

People get pedalling!



We had a great turnout for our inclusive cycling taster sessions at the York University Sports Village. So we've got another session booked for Thursday 16 October. Just come along to the cycle track and give it a try.

The event followed our meeting at the Folk Hall when Mervyn Sillence told us about trying out an e-trike provided by the York based Get Cycling project. He inspired us all when he talked about the sense of freedom from being able to get out and about under his own steam.

It was quite remarkable to see a couple of our members who, though struggling to walk, were still able to pedal. The specially designed bikes and enclosed track ensured a safe and enjoyable experience.

One member has been inspired to seek out other cycling opportunities and enjoyed a ride around Dalby Forest on a tandem trike. That was followed by a ride along the seafront at Bridlington.

Thanks to Alex at The Sports Village, Paula at Get Cycling, Maria from York Hospital and Jay from Inkblot films for helping to make this happen. And of course to Merv the Swerve for leading the way!

A generous lady

York Branch is to receive a very generous donation from the estate of longtime member Mary Gray. Mary left £15,000 in her will towards the work of the branch.

Mary came from a very old York family. She met her husband Ricky when both worked at the Rowntree factory in York. During their 40-year marriage they enjoyed dancing and meals with Ricky doing the cooking honours. The couple travelled to Europe several times a year into their retirement, and had friends in Spain.

Her sister-in-law and best pal Susan Yoward remembers Mary as a happy person who was always interested in other people.

Mary had already generously donated £250 to the branch in memory of Ricky when he died in 2024. After attending branch meetings over many years she was a guest of honour at the branch's 45th anniversary celebrations.

Your committee will be taking advice from Parkinson's UK on how best to use the donation towards our work. We will then consult branch members, so look out for more news on this. On behalf of the whole branch, we send our condolences and thanks to Mary and Ricky's family.

Festive fun

Join us for our branch Christmas lunch at the Novotel Hotel on Wednesday 10 December. There's a full three course lunch on offer with plenty of choices. All the details are on the form with this newsletter.

From the chair – Lorna Edmondson

After a long hot spell how refreshing was the September rain. Hope everyone survived without sunburn or heat exhaustion. Now we're looking forward to the changing colours of autumn.

Over the past few months we have welcomed several new members to our meetings, some of whom now come regularly to our weekly exercise or therapy sessions.

For fear of repetition, being diagnosed with Parkinson's or coming to terms with a loved one's condition can be upsetting and frightening. We have all been there.

But people with Parkinson's are determined too. Once a person with Parkinson's gets something into their mind, it has to be done. Maurice and I know a gentleman having serious difficulties. This gentleman struggled to get to the altar for communion. But that was why he was in church and sheer determination got him to the altar rail. Once he had taken communion, getting back to his seat took the rest of the service. No one minded. He and his wife are inspirational.

We also know of a lovely 90 year old lady who has had Parkinson's for 25 years. She lives by herself and her only symptom is a slight tremor. Everyone is different. Recently there was a marked change in one of our music therapy group. Instead of being wheeled in he was able to push his walker, sat upright singing loudly and even got up for a dance. Absolutely amazing, all through a change in medication!

Keeping positive can be difficult sometimes but there is always someone on the committee you can talk with. That is why this branch is here.

That brings me to an important point. In recent months several committee members or their spouses have had other serious health issues, which made me realise how fragile we are and how reliant on so few. Please think about taking on a task, however small. Any help you can give would be much appreciated.

Our Christmas lunch menu is enclosed with this newsletter. Please let me have your choices.

Lorna

Marking York Disability Week



Look out for details of this year's event from 29 November to 6 December, when local organisations will be organising a range of activities. The aim is to raise awareness about disability and the range of support available across the city.

Here at York Branch we are teaming up with the hospital for a Parkinson's Information Day at the Spurriergate Centre on **Friday 5 December**.

This is another opportunity to reach out to more people who are affected by Parkinson's and to introduce them to our activity programme -- and the friendship and support we offer to each other.

A highlight of the day will be a visit from Keith Wilson who leads the Darlington Parkinson's Group. Keith will be on hand to talk about and demonstrate the benefits he experiences from using a virtual reality headset to provide some relief from Parkinson's symptoms. You can hear Keith's story on the Tech a Break podcast

<https://youtu.be/OwHcm2DRTKA>

We need plenty of volunteers to ensure that we are on hand to offer a warm welcome and encouragement to visitors. If you can help please email info@yorkparkinsons.co.uk or message 07943 137616.

More speech therapy

Our first session at the Sunflower Centre saw a good turnout with excellent support from St Leonards and volunteer Kayleigh. Therapist Esther Capes led the speech and language exercises. Carers met separately to share experiences and tips.

