

Parky Paddlers Make a Splash at the York Rotary Dragon Boat Challenge



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Reflections from Sledmere



The weather forecast for June 10, the date of our annual outing, suggested a day of cloud and rain, so it was with raincoats at the ready and a

slight sense of foreboding that we set off for Sledmere House and Gardens. We need not have worried. The sun shone at all the right times and the rain waited until we were all undercover, enjoying our afternoon tea, courtesy of our late and dear friend Sue Nunn.

The team at Sledmere, both staff and volunteers, looked after us beautifully. The tour of the house was both fun and informative in equal measure as we learned about the range of colourful characters from the Sykes family who have called Sledmere home for over 250 years. The dedication of Head gardener Jan Latham was clear, taking time to answer our questions and explaining how the gardens have developed over the years. As an expression of our appreciation and in memory of Sue, we have donated a 'Parkinson's Resilience' rose for the Sledmere garden.



Sue organised our June outings for many years so when she generously left a legacy to fund a party for York Parkinson's

members, we thought this year's trip to Sledmere gave the perfect opportunity for us to remember her. The afternoon tea was delicious – just as Sue would have wanted and knowing her knack for being able to make good things happen who's not to say she might just have had a hand in how the weather turned out!

Art and Music on World Parkinson's Day

James Parkinson was born on 11 April 1755 and gave his name to the condition which affects around 500 people in York. So on this date every year we celebrate World Parkinson's Day, raising awareness and winning support for improved services, better care and more research.



All set for World Parkinson's Day with Tim and Barbara Kent and Station Manager, Emma Reed

This year at York Railway Station we focussed on promoting the support available from over 450 groups, like ours, around the country. With support from four superb music groups we managed to fill the booking hall with song throughout the day.



Riccall Village Voices



Barberellas

Huge thanks to Tim and Barbara Kent, Dunnington Singers, Riccall Village Voices and Barberellas who between them provided over 60 volunteer singers – a fantastic show of support. Over 40 volunteers from York Branch supported the event including some old friends who made a special effort to be there. It was also great to be made so welcome by Station Manager Emma Reed and her team.



Dunnington Singers

As well as distributing around 300 leaflets we raised £1200 towards our ongoing programme of events and activities. But most importantly we had a fun time working together and getting the message across that nobody has to face Parkinson's on their own.

From the chair

Talking of gardens. What a thrill for the Parkinson's community when Arit Anderson's 'Garden for Every Parkinson's Journey' received the People's Choice Award at this year's Chelsea Flower Show.

We'll be continuing the gardening theme on 19 August when everybody is invited to join the Parkinson's Walkers for a stroll around Burnby Hall Gardens near Pocklington including a welcome return by Rebecca, our Nordic Walking leader. And then there was the eagerly awaited introduction of 'Parkinson's Resilience'; a new rose named by members of Parkinson's UK to celebrate the dogged determination of so many people affected by Parkinson's to keep living life to the full. And never has that resilience been more evident than when we saw our intrepid Parky Paddlers in action. Their commitment to keeping active and working together was a brilliant way of demonstrating what York Branch is all about. You made us feel proud.

We have so many great things going on. Thanks to our fabulous volunteers and generous donors for helping to make it all possible. But most of all let's celebrate the resilience of those of you for whom, sometimes, even the simplest of daily tasks can pose an enormous challenge. We salute your resilience.

York Branch in the Community

Thankyou to everybody who helped to get the word out about the support we offer by supporting community events recently.

Our collection at **Morrisons, Foss Island** in May raised £800 in support of our Keeping Active programme.

Track 29 ladies close-harmony group organised a fundraiser at Wigginton Recreation Hall on 6 June and invited the **Parkinson's Singing Group** to perform a song for the 100 or so audience. We chose the Fishermen's Friends song A Union of Different Kinds for our first ever public performance. Well done to everybody who joined in and thanks to the Track 29 volunteers for arranging a lovely afternoon which raised £450 towards branch funds.



Our thanks to Tim Lowther, our Singing Group leader, who arranged for us to support **Acomb Fest** at the Methodist Church on 4 July. It was a good way of saying thanks to the volunteers at the church who provide such a lovely venue both for our music and for the Wednesday Pilates group.

We are also grateful for the wonderful facilities at **Wigginton Recreation Hall** where we hold weekly exercise classes on Tuesday mornings and Friday afternoons as well as training sessions for the Parky Paddlers so thanks to those who represented us when the local community celebrated the Centenary of the opening of the original Recreation Hall on 20 June.



Lights, Camera, Action!

A new project to tell our story

York Parkinson's Group is planning an exciting film project, and there will be opportunities for everyone to get involved.

