

## Cycling for Parkinson's

### A new partnership



Our Folk Hall meeting on 9 July features a film produced by Jay Sillence and featuring his dad Mervyn, about their recent adapted cycling adventure. He'll be joined by Paula Hall from the York-based Get Cycling project and Parkinson's physio Maria Liversidge.

Come along to a taster session at the velodrome at York University on Friday 8 August at 2pm to try out a range of specially adapted bikes and trikes.

## Oh we do like to be beside the seaside!

### We had a great day for our annual outing, writes Sue Nunn.

The weather was glorious, the sun shone all day. We arrived by coach at Cayton Stained Glass Works just about 11am and most of us sat outside to have our elevenses in the beautiful garden.

After seeing round the interesting glassworks we left at 12.30pm to move on to Scarborough where we spent a delightful three hours indulging in fish and chips followed by ice creams. It was a change from last year and the one before, when we visited Burton Agnes and Newby Hall.

## Generous Village

Huge thanks to the villagers of Wass, who collected for our branch at their Open Gardens event on 1st June. They have donated a magnificent £1035.33 towards our activities in supporting people with Parkinson's.

**Here's our secretary Peter Williams taking part in the fun. He comments: 'I think I need a makeover!'**



So, where are we going next year? Send suggestions to me at any time and we'll have a vote for the most popular. Suggestions so far are Burton Constable and Sledmere House.

Sue Nunn 07834 637003 or [sjn56@outlook.com](mailto:sjn56@outlook.com)



## From the chair Lorna Edmondson

**Once again a big thank you to everyone who gave up time on 14 June to come and collect at Tesco. Although at one point I didn't think I would get enough collectors (oh me of little faith), of course you came through. We made an amazing £910!**

We also had the opportunity to speak to several younger people newly diagnosed, including a lady whose husband was only in his 30s. Nick was able to put them in contact with our working age group, which meets in a pub once a month. (See the back page of this newsletter for details.)

It was also an opportunity to talk to other carers. There is no shame in admitting that at times life gets hard. On the up side I was reminded to concentrate on what we can still do and to look for the things we find joy in.

With us it was our daughter Ruth taking part in the great north swim on 15 June in Lake Windermere. The three-day event had over 2000 swimmers – not all at the same time, thankfully! Her two miles took 1h 50mins. She borrowed one of my Parkinson's tee shirts and managed to raise over £700 for Parkinson's UK. We are very proud of her.



Thanks and congratulations to all of our other intrepid fundraisers including Barry Cowling who raised £1200 from walking 100 miles in May and Nick Clifford for his guided tours for Wigginton campers.

So how about you? For the next newsletter let's bombard editor Janis with 'what makes us smile'. It can be the smallest thing – but beware, we have the christening of our great grandchildren in July so I already know what we will be smiling at!

## Message Received and Understood!

As reported last time out, our Parkinson's singing group marked World Parkinson's Day on 11 April with a trip to Huddersfield, writes Tim Bryan. We joined other Parkinson's singing groups from across Yorkshire to support the Movers and Shakers petition to Westminster calling for more support for Parkinson's. Thanks to Liz Ryan and her volunteers everything went to plan with fantastic hospitality, support from local MPs and health service leaders and wide media coverage.

It was a thrilling experience when our collective voices came together for the three songs we had all practised in our separate groups. The Bruno Marris song 'Count on Me' was a great expression of the support we all give each other in our local Parkinson's branches. The volume went up a notch for 'Do You Hear the People Sing' from Les Miserables ahead of singing the Movers and Shakers version of 'We Will Survive' with a little Yorkshire twist!

A bonus on the day was a workshop led by opera star Bibi Heal who is on a mission to promote the therapeutic benefits of music and dance for people with Parkinson's. Bibi will be joining us here in York for our Folk Hall meeting in February.

We were also joined by broadcaster Mark Mardell, representing the Movers and Shakers, who were also singing the Parky anthem in Westminster and promoting their 'Parky Charter'. The great news is that, thanks to the publicity created by the event and the thousands of you who signed the on-line petition, there was a full debate in Parliament – see pages 4 & 5.

<https://share.icloud.com/photos/006DUP60FgGwdyBS2hIQgg7FA>

Sign the Parky Charter petition

<https://petition.parliament.uk/petitions/713714>

## Remembering good friends

### Sue Garland

It was with much sadness that we said goodbye to a dear friend and generous supporter when Sue Garland passed away in April.

Last summer we reported on Sue's remarkable achievement of walking 100 miles in May to raise over £5,000 towards our work to support people with Parkinson's in York. She was particularly keen to ensure the future of our Monday morning singing group which came to be a highlight of her week. It said much for Sue's powers of persuasion when she got even the most reluctant of us to 'Rock Around the Clock'!

And this wasn't the first time that Sue and her late husband Ken had contributed to our activity programme. It was their generous donation which enabled us to launch the Nordic Walking programme and to buy special walking poles designed to help those facing mobility challenges.

Sue's determination to stay positive and keep active was inspirational and embodied all that we are trying to achieve through our meetings, events and activity programme.

