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YOU are NOT alone...

**HARROGATE
& DISTRICT BRANCH
NEWSLETTER**

Summer 2020

...We are here to help.

Welcome from the Chair...

Well 3 months locked in and still no sign of a break... I hope you are all keeping OK?

Its been so strange not meeting, but we have not been standing still - planning for the future has continued and we will be ready when the handcuffs are removed.

Meanwhile I can't express enough the importance of exercise. Vicki has produced some excellent videos. For these and all up to date news items, please keep up to date on our excellent web pages at:

www.harrogateparkinsons.co.uk

John Sheepy

Chair of Parkinson's UK - Harrogate Branch

A message from...

**Dr Buccoleiro
Harrogate District
Hospital**

Dear beloved patients

I hope our phone calls are helping you to feel that we have not forgotten you. I miss not to seeing you in person and laughing at times about life.

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.

Undoubtedly we are dealing with an unusual period, remember you are not the only ones feeling scared and feeling uncertain about the future.

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 and stay safe.

Rosa Buccoleiro

Meet... Vicki Watson - Therapeutic Exercise Instructor

(Also known as Vicki Unpronounceable Surname, Vicki I, Exercise Vicki and Personal Torturer - although I feel that's a tad dramatic, no one has had any lasting scars).

So about me...I'm married to my lovely hubby David (just married him hence the change to a more pronounceable surname!) and we have 4 kids: Thea, Nathan, Beth and Gabrielle and two smelly dogs - Harry and Scamp, who have been keeping us all sane the last few months and a hamster called Nibbles!



I love walking and being outdoors and spend half my life in the garden, (I may be hiding out there with a cuppa and a bar of chocolate if I'm honest...).

Work wise, well I've been looking after and doing exercise with people with Parkinson's (and other neurological conditions) for nearly 20 years and I am utterly passionate (think slightly bananas hopping about, clapping type passionate!) about how exercise can not only improve the life of people with Parkinson's but help them manage the condition long term – it's truly awe inspiring seeing someone overcome their symptoms and focus on the awesome power of their body and what it can do.

I've been lucky enough to train with some of the best tutors and physio's in the area and learn endlessly from my fantastic clients and class members. My lovely team mates and I offer 4 exercise classes a week (plus referral to classes like tai chi and boxing) and one-to-one sessions if needed. You can give me a shout anytime on 07961 070159 or email wishfitness@hotmail.com if you need some advice. At the moment, we are also offering sessions via 'Zoom' if you need some guidance too.

I hope you're taking care of yourselves (try doing a couple of sit-to-stands during the adverts on the TV and make sure you drink plenty of water too), I hope to see you soon.

Vicki xxx

A message from...

**Louise Smith -
Parkinson's UK
Information & Support**

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.

We have a new booklet packed full of useful information.

Parkinson's and Coronavirus - a copy is attached.

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 page, which provides some tips about looking after your mental health.

- *Staying active at home when you have Parkinson's*
- *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 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**, my usual days of work are Tuesday, Wednesday and Thursday or you can call our specialist helpline on **0808 800 0303** or email **hello@parkinsons.org.uk**

If you have any questions please let me know. I appreciate it is a difficult time for everyone.

Louise Smith

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Quotes from the famous...

"In fact, Parkinson's has made me a better person. A better husband, father and overall human being."

Michael J Fox



"Parkinson's is a slow but inevitable process. It's hard living with it on a daily basis. The difficulty facing people with it is that they never quite know "Can I or can't I do this today?"

Helen Mirren

"God gave me Parkinson's syndrome to show me I'm not 'The Greatest' - he is."

Mohammed Ali



"I have a form of Parkinson's disease, which I don't like. My legs don't move when my brain tells them to. It's very frustrating."

George W Bush



"I used to feel kind of impatient of people who couldn't do things fast or couldn't remember stuff."

Linda Ronstadt



"Stem cell research is the key to developing cures for degenerative conditions like Parkinson's and motor neurone disease from which I and many others suffer. The fact that the cells may come from embryos is not an objection, because the embryos are going to die anyway."

