



Parkinson's UK

For every Parkinson's journey

Barnsley & District Branch NEWS

October 2025



It's not just the King who has two birthdays! Our Chairman, Terry Kendall, celebrated his 80th **twice!**

He was presented with a cake at the exercise classes on 9th July and then he brought in a huge cake for us all to share at the branch meeting on 15th.



Photos show: Harry Thomas (above),
Wentworth walk, Tesco Collection
and Bounce Into Summer
(right, from top to bottom).



Chair's Chatter

I hope this newsletter finds you well and enjoying the bright (and occasionally rainy!) days of early autumn. First things first – a huge, heartfelt THANK YOU for the lovely gifts, cards, and warm wishes I received for my 80th birthday. I'm truly touched by your generosity and kindness.

We've been out and about, spreading the word about our branch and the fantastic services we offer. Here's a little round-up of what we've been up to:

- Locke Park Gala – Barnsley: We had a brilliant time chatting to the community and sharing what we do. The sun even made a special appearance!
- Bounce into Summer – Goldthorpe: Their annual summer fair was a hit, with fun activities for all ages and plenty of ice cream to go around.
- Tesco Collection – Penistone: Thank you to everyone who volunteered and those who donated.

It's great to have Barrie Cooper, our very own Research Champion, keeping us up to date on the latest in Parkinson's research. This summer, Barrie delivered an insightful talk on Deep Brain Stimulation. Special thanks go to Beverly, a local lady who bravely shared her recent experience with the procedure. Her firsthand account was both moving and inspiring.

On the theme of innovation, we're excited to announce that the "BeechBand" has finally been launched and several of our members have made purchases. For those of you who don't know, this is a clever wellness device designed to help with a range of motor and non-motor Parkinson's symptoms. The BeechBand uses gentle vibrations to make a real difference in everyday life. Barrie has written about his experience of using the BeechBand (see below).

As always, we were pleased to welcome our Specialist Parkinson's Nurse, Carolyn Arnott, to our meeting in August. Our members are always grateful to get the opportunity to speak to her when she runs her informal clinic.

In September we had a very informative and practical talk from Bhanu Ramaswamy, Physiotherapy Consultant. Bhanu wasted no time in engaging people in basic exercises and impressing on everyone the importance of regular exercise.

There's plenty to look forward to in the coming months – The Afternoon Tea in October, Ten-Pin Bowling and Carers' Pamper Day in November and the Christmas Party in December.

Best Wishes, Terry

I've had my BeechBand for several weeks now and it has certainly helped me. From day one of wearing it, I noticed a marked improvement in my tremors – they have completely stopped. Other effects are more subtle. It has improved my mood. I am feeling calmer and less anxious. I am also sleeping a lot better. I am contemplating buying another one to enable longer use. **Barrie Cooper.**

Coming Up...

- 7th Oct Golf Driving at Sandhill Golf Club (11:00am start)
- 9th Oct Natter Café at Falco Lounge (10:30am – 12 noon)
- 21st Oct Afternoon Tea at Audrey's Coffee House & Deli, Darfield (1:30pm)
- *Please note: There is no branch meeting in October*
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- 4th Nov Ten-Pin Bowling at Barnsley Bowl, Carlton (10:30am for 11am start)
- 13th Nov Natter Café at Falco Lounge (10:30am – 12 noon)
- 18th Nov Branch meeting – speaker Marcus Dearn, Practice Educators Office
- 20th Nov Carers' Pamper Day at Holiday Inn & Bannatyne Spa (meet at 9:00am)
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- 9th Dec Christmas party at Emmanuel Church (1:00pm)
- *Please note: There is no branch meeting in December*

Just Giving

A reminder that Barnsley Parkinson's Group has a Just Giving page. If you decide not to send Christmas cards this year due to the exorbitant cost of postage stamps, why not donate the money you have saved to our charity? You could also ask your friends and family members to do the same. It would make a huge difference to us and would be very much appreciated.

Recent Donations

Goldthorpe Development Group £100.00
Locke Park Gala £200.34
Penistone Tesco Collection £267.50
Pilley Hub £70.00
Linda & Jim Thomas £40.00
Harry Thomas £25.00

Parkinson's Local Adviser

Many of our members will have now met Shani Iqbal, our Local Adviser. She is happy to help if anyone has problems relating to benefit claims. She can also signpost you to relevant organisations for any other issues you might have. Her contact number is on the back of this newsletter.

Carers' Pamper Day

We are pleased to announce the details of our very popular Carers' Pamper Day for 2025. The event will take place on Thursday 20th November at the Holiday Inn and Bannatyne Spa on Barnsley Road, Dodworth. The treatments are strictly limited to those currently caring for a person with Parkinson's. If you think that you are eligible to take part, please contact Alyson Francis. Her number is on the back page of this newsletter.

As always, people with Parkinson's will be entertained by Bronia until all carers have had their pamper treatments. We shall all meet up afterwards for a nice lunch.

What Happens When?

Branch Meetings	3rd Tuesday of the month, 2:00pm to 4:00pm. Emmanuel Church.
Exercise Classes	Weekly on Wednesdays, 1:00pm to 2:00pm and 2:30pm to 3:30pm. 2:00pm to 2:30pm is time for a drink and a chat. Emmanuel Church.
Boxing Classes	Weekly on Fridays, 11:00am to 11:45am. Afterwards time for a drink and a chat. Wentworth Community Hall.
Golf Driving	1st Tuesday of the month, 11:00am. Sandhill Golf Club.
Aly's Amble	4th Thursday of the month. (April to September)
Natter Cafés	2nd Thursday of the month at the Falco Lounge in Barnsley Town Centre. Drop in between 10:30am and 12:00 noon.

BARNSELEY AND DISTRICT BRANCH

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Many thanks to the contributors to this issue.

Future items should be sent to:-

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Parkinson's UK

We're the Parkinson's support and research charity. Help us find a cure and improve life for everyone affected by Parkinson's.

Free confidential helpline:
0808 800 0303

Interpreting available:
0800 111 4204

Visit us online at parkinsons.org.uk

A charity registered in England and Wales (258197) and in Scotland (SC037554).

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