

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

**The Harrogate and District Branch of
Parkinson's UK extends a hand of
friendship**

YOU ARE NOT ALONE!

**To those who have been diagnosed
with Parkinson's their families,
carers and friends.**

WE ARE HERE TO HELP!

Welcome from the chair

The Harrogate branch of Parkinson's UK was founded in 1984 and now has over 140 members., within the Harrogate District there are approaching 500 diagnosed and living with Parkinson's.

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 whilst we are doing it. To many diagnosis is a mill stone but I find laughing at it the best solution. It is very easy to let the condition overwhelm but to control you must confront it

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

This intention of this leaflet is to give a feel to what we arrange to help

We publish 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 hospital and doctors' appointments. We can help members to access counselling services and provide a limited amount of assistance to carers

Please do come to one of our meetings to see for yourself you will be made most welcome

'Remember you are not alone'

John Sheepy

HARROGATE BRANCH

Are you a member?

Now with a free membership offer you will get excellent help and advice and be kept up to date in the research to find a cure!

For more information contact

Shirley Clegg our membership secretary on 01423 815975

Parkinson's UK Local Adviser service

A free, confidential service provided by a team of Local Advisers across the UK by Parkinson's UK. Local Advisers can support anyone with Parkinson's, their family or friends.

Louise Smith is the Local Adviser for Harrogate, Ripon, Skipton, Northallerton and Dales. She can help if you:

- have just been diagnosed and are looking for advice and information
- are looking for tips on how to deal with the day-to-day impact of Parkinson's
- need emotional support
- want to find out more about the services available in your area
- want to learn about your rights and entitlements
- need help navigating the benefits process
- need information on where to find grants and financial help
- are looking for support on employment issues
- need support with anything else relating to life with Parkinson's

For more information contact

Louise Smith on 0344 225 3769

HARROGATE BRANCH

WE ARE WORKING FOR YOU

MEETINGS	DROP IN SESSIONS	MUSIC AND DANCING	BEFRIENDING	SEMINARS
<p>MONTHLY MEETINGS ARE HELD AT THE GRANBY 2ND TUESDAY EACH MONTH 2-4 PM GUEST SPEAKERS Contact John 01765 279386</p>	<p>INFORMAL DROP IN ARE BEING ORGANISED THROUGH OUT THE DISTRICT AN INFORMAL OPPORTUNITY TO MEET AND SHARE EXPOERENCES</p>	<p>WE ARE ALWAYS ON THE LOOK OUT FOR NEW IDEAS MUSIC AND DANCE ARE SHOWN TO HELP CLASSES BE-ING ARRANGED WATCH THIOS SPA</p>	<p>IT IS IMPORTANT THAT NO ONE IS LEFT ALONETO FACE PARKINSONS THIS FACILITY IDS BEING ARRANGED MORE INFO TO FOLLOW</p>	<p>WORKING CLOSELY WEITH HARROGATE DISTRICT HOSPITAL AND RESEARCH BODIES REGULAR EVENTS ARE ARRANGED BOTH LOCVALLY AND NATIONALLY</p>
GOLF	CRAFT WORKSHOPS	EXERCISE CKLASSES	RESEARCH	LUNCHES
<p>YES GOLF! TOGETHER WITH 'GOLF IN SOCIETY' WE OFFER A GREAT AFTERNOON TWICE A MONTH WITH KIND SUP-PORT OF RUDDING PARK GOLF</p>	<p>PLEASE SEE INFORMATION ELSEWHERE IN LEAFLET</p>	<p>PLEASE SEE INFORMATION ELSEWHERE IN LEAFLET</p>	<p>MIKE MOSEDALE IS OUR RESEARCH COORDINATOR</p>	<p>SUBSIDISED LUNCHES ARE MADE AT REGULAR DATES THROUGHOUT THE YEAR</p>
COUNSELLING	RESPITE	TAXI'S	NEWSLETTERS	FUND RAISING
<p>WE FUND A COUNSELLING SERVICE OF UP TO 6 HOURS WITH WISHING WELL, HARROGATE CONTACT LOUISE SMITH</p>	<p>WE FUND LIMITED HOURS OF CARE WITH HOMEINSTEAD CONTACT LOUISE SMITH</p>	<p>WE FUND A TAXUI SERVICE FOR PATIENTS MEMBERS WITH NO MEANS OF OWN TRANSPORT PLEASE SEE CONTACT ARRANGEMENTS</p>	<p>QUARTERLY NEWS LETTWERS ARE SENT TO ALL REGISTERED WITH THA BRANCH</p>	<p>TO MEET THER REQUIREMENTS OF THE SERBVICES OFFERRED WE NEED TO RAISE £15000 PS CAN YOU HELP! CONTACT RENEE</p>

