Parkinson's UK
York Branch

NEWSLETTER Autumn 2026

Jay Sillence to lead York Parkinson's film project

It was a real joy to see our day at the York Dragon Boat Challenge brought to life on the big screen at our August Folk Hall meeting — a lovely reminder of what we can achieve when we come together as a branch.



We are also delighted to share that, following a formal tendering process, filmmaker Jay Sillence of Inkblot Films has been chosen to lead our new filmmaking project, subject to PUK approval. It was of course Jay who made the dragon boats film.

Jay will organise workshops where York branch members can learn filmmaking skills and take an active role in making the film. It's not only about sharing ideas, stories and experiences, but also helping to shape, create and bring it to life. Together, the film will celebrate the friendship, support and determination at the heart of our group, and we hope it will help us reach more people in York who are affected by Parkinson's.

Jay brings not only filmmaking skills but also a personal understanding of Parkinson's through his own family. Many members may already know him from his volunteering at our supermarket collections and Spurriergate open day, as well as from one of our carers' conversations.

His film about inclusive cycling, featuring his dad Mervyn, helped inspire cycling sessions at the university last year. It's a great example of how sharing a story can spark something positive.

Janis Bright and Tim Bryan will be working with Jay to shape the direction of the project, and we would love as many members as possible to feel part of it.

Get involved in our film making project

Your contribution is wanted – and you could learn a new skill. We'll be holding sessions during the autumn and winter. Find out more – please speak to us or email info@yorkparkinsons.co.uk.

York Parkinson's in the community

So, with all this in mind, we are planning in 2027 to contribute to more local community events in place of our supermarket collection days. We believe this will give us even more opportunities to connect with people, raise awareness, and show the wider community what living well with Parkinson's can look like.

So, we need your suggestions. Which local events do you think we could contribute to? How could we make our stand fun, engaging, and welcoming? Please have a chat with any of our committee members or host volunteers, or email **info@yorkparkinsons.co.uk.**

Recognition for branch chair's outstanding contribution

We are delighted to announce that our branch chair Tim Bryan was named Volunteer of the Year at the prestigious Evening Press York Community Pride Awards in September. Here Nick Clifford gives an emotional review of a fabulous event.



Well, it might be an individually titled recognition but as Tim said when receiving it, it is an award for the York Branch. At the emotionally charged event a host of awards recognised the trials and tribulations and effort the good folk of York put into such worthy – and emotional – causes, all of which we wish we did not need to support.

The glittering night was hosted by Yorkshire tv newsreader Duncan Wood, supported by many local and national businesses. Giving vocal support to Tim on behalf of the branch for volunteers and committee were Geoff Roberts, Nick and Sheila Clifford, Roger Osborne and Janis Bright for partners/carers and members with the condition, the NHS specialist medical team of Maria & Marie, Tim's two sons, daughter in law and two grandchildren, plus last but certainly not least Tim's inspiring wife Lynette with her shining example of living life to the full.

We all wanted Tim to be recognised for his unswerving, unselfish support for others and his devotion to Lynette. He wanted the recognition for the branch efforts, Parkinson's committee, carers and partners and all those members living with the condition – so that awareness can reach out further to help and support others not involved yet.

The awards committee could not reduce the volunteer shortlist to three so it was a list of four very worthy causes, with all volunteers backgrounds highlighted by Duncan Wood. Then the announcement came... "The award goes to ... Tim Bryan!" The loudest cheer of the night went up, there were two tables rising up with tears in their eyes. Maybe the chant of "There's only one Tim Bryan" was a little much but it demonstrated the appreciation every corner of York Branch has for Tim.

Modest Tim smiled through the ordeal of going up in front of 200 people to accept the award, then his professionalism shone through as he accepted the it on behalf of the committee, volunteers, partners, carers, families, medical team and most importantly all those living with Parkinsons. It was the most eloquent of off the cuff, from the heart acceptance chats of the night, a great stage for York Parkinson's Branch awareness promotion.

Well done Tim, we are proud of you and I know you would say that you are so proud of the York Parkinson's Branch and friends.

Remembering branch members

We remember with sadness three much-valued branch members who have passed away recently: John Kirk, Fiona Huggins and Betty Hathaway. Our sincere condolences go to their family members and friends.

We are very grateful for the funeral collections kindly donated to the Parkinson's York Branch in their memory.

Chair's reflections: Tim Bryan

Just as we thought summer was drawing to a close, our Parkinson's Resilience rose flowered for the third time this year. It feels like a fitting moment to reflect once again on the determination of our members to make the most of every opportunity to live full and active lives, whatever obstacles we encounter along the way.

That resilience has been there for all to see this year. On World Parkinson's Day at the station, many of you made a special effort to be part of something memorable. The commitment of the Parky Paddlers showed so clearly that life goes on in spite of Parkinson's, and the way everyone pulled together for two long days at the cricket was truly inspirational.

Not only did we raise funds for our work and spread the word about the support we offer to people with Parkinson's, we also had a great deal of fun ourselves. Just as importantly, we contributed to joyful and uplifting community events that brought people together.