Stephen Hawking



Harrogate Branch Directory...

President	Les Ellington	01423 712279
Chair	John Sheepy	01765 279386
Secretary	Alison Boyle	07985 602345
Vice Chair	Mike Mosedale	01423 868012
Membership	Shirley Clegg	01423 815975
Treasurer	Richard Allen	01423 568390
PR & Fundraising	Renee Dickinson	01423 879079
Taxis	Christine Taylor	01423 521064
Golf	Golf in Society	07491 694938
Craft workshop		01423 521064
Crown Green Bowling	Neil Fuller	01423 202439
Web & Technology	Tommy Leong	07443 608329
Exercise Committee	Vicki Watson	07961 070159
	Wendy Ridgway	01423 563411
	Denise Gibson	07887 294594
	Ray Hudson	01423 866647

Have you looked at: harrogateteparkinsons.co.uk

Meetings normally 2pm until 4pm...but currently on hold

The Granby
Harrogate
HG1 4SR

Parkinson's UK Information and support

Louise Smith	0344 225 3769
Helpline	0808 800 0303

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*Until we meet again...
Please take care.*

Fundraising...



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SUPPORTING
Parkinson's UK
Harrogate
Branch

To continue our service for those with Parkinson's; their families and friends costs over £23,000 per annum!

Many people ask how they can help, but aren't able to join a committee, shake a tin etc.

Now there is a way that you can help raise much needed funds and have a chance to win up to £25,000 at the same time...

...By joining the local Lotto.



For just £1 a week, you can support our work (and other local causes) plus, be in with a chance of winning up to £25,000 each week.

£1 a week does not sound a lot, but the cumulative value if each local member of Parkinson's UK joined would, if you nominated to our cause, raise £3,900 per annum. But just imagine if your family and friends joined in - we could do so much more to support!

Remember £1 a week may not change the world, but it could change the world for one sufferer or hopefully many more!

To start supporting, visit:

www.thelocallotto.co.uk

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

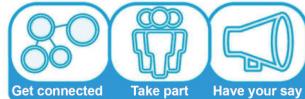
*Supporters must be 16 years of age or older, enter by the 2nd of November 2019

See website for Terms and Conditions.

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Research Opportunities...



Researchers are looking for the help of both those with the condition and those without. There are currently 8 research studies you could take part in:

1. Understanding the impact of Parkinson's on parenting

A study into the effectiveness of Parkinson's on children aged 12-24yrs

2. Predict PD - Looking for 60-80 year olds WITHOUT the

condition. Completion of online questionnaire

3. Swallowing difficulties - Looking for those with the condition who have been admitted to hospital and have swallowing difficulty.

4. Exploring the scope and value of Parkinson's nurses

Involves completing an on line survey

5. Adapting to caring and coping during coronavirus

Looking for formal and informal carers. Involves completion of survey, then repeated in 4-6 months.

6. The effect of social distancing - an online survey into the effect of social distancing. They are looking for people with and without the condition.

7. Awareness and attitude relating to corona virus - study looking at 'high risk' patients and how the virus has impacted. Again an on line survey.

8. The role of lifestyle factors in fall risk during lockdown

This is checking whether the lockdown has had any impact on the risk of falls. Surveys over 6 a month period are involved.

9. Exploring Parkinson's patient's views on physical exercise

For full details on these and more 'see the hub' on www.parkinsons.org.uk/research/get-involved-research

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Research Round Up...

Parkinson's doesn't stop because of COVID19, but nor will the research. Whilst many research projects are on hold, researchers are still working...many from home.

Most researchers are healthcare professionals having out of necessity returned to frontline services and social distancing stops face-to-face consultations. This does not stop the resourceful:

Predict PD study - A mainly online study into possible prediction signs is still in full flow testing non sufferers aged 60-80 looking for signs.

Parkinson's UK Brain Bank - Continues where possible. Have you considered donating to the world's only such facility? (Denise Gibson has done just that when renewing her will this week).