Some of us had an opportunity to meet Sue's family at her beautiful home in Kexby when she presented the proceeds of her walking challenge. With help from her grandchildren she created an album of her 'Memory Walk' visiting places in and around York that had been important to her and Ken. It gave us a glimpse of Sue's talents as a crafter as well as her extraordinary organising abilities and attention to detail which no doubt contributed much to the success of the family business.



**Sue Garland, centre, with Linda Constable (left) and branch chair Lorna Edmondson**

As well as Parkinson's charities, Sue's family have also contributed to the PSP Association which supports people with a rarer, Parkinson's type condition, with which Sue was diagnosed in the last year.

Our thoughts go out to Sue's sons Richard and Tim and to grandchildren Izzy, Ruby, Nell and Ellis and the wider family. Like us all they will remember Sue's care for others and her mischievous sense of humour. We will all be grateful every time we see a flash of pink that she was a part of our lives.

### Peter Elliston

With equal sadness we said goodbe to Peter at the end of March. Peter and his wife Glenda were regular attendees at the monthly meeting for the last 12 years. Peter will be remembered for being a raconteur who loved regaling people with interesting stories of his life and his interests. He very much enjoyed attending the Singing and Pilates groups and until recently had a passion for painting, singing and walking in the Highlands. Your committee sends condolences to his family on behalf of the whole branch.

## Newsletter Competition Summer 25

**Ian Tomlinson who joined us with his wife Elizabeth on our trip to Cayton Stained Glass centre is a Master Glazier of many years' experience. Ian has kindly donated an example of his work to the winner of our competition. We look forward to hearing more about Ian's work in the future.**

To enter the draw for a chance to win an item of beautiful stained glass craftsmanship send your answer to the following question provided by Sue Nunn, trip organiser and quiz setter. Send to: [haveyoursay@yorkparkinsons.co.uk](mailto:haveyoursay@yorkparkinsons.co.uk) by 31 July 2025.

***The name of which Yorkshire town means 'Broken Bridge'?***

Clue: you'll find nice things to eat there!



## Connecting with hospital staff

**Four staff members from York hospital spoke at our April meeting. They talked about their roles and the way a multi-disciplinary team involving Parkinson's nurses, physios and occupational therapists is coming together.**

They acknowledged many problems with services for Parkinson's patients remain, including long waits for appointments and a divide between neurology and 'elderly services'. Priorities include ensuring inpatients get their medications on time and reducing waiting lists.

Parkinson's UK has funded a specialist nurse and physiotherapist posts for two years.

Services such as speech and language therapy are also under pressure. But the good news here is that a special meeting has been held with branch members and therapist Esther Capes. We'll bring more news on this in updates and our next newsletter.



**Senior Operational Manager Nick Salisbury, Occupational Therapist Katherine Gaylarde, Physiotherapist Maria Liversidge and Parkinson's Nurse Marie Wootton at the meeting**

## MPs call for better services

Westminster has seen not one but two debates on Parkinson's this year – amazingly after having never fully discussed the topic before.

The Dunfermline and Dollar MP Graeme Downie opened a two-hour debate on 1 May with a plea to government to act with 'urgency and compassion' in improving services. He and many other MPs called for the Movers and Shakers' Parky Charter to be honoured.

Junior health minister Ashley Dalton responded for the government. He said: 'We hear the calls from the Parkinson's community for more research, shorter waiting times for neurology appointments and more Parkinson's nurses and multi-disciplinary teams to deliver Parkinson's care.' He said the government has a neuroscience transformation programme designed to improve access to care and services. It has also established a 'neuro forum' of professionals. Mr Dalton agreed to meet the Movers and Shakers – several of whom were attending in the public gallery.

Read the debate in Hansard <http://bit.ly/3T4sGJb>

Then on 21 May Colne Valley MP Paul Davies led a Westminster Hall debate. Several MPs raised serious concerns about cuts to welfare benefits, especially PIP.

Responding for the government, minister for care Stephen Kinnock recognised the problems of long waits and poor access to services for Parkinson's patients. He said the government's workforce plan to be published this summer would help address these issues. He added that social prescribing of exercise programmes was a key part of the government's approach. Both he and other MPs paid tribute to unpaid carers as the 'lifeblood' of the care system.

Watch the debate <http://bit.ly/4kLYIG2>

Read it <http://bit.ly/4nbIVBU>

## Early Birds

**Yes, it's time to think about our excellent Christmas lunch already! It's on 10 December at the Novotel Hotel.**

For a member and carer the cost will be £18 each, additional guests £30.

Lorna and Sue write: It's never too early to put the date in your diary and reserve your place. Contact Lorna Edmondson 07925 148086 [thelodge302@gmail.com](mailto:thelodge302@gmail.com) or Sue 07834 637003 [sjn56@outlook.com](mailto:sjn56@outlook.com)

# Members turn out for our special day

**What a great time it was on [World Parkinson's Day](#)! A big thankyou to everyone who turned out, sang out, wrote out and dressed up blue to make a big splash on our special day.**

An excellent coffee morning hosted by the Parkinson's Creatives at Hartrigg Oaks raised an amazing £460 for our branch. Ably organised by the lady of tireless energy Issy Sanderson, visitors enjoyed tombola, a raffle, and the group's artworks as well as their coffee and cake.

