents should have the opportunity to love every day, by doing the things that they have always loved as well as trying new things along the way.

Staying active, stimulated and engaged is so important for everyone and that's no less true for our residents. Our resident, Margaret shares her feelings on how she felt when she first came into The Granby

Care Home and how very different she feels now:

"I was quite confused when I first came to live at The Granby. It was a big change and I wasn't sure I'd like it. Now I love the huge range of activities and that each day is different. I enjoy doing exercise groups and I like to attend most of the activities especially the History club. I've made some new friends here and I look forward to seeing them every day and taking part in the activities."

If you would like to know more about life at The Granby Care Home or our Magic Moment's Club, please call us on 01423 586992

The Granby Care Home

"Everyone was so very kind and caring. It was clear that my grandmother felt safe and cared for."

(Granddaughter of Resident, Feb 2021)



Whether you require permanent or short term residential care or dedicated nursing care, here at The Granby Care Home in Harrogate, we implement a personalised care plan so you can get on with having fun and being you. A resident's family member recently said "I can not thank the staff enough for all they have done and are doing."



Call today on 01423 586992 or visit www.brighterkind.com/welcome for more information on how we're safely welcoming new residents.

The Granby Care Home
Granby Road, Harrogate HG1 4SR
www.brighterkind.com/thegranby

Platinum ★★★★★
Trusted Service Award
For consistently delivering excellence 2021 **feefo**

Rating is based on 826 reviews

brighterkind



supporting

Parkinson's UK
Harrogate
Branch



Play THE LOCAL LOTTO
and support our cause!

- We now have a Lottery page!
- Support local causes and win prizes up to £25,000!
- 50% of all tickets sold from our page go to us!
- PLUS 10% goes to other good causes in Harrogate!
- Tickets only cost £1 per week!

To start supporting, visit:

www.thelocallotto.co.uk

and search for: **Parkinson's UK**

Supporters must be 16 years of age or older



Groups we're working with...

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

North Yorkshire Branches of Parkinson's UK are working together...

Branches throughout North Yorkshire are planning on working together to find

ways of fighting for better services for us all, in the county.

[Watch this space for developments...](#)



We continue to support the excellent work of **Golf in Society** with our members and include a special thanks to Rudding Park Golf for allowing us the use of their facilities. Golf restarts 14/04 contact

Anthony on 07491 694938.

We are lucky to have Vicki Watson working for us on our exercise classes. Vicki has joined forces with Motion Rehab to improve aspects of

her already excellent service that she gives. We are pleased to report that exercise classes are starting to break free of the lockdown Exercises with Vicky restart contact 07961070159.



We must also remember Breffni for his Tai Chi classes restart on 20/04 contact Breffni 07817 769089

...and Neil who is already planning for the Crown Green Bowling season.



Planning for our & your other



Care and Support for Life

We have joined forces with Dementia Forward to offer specialist advice with regards to Parkinson's Dementia to give support and training as required. This is being done with the support and guidance of Harrogate District Hospital.



Parkinson's Concierge are a Northern based company working for people with Parkinson's arranging seminars, webinars and products for our benefit. We are embracing their work for your benefit and we will keep you informed of their work.

A global alliance of people with Parkinson's, our partners and friends,



has been set up for us standing together to demand change in how the condition is seen and treated. The PD Avengers are not a charity nor are we affiliated with any one organization. Our mandate is to use the value of our combined effort, influence and skills to prove

Parkinson's matters and to build a sense of real urgency to end this disease.

Have a look at www.pdavengers.com why not sign up to support?

PARKINSON'S UK ARE PARTNERING WITH NEXT TO GET PARKINSON'S UNDERSTOOD



Genna, 39, has Parkinson's. She's designed an exclusive range of T-shirts and bags for Next.

This new partnership will help more people understand Parkinson's and raise vital funds to support others with the condition. Ahead of World Parkinson's Day on 11 April 2021, we're teaming up with British clothing retailer Next in a new partnership to raise funds and awareness about the condition.

With slogans like "If nothing else be yourself" and "You are someone's reason to smile", the products promote messages of diversity and inclusion. A new range of exclusive T-shirts and tote bags go on sale today, with 100% of profits going to Parkinson's UK.

They have been designed by Genna, 39, who was diagnosed with Parkinson's while on maternity leave from her job as a Designer at Next in 2016

As a major retailer and employer, Next aims to raise awareness of Parkinson's as a "hidden disability" as part of its work to promote diversity and disability inclusion.

Parkinson's UK Harrogate and District Branch

Local Wildlife Photo Competition

When you go down to the woods today. You are sure of a big surprise
Send in your pictures with a caption of the local wild life; Birds, squirrels, Sheepish Sheepy sheep, pets, spring flowers, Teddy Bears etc, capturing the moment of nature unaware.

A guest judge will be invited to choose the best pictures to be published in PUK Harrogate Newsletter on a quarterly basis. The best of the best, will be automatically entered in consideration for our annual calendar.

The prize for the winner of the competition... You are sure of a big surprise!



At first I was afraid, now I am petrified. *(Wildlife Photo of the Year 2019)*

Send your photos to: Denise Gibson
Email: denisegibson21@yahoo.co.uk

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

To raise a Smile...

I have many faults
...but being wrong
isn't one of them!