The next session is on Friday 31 October at 1pm.

Rugby on offer



York Knights rugby league club is offering tasters for walking rugby to our branch members. The initiative via the club's charitable foundation is aimed at establishing regular sessions through the year.

Walking rugby has all the fun of the big game, but without tackling or scrums. A smaller pitch means players can keep fully involved as the ball moves around.



At present the tasters are open to anyone, but if there is enough demand the club could consider a Parkinson's specific session. Some branch members have already joined in taster sessions. Just come along to the next one and give it a try! The next sessions are on 3 and 17 October and 7 November, 1-2pm, cost £6 including a hot drink. All sessions are held at the LNER Community Stadium, YO32 9AF. More information on the York Knights website <https://www.yorkrlfc.com/post/york-rlfc-foundation-launches-walking-rugby-league-sessions>

The club is also running Fish and Chip Friday sessions for people to get together for lunch and a chat. The cost is from £6. You don't need to be a player! These are held on the fourth Friday each month so the next is Friday 31 October. This one's at York Manor Care Home, owned by Tanglewood, Shipton Road, YO30 5RA.

More information:
<https://www.yorkrlfc.com/post/join-us-for-fish-chip-friday>

Pilates for all

Our pilates class has gone from strength to strength since in-person classes started.

Already available online, the in-person classes at Acomb Methodist Church on Wednesdays at 11.30am have proved popular too. Come along and give it a try!



A doctor writes

Jonny Acheson is a Leicester-based emergency medicine doctor. And he's got Parkinson's. He writes:

I wanted to share news with the York Branch of my new memoir that may resonate strongly within our community. is a deeply personal account of living with Parkinson's while practising medicine.

In this book, I reflect on my professional life as an emergency medicine doctor and my experiences as a person with Parkinson's navigating the challenges and uncertainties of the disease. My story offers honesty, insight, and hope – shining a light on both the realities of managing a neurological condition and the resilience found in community and support.

When Your Neurons Dance: A Story of a Doctor with Parkinson's is available through major booksellers.

<https://www.amazon.co.uk/When-Your-Neurons-Dance-0>
rkinsons/dp/1032989971/ref=tmm_pap_swatch_0

Celebrating our brilliant fundraisers

It's been a busy couple of months on the fundraising front so a big thankyou to everybody who has organised events, made donations or put in the hard yards.

Eating out

Deborah and Mike Broadhurst have a number of friends affected by Parkinson's around the Haxby and Wigginton area and wanted to show their support. Around a hundred people attended their fundraiser at the Parvin Restaurant in Haxby in August. As well as superb food, guests enjoyed a fun quiz and raffle, raising £1,000 for York Branch. The money will support of our programme which encourages people affected by Parkinson's to keep active and engaged.

And then Deborah and Mike went a step further (well, several steps actually) and completed the Great North Run, raising another almost £700 to support the Parkinson's UK appeal to fund specialist nurses across the UK.

Half marathon

Also joining the 60,000 runners at the Great North Run on 8 September was popular York Branch member Andrew Miller who completed the course with his Nordic poles, supported by our walk leader