We hope to appoint a professional filmmaker to lead the project, delivering a series of workshops where members can learn about every stage of filmmaking—from developing the initial storyboard to filming, editing and, ultimately, the premiere. The project will become part of our Keeping Active programme, offering a fun and creative way to learn new skills.

Members who choose to take part will help record our activities and interview fellow members, creating a unique film that captures a full year in the life of York Parkinson's Group.

The finished film will celebrate everything we achieve together—a lasting record that we can all be proud of and enjoy with family and friends. It will also help raise awareness of Parkinson's by showing that a diagnosis does not prevent people from living active, fulfilling and meaningful lives. Shorter clips from the film will be used to promote our activities through our website, social media and community events.

The project is being made possible thanks to a generous legacy from the late Mary Gray, and we are delighted that her gift will support such a lasting and worthwhile initiative.

We appreciate that not everyone will wish to appear on film, and we will, of course, ensure that consent is obtained from everyone who takes part.

The project is still in its early stages, and we would love to hear your ideas. If you have any suggestions or would like to get involved, please email info@yorkparkinsons.co.uk or speak to one of our committee members or host volunteers.

In the meantime, we couldn't resist capturing our day at the Dragon Boat Races! At our next Folk Hall meeting, we'll be showing some highlights filmed for us by Jay Silence of Inkblot Films—a preview of the exciting possibilities to come.



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We salute our intrepid crew: Andrew Robshaw, Andrew Miller, Stuart Rawlings, Mark Denison, Sean Murphy, Martin Lowther, Ade Rowe and Colin Brown.

Boat Captain was Prof Sean Sweeney – yes that one – leading the Parkinson's research at the University. He used all his Dragon Boat experience to ensure that the team were well prepared for the big day. With safety the number one priority we had no less than three physiotherapists in the boat – Maria Liversidge, Rob Scaiffe and Lizzy Pulleyn. Completing the crew we had Rebecca Gospodarczyk, our Walk Leader; Olly Tetlow, our



Walking Football Coach; Tony Gargan, our Walking Rugby Leader; Jake Curtis; Karen Campbell; Matt Cooper and Ben Pulleyn. Laura and Steve Curtis, Sarah Pulleyn and Graham Chapple provided vital back up.

A huge thank you goes to York Branch Committee member Geoff Roberts, who, with a sharp eye for detail masterminded the entire Dragon Boat operation.

Meanwhile, just across the water The Parky Paddlers also enjoyed tremendous support from our very own fan zone at the North Bank Gala where we were able to spread the word about our programme while cheering our crew on every stroke of the way. Thank you to everyone who volunteered and the many family members, friends and colleagues whose enthusiasm created such a wonderful atmosphere throughout the day.

We were delighted to have Caroline Russell, Chief Executive of Parkinson's UK, along with colleagues Becki Craft and Stacey Dove with us for the whole





Parkinson's Research in York

Thanks to Branch member Rex Godby who introduced us to some special people undertaking Parkinson's research here in York. He reports here on our visit to the lab.

On the afternoon of 29 April, twenty members of the York branch were treated to a tour of the research laboratories at the University of York where fundamental research related to Parkinson's is being carried out. The two professors leading the research, Sean Sweeney and Stephen Smith, had each given a talk on their research to our group's monthly meeting in January, and the lab tour was an opportunity to see how the experiments are carried out in practice.

Sean's group uses fruit fly larvae to understand the influence of specific genes (thought to be implicated in some instances of human Parkinson's) on the movement of the fruit fly larva. It was fascinating to see the labs in which Sean and his colleagues prepare the larvae and analyse their motion.

Steve's research covers numerous applications of technology to healthcare. Steve showed us a device developed in his group to measure the movement of a patient's body in great detail, including associated software that is capable of detecting characteristics of Parkinson's, sometimes before a traditional diagnosis.

Remembering Ken Rowlands



We said goodbye to branch member Ken Rowlands recently and are grateful to family and friends who donated so generously to York Branch at his funeral at Copmanthorpe Methodist Church.

day. York Central MP Rachel Maskell also met up with Caroline to discuss the work being done to raise the profile of Parkinson's at Westminster and the importance of continued investment in research and support.

So, now you're wondering how the racing went. Let's just say... we weren't last! However, as we write, The Parky Paddlers are in first place out of 36 teams on the Dragon Boat Challenge fundraising table. Thanks to the incredible generosity of our families, friends and supporters, we have already raised more than £5,000, smashing our original target of £2,000. The donation page at yorkrotary.enthuse.com remains open, so there's still time to support the appeal. A special mention here for popular crew member and chef, Ade Rowe, and his mates at Amarna House, for their amazing fundraising achievement.