I am a responsible person...
If anything goes wrong
...I am normally responsible.

If you are not a fighter.
Learn to be one!



How well you live
with Parkinson's
is up to you...



Peter: If it were to happen, would
you want to have Parkinson's
or Alzheimer's?

John: Parkinson's of course.

Peter: Why is that?



John: I'd rather spill a bit of whisky than forget
where I put the bottle!

I WANT TO
SLEEP BUT
MY BRAIN
WON'T STOP
TALKING TO
ITSELF.

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

**Insanity doesn't run in
my family...**

**It stops, has a cup of
tea and a chat.**

Do you have Parkinson's?

☐ Yes

☒ No

**I May Have
Parkinson's...
But Parkinson's
Does Not Have
Me.**

PARKINSON'S
It's only a Word.
Not a Sentence.

Funny Quotes or Jokes...
Please share.

**Concerned about
Parkinson's?**

Call your local Helpline



03300 578592



Your North Yorkshire Charity
Care and Support for Life

**Delivering a
Dementia Support Service
covering all areas of
North Yorkshire**

Research Update...



Get connected



Take part



Have your say

As part of our branch re-organisation we are forming within the branch a research based group with aims of strengthening local involvement in Research.

- To keep interested members of the branch up to date with Research and developments linked to the Yorkshire & Humberside Research Network
- To show what opportunities exist both locally and nationally for involvement
- Encourage local interest in the Yorkshire & Humberside Research Network

If you are interested please let me know - current plans are:

- This autumn Heather Mortiboys of Sheffield Universities Sitran Research Centre is coming to give a talk on a new drug development currently in trials that is believed to slow down the onset of Parkinson's
- Liz Nash head of Parkinson's UK's research department is attending to launch our project

To record your interest please contact:

Mike Mosedale 07920 443087 or
email: mikemosedale@virginmedia.com

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

Fundraising...

At the beginning of 2020 there was great excitement at Parkinson's Harrogate Branch. We had been able to book Snake Davis for a concert at Ripley Live. Snake would be head-lining

Parkinson's Harrogate Annual Charity Event at Ripley Live and he would be supported by District Blues.

However, as we are now all aware, that was pre COVID-19, and things were about to change, dramatically. As a result of the COVID-19 Lockdown it was obvious that the concert could not go ahead.

With great disappointment and in consultation with everyone concerned, it was agreed that we would postpone the event to 2021.

Everyone involved with the event were still keen to do the concert, even if it was postponed



*Snake Davis
is one of the
most in demand
rock, soul & jazz
sax players in
the world.*

for year, in fact tickets had already been sold for the event. It was a unanimous decision, so we postponed. The view of the charity was that they had been very lucky to book Snake Davis in the first place. He is well known locally plus he has a great following as well.

Snake Davis is an internationally renowned saxophonist and musician who has played with some of the best in the industry. He is widely known as a solo artist and for his guest appearances, solos on tracks such as Lisa Stansfield's "Change", M-People's "Search For A Hero" and many more.

...Introducing Snake Davis



He has recorded more than 400 tracks for over 60 artists... and the list keeps on growing.

Snake Davis is one of the most in-demand rock soul and jazz sax players in the world.

Davis' moved to North Yorkshire in his teens. He lived in Harrogate and attended Leeds College of Music. He loves Yorkshire and therefore he was thrilled when asked if he would like to perform

to support Parkinson's Harrogate in 2020.

The long-awaited Snake Davis concert will now take place on 24th July 2021 with District Blues supporting.

Doors Open 7.00pm for 8.00pm start. Tickets are £15.00 and are available now from Ripley Live <https://ripleylive.com>

Parkinson's Harrogate raises money to support those locally affected by Parkinson's and their families.

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

**Event sponsored by Roger
Cooper Enterprises**

WE MAKE THE COMPLEX SIMPLE.

No jargon. No hidden fees. Law, Fair + Square.

Let us start helping you today.

Contact Jackie Ashton on **01423 502 211** or email jackie.ashton@lcf.co.uk

LCF LAW™
BARBER
TITLEYS

CORPORATE | PROPERTY | DISPUTES | PERSONAL

LCF.CO.UK

LEEDS | BRADFORD | HARROGATE | ILKLEY

CARDALE | Asset
Management
investment management • stockbroking • financial planning

Specialist Care Fees Advisers

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 W: www.cardale-asset.co.uk



DO YOU NEED A STAIRLIFT?

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

"UPSTAIRS,
DOWNSTAIRS....
NO PROBLEM."



- ✓ 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.

Named Most Outstanding Mobility Retailer in Yorkshire 2018, 2019, 2020 & 2021

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



**FURNITURE
— AND —
MOBILITY**

NATIONAL RETAIL BUSINESS
OF THE YEAR



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

Email: harrogate@homeinstead.co.uk

Each Home Instead Senior Care® franchise office is independently owned and operated. Copyright © Home Instead 2015.

Nidderdale House
Station Yard
Harrogate
HG3 3BA



**Home
Instead.**
To us, it's personal

Thank you to these companies that have kindly sponsored the publication of this newsletter. Please note that these companies are not partners of Parkinson's UK (company number 00948776) and the charity does not endorse their products or services over other companies. Parkinson's UK is not responsible and is not liable for any advice given or products purchased, or for any loss or damage incurred because of using this company activity.