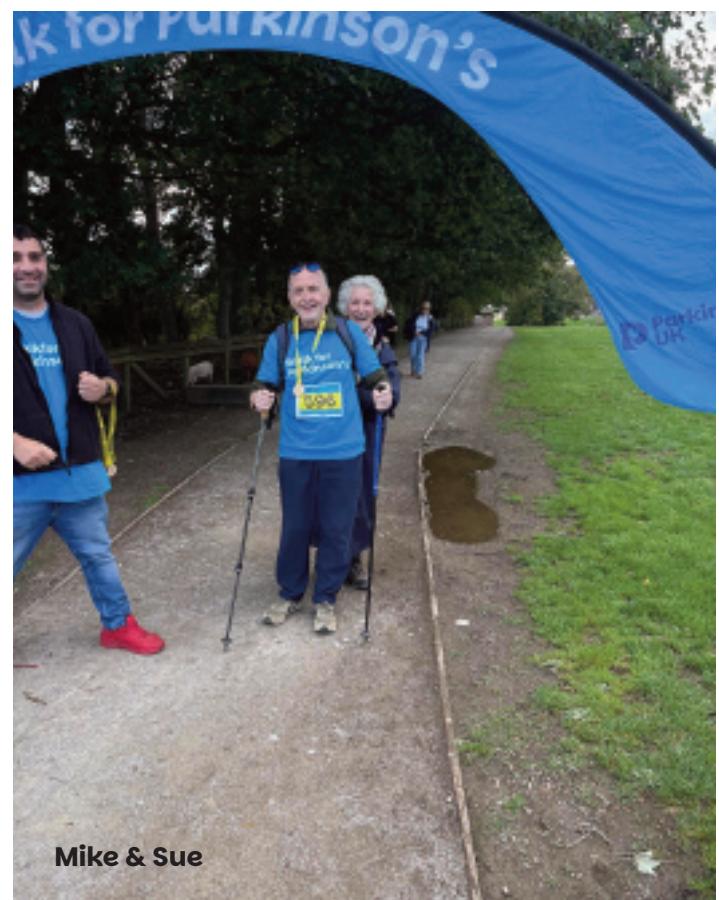


Rebecca Gospodarczyk. This was a remarkable achievement and the culmination of two years of training. Andrew and Rebecca were spurred on by good wishes and generous donations from our walking footballers, Nordic walkers and PD Warriors who have all been inspired by Andrew's determination and commitment. So far Andrew has raised over £2000 but you can still donate at <https://events.parkinsons.org.uk/fundraisers/andrewmiller32134/great-north-run>

Walking

Last but not least, congratulations to committee member Mike Sullivan who completed the Walking for Parkinson's event at Temple Newsam on 21 September. Mike has also exceeded his £1000 target after tackling the six mile course. You can still support Mike by donating at <https://events.parkinsons.org.uk/fundraisers/michaelsullivan> with all proceeds supporting the Parkinson's nurses appeal. And let's also give a shout out to Mike's partner Sue and PUK's Tracy Westgarth who supported Mike on the day.

Delighted Mike and Sue are pictured crossing the finish line.





Andrew & Rebecca

Deborah and Mike Broadhurst write:

We both had an amazing experience and the support of the crowd was just incredible for the whole 13.1 miles!

We have friends who have been diagnosed with Parkinson's both at our squash club at Wigginton and at Easingwold Football club where we coach the Under 13's football team. We both decided that we wanted to raise money for Parkinson's when we secured our place for the Great North Run.

We were blown away by everyone's generosity at the restaurant fundraiser! We have continued to raise money on our just giving page and in total, we have raised £1,636!

A-wop-bop-a-loo-bop

The music therapy group meets on Mondays, 11 am at Acomb Methodist Church. You don't need to be a singer, just enjoy making a joyful noise to the best of your ability.



With me that's loud and flat! writes Lorna Edmondson. We also get to shake tambourines and rattles, bang bodhrans (drums) and generally make a lot of noise. Tim Lowther, our professional leader, recently brought in larger items. Sam and Andrew had great fun with the big drum and boom box while the rest us tried to work out what to do with other strange items.

We also do many other interesting, related activities. Then it's tea, coffee and biscuits and a chat. So why not come and join us.

Events Calendar

Our regular meetings are held at the Folk Hall, Hawthorn Terrace, New Earswick YO32 4AQ. They are on the second Wednesday of each month, starting at 2pm, and all members, family and friends are welcome.

Wednesday 1 October – International Day of Older People

Friday 3 October – Walking Rugby taster 1–2pm, LNER Community Stadium

Wednesday 8 October – Carl Wain – York City Council – ‘Age Friendly York’ plus Anne Crosby Prevention Services. Our monthly meeting, Folk Hall

Thursday 16 October – Inclusive cycling taster 2pm at York University East Campus cycle track

Friday 17 October – Walking Rugby taster 1–2pm, LNER Community Stadium

Sunday 19 October – Young People’s Information and Social event. Village Hotel, Leeds

Tuesday 21 October – Working Age Group Get together at the Windmill Inn on Blossom Street

Wednesday 22 October – Nordic Walk, Homestead Park, meet YHA cafe 1pm

Friday 31 October – Speech & Language Therapy, Sunflower Centre, 1pm

Friday 7 November – Walking Rugby taster 1–2pm, LNER Community Stadium

Wednesday 12 November – Robin Simpson – The Story of a Panto Dame. Our monthly meeting, Folk Hall, New Earswick

Tuesday 18 November – Working Age Group Get together at the Windmill Inn on Blossom Street

29 Nov – 6 Dec – York Disability Awareness Week with our event on 5 December

Sunday 7 December – Black Sabbath tribute gig, Fulfordgate Club

Wednesday 10 December – Christmas Lunch – Novotel Hotel, Fishergate

Tuesday 16 December – Working Age Group Get together at the Windmill Inn on Blossom Street

Wednesday 17 December – Blue Santa Collection, Tesco Askham Bar

Keep an eye on our website

www.yorkparkinsons.co.uk for up to date information about our programmes.

Email info@yorkparkinsons.co.uk if you are able to volunteer for our fundraising and awareness events

Getting out and about

Our Nordic walkers have enjoyed some great locations over the summer, including the Walled Garden at Helmsley.