And it looks like we're being noticed ¬– what with visits from the Lord Mayor, Sheriff and Archbishop of York, awards events, and kind donations from local charities! It's all testament to how we work together to support each other and contribute to community life.

York Parkinson's wins Dragon Boat Challenge

What an achievement it was for our Parky Paddlers to complete all three heats at the Dragon Boat Challenge on the River Ouse back in July. Although they did not make it through to the final on the water, with fantastic support from York Branch members, family, friends and colleagues, they certainly stayed out in front in the fundraising stakes.

Team manager Geoff Roberts will represent the Parky Paddlers at the awards evening in October, alongside Tim and Lynette Bryan on behalf of our charity. There, they will receive an additional prize for the team that raised the most money for its chosen charity.



Paddlers Rebecca Gospodarczyk and Andrew Miller

A special mention must go to two of our Parky Paddlers, Ade Rowe and Andrew Miller, whose energetic fundraising and personal generosity set the tone early on. They encouraged us all to make the most of a great fundraising opportunity.



Ade Rowe

Together, we raised a magnificent £6,900. One third of the money raised will go to the event organisers, York Rotary, for distribution to a range of good causes across the city. From the balance received by York Branch, we are donating £1,000 to Parkinson's UK nationally to support its research programme and the Parkinson's Nurse Appeal.



Thank you to everyone who supported the Parky Paddlers, donated, cheered them on, shared the fundraising page or helped make the day such a success. Your generosity and encouragement made a real difference, and the whole team can be very proud of what they achieved.

York Sports Club bowls us over

York Sports Club gave our branch a wonderful welcome when it hosted two Yorkshire First Class cricket matches at Clifton Park on 29 and 31 July, against Worcester and Durham.



One of the club's long-serving coaches has recently been diagnosed with Parkinson's. In appreciation and support, the club chose York Branch as its charity partner for the two days. That gave us the chance to raise funds and share information about the help available for people living with Parkinson's.

More than 30 branch volunteers helped run our stand beyond the boundary. We also held a prize draw, with terrific prizes including signed shirts from Yorkshire cricket stars, a professional-quality bat from a club supplier, and generous donations from branch members.

A steady flow of visitors came to the stand, keen to hear more about what we do and to buy prize draw tickets. Meanwhile, our intrepid volunteers toured the ground selling tickets to an enthusiastic crowd. The prize winners were delighted, and it was lovely to make their day even more special.

In total, we raised more than £4,200. Just as importantly, we had a lot of fun and helped more people become aware of the support available through Parkinson's UK and the York Branch.

Huge thanks go to Neil Laidlaw and Nick Kay from York Sports Club, who helped make it all happen and made us feel so welcome. We are also very grateful to our volunteers, especially those helping out for the first time, and to friends and family who gave their support.

Yorkshire won both matches comfortably, so it was left to us to provide a little jeopardy. When the wind got up, our gazebo made a spirited attempt to join the action, and our best fielders had to chase raffle tickets across the breeze.

There is already talk of going again next year — with one or two of us wondering how to access the splendid hospitality tent alongside our humble stand. Who knows what next season may bring?

Walking into the past on Clifford's Tour

"Look up, look down" were the instructions from Nick Clifford to twelve members of York Branch as we set off on a walking tour of the area of central York near Bootham Bar, the Minster and Stonegate on Thursday 17 September, writes Rex Godby.



Nick (himself a branch member) was presenting his accessible tour of the area, which thoughtfully avoided problematic terrain, allowing people with wheelchairs and walking aids to participate in full.

Nick explained how marks and decorations on the face of buildings such as initials and dates on drainage downpipes, and fire marks above the door, are the key to unlocking the history of the building.

Nick had also made provision for those who needed it to sit down at several stops, while his engaging and often mythbusting commentary continued. We finished the tour with afternoon tea in the Theatre Royal foyer.

Thank you for the music!

Tim and Barbara Kent, good friends of York branch, brought music, warmth and generosity together when they organised a Musical Theatre Afternoon at York Sports Club on 5 September.



Lord Mayor Cllr. Margaret Wells and Sherif, Geoff Cossins join performers from 'A Musical Theatre Afternoon'

We first met Tim and Barbara last year when they sang for us at The Folk Hall. They delighted us again in April when they gave the opening performance at our day of music for World Parkinson's Day at York railway station.

For Tim's 70th birthday he chose to celebrate in a wonderfully generous way: by organising a concert to raise funds for Alzheimer's research, Parkinson's research and our branch. The event raised an impressive £3,500.

An audience of 150 people, including the York Civic Party, York branch members and local musical theatre enthusiasts, enjoyed performances from Tim and Barbara alongside other talented family members. York musical theatre legend Don Pears provided piano accompaniment, helping to make the afternoon truly special.



Tim and Barbara Kent

For Eileen, one of the highlights was James Aconley's moving performance of "Bring Him Home" from Les Misérables. "I could still hear the music going round my head this morning," she told friends at our Monday morning singing group.