HARROGATE BRANCH

EXERCISE CLASSES

Exercise is good for you and can make a positive difference to people with Parkinson's. please contact Vicky: Iwanuschak

- Tuesday - Fairfax Community Centre
11 - 12 Cost £4 (subsidised by Harrogate branch)
Postural stability and balance—beginners
- Thursday - The Hydro
1.30 - 2.30 Cost £4. (subsidised by Harrogate branch)
- Postural stability and balance—intermediate
1.30—2.30 Cost £4
- More advanced on all aspects of health and wellbeing
Thursday—Bilton Health
- 4—5 pm Cost £10 max 4—6 people
Beginners session for those with mobility and anxiety issues
MUST BE PRE BOOKED- (subsidised by Harrogate branch)
- Private sessions and at home one to ones are available through Louise Smith the local Support Worker

NEW CLASSES BEING ORGANISED

HAND / EYE THERAPY WORKSHOPS

Workshops are held at the Granby on 3rd Friday each month from 2 - 4 pm.. The aim is to assist hand and eye coordination with craft style exercises. There is a charge of £5 to cover material costs

With tea, coffee and cakes

Or if preferred just come for a chat and drinkthats free!!

Golf in society



Our popular sessions take place on 2 and 4th Wednesdays each month 2—4 pm thanks to generosity of Golf in Society and Rudding Park Golf

Please note pre booking your place is essential

Antony Blackburn, Founder of Golf in Society commented "It's been an amazing two years since we started the pilot. We've encouraged so many people with Parkinson's to enjoy golf - many of whom had never played the game before. We are very proud to have proved how golf can become a special part of your life - even when Parkinson's tries to get in the way."

If you would like to join in and help raise awareness in any shape or form, please contact Tony

James, King Rudding Park Golf Manager explained "Golf in Society is a Social Enterprise, aimed at improving the health and well-being of an ageing population by introducing them to the world of golf. Rudding Park has been working with 'Golf in Society' for two years inviting those who live with Parkinson's and their carers to play every other week."

Contact us

President	Les Ellington	Chair	John Sheepy
	01423 712279		01423 326211
Secretary	Alison Boyle	Vice Chair	Mike Mosedale
	07985 602345		01423 868012
Membership	Shirley Clegg	Treasurer	Richard Allen
	01423 815975		01423 568390
PR / Fund	Renee Dickinson	Committee	Gillian Duthie
	01423 879079		01423 815721
Committee / Craft workshop	Christine Taylor	Committee	Wendy Ridgway
	01423 521064		01423 563411
Taxis	Sylvia Allinson	Golf	Golf in Society
	07811 126534		07491 694938
ask@harrogateparkinsons.co.uk		Exercise/	Vicki
Web and	Tommy Leong	Classes	Iwanuschak
Technology	07443 608329		07961 070159

Web site www.harrogateparkinsons.co.uk

www.parkinsons.org.uk

Branch

John Sheepy

01423 326211

Parkinson's UK

Helpline (FREEPHONE)

0800 800 003