Over at the hospital, staff members joined our

branch volunteers for a display and info stand all day. In the evening, the hospital lit up blue in recognition of our World Day.

And meanwhile, branch members climbed aboard their coach for a trip to Huddersfield for the Big Sing. Others joined the Younger Persons group for a Walk With Me event the following day at the Yorkshire Sculpture Park.

A great day for York, and nationally we've made a noise that parliament has heard.



York hospital lights up blue



**Martin Kemperley (centre) who sold tombola tickets with Hartrigg Oaks residents. Julia Chesters (right) won the top raffle prize of a coffee maker kindly donated by Nestlé**



**Maria, Nick and Marie at the hospital**



**At the Big Sing**



**All smiles on the way to Huddersfield**



## 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 9 July** – Jane Oakshott MBE – Voice and Performance Coach

Adapted Cycling – short film from Jay Sillence and Paula Clark from Get Cycling

Aisla Dragan – Promoting Parkinson's Walk 21 Sep  
Our monthly meeting, Folk Hall, New Earswick, YO32 4AQ. 2pm

**Sunday 13 July** – York Dragon Boat Gala – Stand at North Bank Gala. Volunteers wanted

**Wednesday 23 July** – Nordic Walk at Breezy Knees gardens

**Friday 25 July** – PUK Volunteer meeting – York Sports Club

**Friday 8 August** – Adapted Cycling Taster at York Uni Sports Village

**Wednesday 13 August** – Talking Yorkshire with Rod Dimbleby. Our monthly meeting, Folk Hall, New Earswick, YO32 4AQ. 2pm

**Wednesday 10 September** – Sue Mills from PuK demonstrating everyday living aids. Our monthly meeting, Folk Hall, New Earswick, YO32 4AQ. 2pm

**Sunday 21 September** – Walk for Parkinson's, Temple Newsam, Leeds

**Wednesday 24 September** – Nordic Walk

**Wednesday 1 October** – International Day of Older People

**Wednesday 8 October** – Carl Wain – York City Council – Support for Older People

Anne Crosby – Prevention Services. Our monthly meeting, Folk Hall, New Earswick, YO32 4AQ. 2pm

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

**Wednesday 22 October** – Nordic Walk

**Wednesday 12 November** – Robin Simpson – The Story of a Panto Dame. Our monthly meeting, Folk Hall, New Earswick, YO32 4AQ. 2pm

**1 – 7 December** – York Disability Awareness Week

**Wednesday 10 December** – Christmas Lunch – Novotel

**Wednesday 17 December** – Blue Santa Collection, Tesco's Askham Bar. Volunteers needed

**Wednesday 14 January 2026** – Parkinson's Research at York University

Professor Stephen Smith – Physics, Engineering and Technology

Professor Sean Sweeney – Neurology. Our monthly meeting, Folk Hall, New Earswick, YO32 4AQ. 2pm

**Keep an eye on our website**

**[www.yorkparkinsons.co.uk](http://www.yorkparkinsons.co.uk) for up to date information about our programmes.**

**Email [info@yorkparkinsons.co.uk](mailto:info@yorkparkinsons.co.uk) if you are able to volunteer for our fundraising and awareness events**

## Soaring away

**We were privileged to be entertained again, at our May meeting, by Irish singer songwriter Paula Ryan. Many will remember Paula when she supported the Parkinson Creatives in St Helen's Square on International Day for Older People. Or you may have seen her as part of York's St Patrick's Day celebration.**

At our Folk Hall meeting we had an opportunity to really appreciate Paula's all round musical talent including voice, guitar, bodhran and marimba.

Probably most memorable of Paula's own compositions was her ode to Hull hero Amy Johnston, 'Let Me Fly'. And maybe most poignant was her opening number 'Sing Away the Sadness' and most familiar her rousing encore – 'Whisky in the Jar'.

If you'd like to delve a little more deeply into Paula's music then check her out on Bandcamp – available as an app and a website

<https://paularyan.bandcamp.com/> . Apparently

this platform is considered to be far more supportive of independent musicians than other, better known music streaming services. Have a listen to 'Visions' for ideas about what is needed to bring some peace in these troubled times.

## 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](mailto: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, Legions Gym, Clifton Moor. 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](mailto:info@yorkparkinsons.co.uk) or message 07943 137616. Contact Rebecca at [rebeccagospo@hotmail.com](mailto: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](mailto: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@yorksurvey.co.uk](mailto:stuart.rawlings@yorksurvey.co.uk)



## **Your branch committee**

### **Branch Chair and Fundraising Coordinator:**

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### **York Branch Contact: 07943 137616**

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[www.facebook.com/groups/YorkParkinsons](https://www.facebook.com/groups/YorkParkinsons)

[www.yorkparkinsons.co.uk](http://www.yorkparkinsons.co.uk)

### **Yorks and Humber Younger Persons Support Group**

For people aged up to 66, meets monthly in York

Email: parkinsonsyhyps@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.**