Our heartfelt thanks go to Tim and Barbara for organising such a superb event and for choosing the York branch to receive a share of the funds raised. We are also very grateful to all the performers and the hard-working volunteers who helped to create such a memorable afternoon.

Join the rhythm section



There's a free course in Taiko drumming for people with Parkinson's starting now. Supported with a grant from Parkinson's UK, the course lasts 12 weeks from 29 September. It's at the Tengu Taiko Drummers' Japanese dojo in Sutton on the Forest. Full details from https://www.tengutaiko.com.

About your newsletter

We will willingly post copies of our newsletter to anyone who wants one. But Lorna needs to compile a new, up to date list. So can those wanting to continue getting a copy by post please let her know: Text or phone 07925148086, Email Thelodge302@gmail.com

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. Our regular classes are listed separately. Keep checking our website for updates.

Friday 2 October The Big Sing
Cathedral House, Huddersfield. 9am Coach from Acomb. Email us for details

Wednesday 14 October
Navigating the Care System with Emma Chapman and Gabby Gardner, Adult Social Care, York City Council. Our monthly meeting at the Folk Hall, New Earswick, 2pm. All welcome

Wednesday 11 November
Christmas crafts with Lisa Marie from Creative Avenue. Preparing for York Minster Christmas tree festival. Our monthly meeting at the Folk Hall, New Earswick, 2pm. All welcome

Wednesday 25 November
Hospital event for newly diagnosed people at York Community Stadium

Thursday 26 November
1pm – 3.30pm Set Up Christmas Tree at York Minster

Saturday 28 November
4 January York Minster Christmas Tree Festival

Wednesday 9 December
Our branch Christmas lunch, Novotel Hotel. See insert for details

2027

Wednesday 13 January
'The Peacemaker' Janet Dean. Our monthly meeting at the Folk Hall, New Earswick, 2pm. All welcome

Wednesday 10 February
John Sterling 'From Toytown to Buckingham Palace'. Our monthly meeting at the Folk Hall, New Earswick, 2pm. All welcome

Now then...

Striding out


Jeane & Colin Browne

Congratulations to two York Branch teams who successfully completed the six-mile circuit at Temple Newsam in July.

Colin and Jeane Browne and Anne and Fred Jackson both enjoyed fantastic family support on their way to raising over £3,000 towards the Parkinson's UK Research and Nursing appeal.


Anne & Fred Jackson

Surprise visitor

Our walking footballers recruited a new fan last month when the Archbishop of York, Stephen Cottrell, dropped in on one of the Wednesday morning sessions at the LNER Community Stadium. A warm welcome awaits anybody who'd like to join the sessions.



Our Keeping Active programme

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.

Email us at info@yorkparkinsons.co.uk if you plan to attend so we can contact you if anything changes.

We suggest a £5 contribution for each class but pay what you can afford. Alternatively, speak to one of our committee members about regular standing order donations and gift aid.

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, Legions Gym Dunnington.

General Exercise
Weekly on Tuesdays at 11.45am-12.30pm, Wigginton Recreation Hall - Also available online

Pilates for Parkinson's
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

Dance for Parkinson's
Weekly on Fridays at 10.30-11.30am, Wigginton Recreation Hall (access from 10am-12noon).

Parkinson's Creatives
Art and crafts, Thursdays 10.30-12.30 Hartrigg Oaks, New Earswick.

Speech and Language Support
1pm on the last Friday of every month at The Sunflower Centre, St Leonard's, Tadcaster Road

Walking Football
Wednesdays at 10-11am at the LNER Stadium -

Inclusive Table Tennis
Weekly on Tuesdays, 2-3.30pm, York Stadium Leisure Centre

Walking Rugby
1st and 3rd Fridays 1-2pm from 1 May, LNER Community Stadium



Stay Connected Programme

Carer's Conversation
An informal get together for those who support people with Parkinson's. Held at the same time and in the area next to Speech and Language Support on the last Friday of the month.

Working Age Group
An informal get together for those living with younger onset Parkinson's
3rd Tuesday 6pm The Windmill on Blossom Street
Last Sunday, Red Goat Gym Cafe, Layerthorpe 2pm Families. Welcome
Contact Sam for more 07979 226467
samstubbings1974@gmail.com

Friendship Group
An informal coffee shop support group, organised by Linda Constable, for members who have lost a partner or a loved one they cared for. E mail info@yorkparkinsons.co.uk or leave a message at 07355 315400 if you'd like to know more



Parkinson's UK York Branch

Website: yorkparkinsons.co.uk
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Your branch committee

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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
0207 9633635 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

Donations to York Parkinson's branch can be made to:
Parkinsons Disease Society of The United Kingdom (or as much as we fit)
Sort Code 20 00 00 - Account Number 23732452. Reference: Donation
To register for Gift Aid go to https://www.parkinsons.org.uk/giftaidform

Please help support our committee by taking on a task.
Join our WhatsApp group to keep up with opportunities to join in. No big commitment needed, just a willingness to get involved when you can. Contact any committee member to see how you can help.

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