Our exercise and therapeutic classes

Our classes are great fun, are specifically tailored for people with Parkinson's and you'll get a warm welcome at any of them. It doesn't matter if you can't do all of the exercises or activities – you can just do as much as you feel able to. All of our classes are run by experienced professionals.

Our classes sometimes change venue or timings, and sometimes they are fully booked. So before joining a class for the first time, please email us at info@yorkparkinsons.co.uk to book your place. Then we'll be able to contact you if anything changes.

In person activity classes

Music Therapy

Weekly on Mondays at 11am-12.30pm, Acomb Methodist Church – Contribution £5 with refreshments

Non-contact Boxing

Weekly on Mondays at 2-3pm, Dunnington.
Contribution £5

General Exercise

Weekly on Tuesdays at 11.45am-12.30pm, Wigginton Recreation Hall – Contribution £4 Also available online

Rise & Shine Pilates

Weekly on Wednesdays at 11.30-12.15pm, Acomb Methodist Church. Also available online

PD Power Circuits

Weekly on Thursdays at 4.30-5.30pm, Wigginton Recreation Hall – Contribution £5

Dance for Parkinson's

Weekly on Fridays at 10.30-11.30am, Wigginton Recreation Hall (access from 10am-12noon).
Contribution £4

Parkinson's Creatives

Art and crafts, Thursdays 10.30-12.30 Hartrigg Oaks, New Earswick. Contribution £4

Nordic Walking

Rebecca and Linda lead our walks on the fourth Wednesday each month. Join the WhatsApp group to keep in touch with future plans: email info@yorkparkinsons.co.uk or message 07943 137616. Contact Rebecca at rebeccagospo@hotmail.com for a small group induction session

Walking Football In partnership with York City Foundation

Wednesdays at 10-11am at the LNER Stadium – Contribution £5

New – Table tennis Thursdays 1pm-3pm, The Red Goat Climbing Gym, Layerthorpe

Contact Andrew Robshaw at andrew.robshaw@gmail.com or call him on 07377 046050

Financial contributions for classes

We've suggested here a level of contribution for each class but leave it up to members, based on their personal circumstances, whether to pay more, less or nothing at all. We are determined that cost should never be a barrier to people with Parkinson's benefitting from our events and activities.

Anyone wishing to donate or pay for classes OR make a general voluntary donation via an online transfer or paying a cheque into the York Parkinson's Branch account, please use the following details:

Sort Code: 20-00-00 Account Number : 23732452

Name: Parkinsons Disease Society of the United Kingdom (as much of name as can be entered)

Reference: Name of the donor or the reason for the deposit

Regular attendees may be able to gift aid their contributions, which helps our branch even more. Contact our Treasurer Stuart Rawlings for details: stuart.rawlings@yorksociety.co.uk





Your branch committee

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www.facebook.com/groups/YorkParkinsons

www.yorkparkinsons.co.uk

Yorks and Humber Younger Persons Support Group

For people aged up to 66, meets monthly in York

Email: parkinsonsyhypsg@gmail.com

Useful Contacts

Parkinson's UK Volunteer Support Officer

Becki Craft

Email: rcraft@parkinsons.org.uk

Parkinsons Nurse Specialist

Neurology Dept York Hospital Tel: 01904 721061

Parkinson's UK Help Line

Confidential service offering support to anyone affected by Parkinson's.

Call FREE - 0808 800 0303

Opening times: Mon-Fri 9am-8pm Sat: 10am-2pm (last call taken 7.45pm Monday-Friday)
email: hello@parkinsons.org.uk

Parkinson's UK local adviser: Sue Martin

0344 225 3635 or email:

smartin@parkinsons.org.uk

Sue can give advice and support on all the non-medical issues around living with Parkinson's. So whether it's finance, benefits, travel, accessing care, home adaptations, planning for the future or anything else that's troubling you, get in touch.

York Carers Centre

Independent body that helps unpaid carers in York. They offer a range of free help and support.

Ring on 01904 715490 or

Email: enquiries@yorkcarerscentre.co.uk

Parkinson's memory support adviser with

Dementia Forward for North Yorkshire:

Yvonne Sidwell helpline: 03300 578592

Need someone to talk to? Call Lorna or Sue for a chat. Contact details are on our committee list. Or ring the Parkinson's UK national helpline on 0808 800 0303.

Please help support our committee by taking on a task. We need help with volunteering for an hour at events, updating our website, greeting members at our monthly meeting, and shadowing our accounting function. Or maybe you could contribute in another way? No big commitment needed, just a willingness to get involved when you can. Contact any committee member to see how you can help.