The funds raised will be shared between this year's principal charity Survive, the York Rotary Charity Fund, which, incidentally, has generously supported our monthly branch meetings over the past two years, and York Parkinson's, helping us continue our programme of activities that encourage people affected by Parkinson's to live full, active lives. Importantly, we also intend to donate at least a quarter of our team's share into the Parkinson's UK research programme. It's an investment for future generations. As Caroline Russell reminded us, pioneering research by scientists such as Sean and his team offers real hope that one day Parkinson's can not only be treated more effectively but ultimately prevented.

So together, we are not only making life better for people with Parkinson's right now but also making that future possible. Now then.... Who just mentioned next year?

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.

Sunday 19 July – Walk for Parkinson's at Temple Newsam

29 and 31 July – Yorkshire Cricket at York Sports Club with York Branch as Charity Partner

Wednesday 12 August – Monthly meeting at New Earswick Folk Hall
'Everyday Living Aids' A demonstration by Sue Mills from Parkinson's UK

Wednesday 19 August – Burnby Hall Gardens with the Parkinson's Walkers. Meet at 2pm. email info@yorkparkinsons.co.uk

Saturday 5 September – A Musical Theatre Afternoon
York Sports Club 3pm Join the Mayor of York to hear the best of York's musical talent raising funds for York Parkinson's and Alzheimer's Research
Organised and funded by Tim and Barbara Kent.
Tickets £10 – on sale at our Folk Hall meeting or call 07710 599625

Wednesday 9 September – Monthly meeting at New Earswick Folk Hall. Leslie Locke – Violinist and Singer

Thursday 17 September – CLIFFORD'S TOUR
Nick will lead us on an accessible walking tour of our beautiful city with unique insights into the things we may have missed. Meet outside York Art Gallery at 2 pm. Email info@yorkparkinsons.co.uk if you plan to be there.

Friday 2 October – The Parkinson's Big Sing – Join Parkinson's singing groups from across Yorkshire for a day of music and friendship at Cathedral House, Huddersfield. Coach from Acomb at 8:30 am. Email info@yorkparkinsons.co.uk to book a place.

Wednesday 14 October – Monthly meeting at New Earswick Folk Hall. Navigating the Care System
Gabby Gardner, Team Manager for City of York Adult Social Care

Now then...

Walking Netball Our Walking Football and Walking Rugby sessions continue to thrive and now we have an invitation to giving netball a try. If you think you might like to attend an initial taster session please email info@yorkparkinsons, have a word with any of our committee or leave a message at 07355 315400.

Blue Badges Parkinsons UK are organising a campaign to give special consideration to people with Parkinson's in their policies for the allocation of Blue Badge parking permits. We're interested in hearing from you about any recent experience of applying for a Blue Badge from City of York Council and any issues you think we should be raising. Email info@yorkparkinsons.co.uk or have a word with one of our committee members.

'Newly Diagnosed' Event – Maria Liversidge, the Parkinson's Physiotherapist in Elderly Medicine, is working with the Neurology Department at the Hospital Trust on plans for an event aimed at people who have only recently been diagnosed. She is interested in hearing your thoughts on the sort of topics you would have liked to have seen covered during those early weeks following diagnosis. E mail info@yorkparkinsons.co.uk

Parkinsons and Falls – Early intervention Maria is also interested to hear about experiences of attending Accident and Emergency following a fall and particularly cases where the fall may have been an early indicator of Parkinson's or other neurological conditions. Again, please email info@yorkparkinsons.co.uk if you have anything to share or you may be able to catch Maria at one of our meetings.

Digital Friendliness – We met Misoon El Gomati at our July meeting. Remember to let us know if you think you may be missing out in an On- line world and would like to be involved in a session to help people to get the best from their phones, laptops and tablets. a committee member, leave a message at 07355 315400 or email info@yorkparkinsons.co.uk

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

Fortnightly on 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

Top Tips for Parkinson's Nutrition

From Dr Lisa Gatenby, our July speaker



1. Feed the Gut – Boost gut motility and support overall wellbeing.

- Fibre at every meal
- Plenty of fluids
- Prebiotics + probiotics to keep the microbiome working smoothly

2. Time Protein Smartly – Helps levodopa work better.

- Keep big protein meals away from medication
- Use low protein snacks around dosing if needed

3. Protect Strength & Bones – Counter weight loss, frailty and falls risk.

- Regular protein across the day
- Healthy fats for maintaining weight
- Calcium + vitamin D for bone health

Website: yorkparkinsons.co.uk

Email: info@yorkparkinsons.co.uk

Telephone: leave a message at 07355 315400

Your branch committee

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Useful Contacts

Parkinson's UK Volunteer Support Officer:

Becki Craft

Email: rcraft@parkinsons.org.uk

Parkinsons Nurse Specialist

Elderly Medicine York Hospital Tel: 01904 725607

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

Donations to York Parkinson's branch can be made to:
Parkinson's 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.