Parkinson's Virtual Biotech - 3 simultaneous projects into potential treatments continue despite lockdown restrictions.

Research Conference - Planning continues with the planned September event. For full details on these and more see

www.parkinsons.org.uk/research/get-involved-research

Pasadena Clinical trial - The first stage of the trial is now completed for this potential vaccine. Sadly results revealed that hoped for targets had not been attained. Despite this phase 2 has now commenced. Again full details are on the research website.

Interested in getting more involved with research? why not join the **Research Support Network** - You will receive monthly updates and the opportunity to attend regular meetings of the **Yorkshire and Humberside Research Network** again look at the web site or chat to John Sheepy.

Good News in this edition...

In these troubled times there is nothing better than positive news to lift ones sprits and make you realise it is not all gloom.

I asked the committee members if they had experienced anything positive during the lockdown and received these 2 snippets from Denise Gibson :

‘The sky has never seemed so blue, for a few weeks the roads so quiet, and the sun so glorious. I felt as though I had been transported back to my childhood.’

‘The most positive thing in my life is the wildlife we now have in our garden and the village. We have nesting bluetits; robins and

buzzards lazily circling ahead along with red kites, lots of the usual crows, pigeons etc and squirrels in the trees behind us.

‘During a warm sunny afternoon, I can lay in the garden and hear the squabbling of the birds and the noises of the horses in the field behind me. A short walk and I can meander through the bluebell woods at the far end of our village and at the other end in the Mar (inter-twining village ponds) there are swans; coots, ducks and geese nesting and now busily keeping their little balls of fluff in order. The baby coots were especially cute so, not knowing their name, we called them cutelets.’



Golf is Back!



The good news is that Anthony at Golf in Society, through the excellent support of Rudding Park Golf re-started on 17th June at 1.00pm.

Please note however it is the course only, there are no other facilities currently available.

Please contact Anthony on 07491694938

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harrogatemarketing.co.uk

We are very proud of our excellent website designed by committee member Tommy Leong!

Have you looked at it? It will keep you up to date on everything to do with our branch and its updated regularly to keep you informed of everything that's happening in not just Harrogate and District but also with national events - it is really a one stop information package for all

A recent inclusion is the amusing pen pictures of your committee with Tommy's humorous slant on one and all...

**For more information
on the web site
please contact
Tommy
on
07443 608 329**

Harrogate

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[HOME](#) [WHAT WE DO](#) [UPCOMING EVENTS](#) [NEWS](#) [TEAM PROFILE](#) [More](#)

Latest Update on Coronavirus

[Message From The Chair of Harrogate Branch - Click Here](#)
[Understanding Coronavirus and Parkinson's - Click Here](#)
[Stay Active Stay Healthy At Home - Click Here](#)

Welcome From The Chair

The Harrogate branch of Parkinson's UK was founded in 1984. The aim of the branch is to provide information, raise awareness of Parkinson's and funds to help people locally with Parkinson's and to have fun.

We hold monthly meetings and events, at the afternoon meetings we normally have a guest speaker. These speakers talk on a wide variety of subjects.

We also have a quarterly newsletter to keep members up-to-date with branch events and activities.

We fundraise to provide free exercise classes and provide transport to those members who have difficulty in getting to hospitals and doctors' appointments.

We can help members to access counselling services and provide a limited amount of assistance to carers. Please do come and attend one of our meetings to see for yourself you will be made most welcome.

John Sheepy

**You Are Not Alone
We Are Stronger Together**

What's On In The Coming Weeks

Golf Is back in action

July 2020

Golf In Society
8th Wednesday
22nd Wednesday
(Contact Anthony Blackburn (07491 694938) for details)

August 2020

Golf In Society
2nd and 4th Wednesday each month

PLAY LOCAL LOTTO FOR PARKINSON'S

Join Us Get Involved Have Fun

Learn more about our business partners:-

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[Golf In Society \(Harrogate\)](#)
[Rise Mobility \(Mobility Aids\)](#)

Call us:
01763 279386
(John Sheepy)

Find us:
The Granby/Harrogate HG1 4SR
(Branch Meetings Venue)

[Twitter](#) [Facebook](#)

From a Personal Point of View...

