

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

YOU are NOT alone...

# **HARROGATE & DISTRICT BRANCH NEWSLETTER**

*Winter 2020*

...We are here to help.

# *Welcome from the Chair...*

On behalf of the committee..

I would like to pass on **New Year greetings to you all!**

The party season may be over for another year, but now is not the time to dwell on the past... but focus on the future!

It is well known that one of the best ways to combat Parkinson's is to exercise.

We are so lucky to have Vicki from Wishfitness, working with us but it doesn't stop there. Our aim in 2020 is to find a form of exercise that appeals to each and every individual.

**Now is not the time  
to dwell on the past...  
but focus on the future.**

Late spring will see a taster day of a whole range of different sports, more details to follow - but boxing is included!

Yes we will fight Parkinson's in many different ways!

With my surname, I was taught to confront life not with aggression, but humour and it has helped me confront this condition.

I will not let it win.

I know its not for everyone, but try it and LAUGH into the new year... Have a great one.



*John Sheepy*

Chair of Parkinson's UK - Harrogate Branch



**Harrogate**

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**Your**  
**Invitation to a**  
**Fashion Show**  
**By**

**L.K. Bennett**  
**London**

**Date:** Friday 20th March 2020

**Time:** 6:00pm

**Price:** £5 Enjoy a glass of fizz and canapes on arrival

**Venue:** L.K. Bennett, James Street, Harrogate HG1 1QY

**Tickets:** Renee Dickinson Tel: 01423 879079

Email: [renee@countryfabrics.co.uk](mailto:renee@countryfabrics.co.uk)

**Advice on Hair Styles, Makeup and Fashion**  
**for the season**



**Parkinson's UK Harrogate Branch**

**You are warmly invited to attend the  
Annual General Meeting of the  
Harrogate Branch of Parkinson's UK**

The Granby, Granby Road Harrogate HG1 4SR  
Tuesday 10th March 2020 @ 2.00pm

If you are interested in standing for election, please contact Rose Crawley, Network Support Officer, Parkinson's UK at least 2 weeks before the meeting **Telephone 0344 225 3634** or email **rcrawley@parkinsons.org.uk** (nominations cannot be accepted on the day).

**AGENDA**

1. Welcome.
2. Consideration & approval of Minutes for the AGM of 12 March 2019.
3. Consideration & approval of the annual financial return for the year ending 31 December 2019.
4. Treasurer's report (including the appointment of an independent examiner for the accounts. Recommended by Martin Brizzolara of Bradley & Co).
5. Consideration & adoption of the report of the Chair/committee for the year ending 31 December 2019.
6. Election of Branch committee members:  
John Sheepy - Chair  
Richard Allen - Treasurer  
Alison Boyle - Secretary  
Mike Mosedale - Vice Chair  
Shirley Clegg - Membership secretary  
Renee Dickinson - Fund raising.  
Wendy Ridgway - Tommy Leong -  
Denise Gibson - Committee members  
It is with regret, we announce that Christine Taylor does not wish to stand for the committee.
7. Any other business.
8. Refreshments.
9. Talk by Leanne Owen a motivational Fund Raising Volunteer of Parkinson's UK.

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# Help find a cure...

Parkinson's has many faces and many guises. There doesn't seem to be a week goes by without another diagnosed celebrity.

Can you name them? Who will be next? (*Answers on page 9*)



Please help find a cure...

To find a research project close to you

Visit <https://www.parkinsons.org.uk/research/take-part-research>

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### **‘Get it on time’**

The successful ‘*Get it on time*’ campaign targeted at taking drugs on time, now operates throughout the hospital, but our Parkinson’s Team stress that it is not just when in the hospital that this is important - it is important at all times, so keep to the times and doses.

### **How can you remember to take Parkinson’s medication on time?**

There are lots of things you can do to help you get your tablets on time:

- *set an alarm on your phone or smart watch*
- *get a family member to call you at the right time, or arrange care visits around when you need to take your medication*
- *use a pill box with sections for each day and time*  
*Your pharmacist can advise on the different ones available and we also sell them on the Parkinson’s UK shop*
- *Talk to your Parkinson’s nurse, if you are struggling to remember to take your medication. They can work with you to re-schedule your treatment regime so that it fits around you.*

*In addition this winter please ensure:*

- *You keep well hydrated - water not alcohol*
- *Stay positive*
- *Get as much exercise as possible*



*Angela & Angela*

*Parkinson’s Specialist Nurses*

# *Fundraising Plans for 2020*

This is an outline of just some of the possible fundraising activities that are being considered by Parkinson's Harrogate, in no particular order. When they are confirmed we will let you know. Meanwhile your opinions would be appreciated...

## **Rudding Park event 24th April 2020**

An evening of music and dancing with a twist. This is proposed as the big event of year so far.

Rather than a ball, we thought a night of 60's, 70's and 80's music might take place.

An event where everyone has a chance to dress in the style of the era they most enjoyed. There will be an award for the best dressed person for each era.

The aim is for an evening of dancing, and fun.

## **Ripley Live! 25th July 2020**

We have booked Snake Davis in 2020. He has a strong local following and puts on a good show.

## **Gin Tasting**

Discussions continue with Slingsby Gin to help us.

## **Oakdale Golf Club**

Oakdale Golf Club's new Captain is working to help raise money for our Charity in his year as Captain.

## **Whisky Tasting**

A great success last time it was held.

*Remember all monies raised will be used locally for your benefit.*



# WIN

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# Some Suggestions...

Some suggestions that have worked well in the past - hopefully to give ideas...

## Individual ideas

Committee members raised over a £1,000 last year, on a walk and is already planning further fund raising events of a similar nature.

John Sheepy on a significant birthday (not 21st), requested donations instead of gifts and raised over £500.

## HOW COULD YOU HELP IN 2020?

Please don't forget the Local Lotto. Currently on target to raise £750 this year, so much more could be raised with your support - please see leaflet attached...

An opportunity to both raise funds and with a chance of £25,000 winnings.

## PLEASE SUPPORT US

Your views would be appreciated - please let Renee know on  
**01423 879079**

***We are pleased to announce that Renee Dickinson was, in our opinion, justifiably awarded one of the Parkinson's UK 2019 Volunteer of the Year awards, for her services over many years to the branch.  
Congratulations Renee!!***

# Dates for your Diary...



## **Wednesday 12 February Meeting**

A rare opportunity to meet, listen to and question Steve Ford, Parkinson's UK Chief Executive and Chris Holmes Strengthening our Local Work Programme Manager  
Talk based on 'Team Parkinson's' and working together.  
Followed by a Q&A session.

Please let us know in advance, if you have any questions you would like to ask Mr Ford - now is your chance to think up some pertinent questions for the Charity's CEO.



## **Tuesday 10th March Meeting - is our AGM**

**For full details see leaflet enclosed**

## *Coming Soon...*

### **A new venue**

Walking football and curling are coming to a new venue - Christ Church

Curling at 1.30pm followed, hopefully by Walking football till 4pm.

A new idea...

Harrogate Racquet Centre are offering us the use of their facilities - full details to follow...

Please see card enclosed for Branch meeting guest speakers

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As we enter the year we would like to thank  
The Granby for their support during the past year

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## 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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NATIONAL  
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OF THE YEAR

# RISE

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