Here at Harrogate Parkinson's we like to keep an open mind on alleged super cures - so in each newsletter, we would like to share with you ideas that members find help them! I for instance fight my Parkinson's with a laugh and joke.

Its not for everyone, but it works for me! Please let us know what works for you...

John Sheepy - Chair

One such case is that of Voxxlife Products

as recommended by Ian Harris who I quote...

‘In October I had just returned home from a four month stint in hospital for a hip replacement operation, following smashing my hip in a fall accident. It had been the fourth bone breakage during my Parkinson's 'career'. All breakages were as a result of falls yet when I was visited by a friend, who had been like me very unsteady, he challenged me to try push him over—he was solid as a rock
He put it down to new inner soles for his shoes—one of the Voxxlife range of products!

We discussed the benefits and I decided I had nothing to lose as they offered the 30-day money back guarantee. I haven't fallen since, which was so often my nemesis, as during an exercise class, I would literally stagger backwards at least five times. I'm proud to say that in the 4 months since then I haven't had a single fall and experienced no staggering backwards during an exercise class up to lockdown. Voxx have significantly improved and facilitated my rehabilitation.**’**

For more information any enquiries phone Ian on 07702072916

I must admit when last seeing Ian, he did look significantly stronger.

Whilst not personally supporting the use of any particular 'alternative' treatments, we feel it is important to share with you.

Fundraising...

Fundraising for 2020 is going to be an interesting challenge for us. With the Coronavirus we are all encouraged to Stay Safe and to embrace anti-social distancing. This tends to make it difficult to carry out many of our normal types of fundraising events. Our events usually include people gathering for a concert or lunch, all of which are now not possible to do. But we are not going to let this deflect us from our path. We are looking for new ways to raise funds and donations so that we can continue with our work of supporting you our branch members.

I am asking for your ideas that we can consider for fundraising this year that will fit in with the Government's requirements. If you have any suggestions for small or larger events, I would like to hear about them. I can then discuss them with you prior to putting your ideas to the committee. They will consider your suggestion and decide if it is feasible to go ahead with it. Please do share your thoughts with us as all ideas will be welcomed and considered.

One was to be our Annual Ripley Live concert. This year we had booked Snake Davis who is a popular musician locally and we thought that this could possibly be a sell out. The concert was planned for the 24th July with support act District Blues. It then became obvious that we would not be able to go ahead with this concert and it was possibly going to be cancelled.

But the good news is we have so far managed to agree with all concerned that we will postpone this event until next year.

In fact we have a tentative date of 24th July 2021. More news will follow...

We also had to postpone the LK Bennett fashion show and we have not been able to replace this event. But as it was a sell out we

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are hoping to be able to put on another show, but this will not be this year. We will have to postpone until next year. We have another event on which we are hoping to get some clarification and that is again at Ripley Live and will be a return of the very popular Vinyl night with DJ Ian Smith. At the time of going to press we are not sure if this event will be on - it was planned for late November, it could be that because it is later in the year we might still be able to hold this event.

What next?

We have a list of types of events that we have run successfully in the past, all helping to generate revenue for Parkinson's Harrogate. Here is the list for you see. Wine Tasting, Ladies Who Lunch, Whisky Tasting, Curry Night, Holistic event, concerts at Ripley Live, Rockup and sing concerts at the Royal Hall, Dinner and Dance at the Majestic with a back to the future theme and with a DeLorean car on show for publicity. Male Voice Choir concerts, and many more.

Just to remind you: we put on these events to bring funds into the branch to help you face Parkinson's.

Renee Dickinson

Chair of Fundraising

01423 879079

renee@countryfabrics.co.uk

STOP PRESS... STOP PRESS... STOP PRESS...

Breaking News

Snake Davis Concert with support District Blues

24th July 2021 at Ripley Live

Tickets available now from Ripley Live

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Email: harrogate@homeinstead.co.uk

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- > 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



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