



Parkies Progress

March 2023

Dear Pals

Welcome to new members.

**Networking:** I have recently attended a meeting in Cirencester where I met the CEO of Parkinson's UK, Caroline Russell, who was very interested to find out more about local support groups such as the Cricklade Café and our own Parkies Pals. Hopefully we have reinforced the importance of such groups for friendship, support and sanity! My dream is to see Parkies Pals available in every area! Also had an interesting presentation from Tim Bird on the importance of exercise and a demo of some PD Warrior moves.

Also, I recently attended a Parkinson's event at Cricklade Spa Hotel which was a very useful source of information from support agencies such as Healthwatch, Home Instead, Parkinson's Nurses, Carers and Dressability. Again, an opportunity to promote local groups which are certainly generating interest.

**'Love to Move'**- We are delighted to be able to offer these fun sessions again. **Starting on 15<sup>th</sup> March** running fortnightly for 6 sessions at the Shrivenham Golf club 1.30 - 2.30pm

**Updated session dates: 15<sup>th</sup> and 29<sup>th</sup> March 5<sup>th</sup> and 19<sup>th</sup> April 3<sup>rd</sup> and 17<sup>th</sup> May.**

**Subsidised by Parkies Pals so only asking for a fee of £2 per session. Please let Kerry or Shirley if interested in all or any of these sessions.**

**March 13<sup>th</sup> meeting:** Rob Hanks from Thames Water introduced Waterhelp and Extra Care - set up to protect vulnerable people in times of water shortage or problems. Very useful and informative, many signed up at the meeting and I have forms if anyone need some.

### **Parkinson's Week - April**

Following the success of last years event in support of Parkinson's Week, we are holding another Parkies Putting afternoon this year and combining with a cream tea on Friday 14<sup>th</sup> April so come along To: [Shrivenham Park Golf Club](#) for a:

#### **PUTTING COMPETITION and AFTERNOON TEA**

Friday 14<sup>th</sup> April

2pm - 4pm

£3 per person



Prizes to win, everyone invited. *All donations will go to the support*

*Swindon Parkinson's Activity programme . Come along and pay on the day.*

For more details contact Carole 07774348614 or Kerry 07875416236

## Launching the *Pals Treasure Trove* raffle



*Choose your treasure from a selection of handmade jewellery kindly created and donated by Cat Attewell. £1 per key. Choose your pieces, fill out the key and post into the relevant numbered box... or take a chance on the mystery box!*

*Join in the raffle with a difference, you have a chance to win your choice, raise funds and have a bit of fun me hearties...*

*To be drawn at the Putting Afternoon April 14 2023*

### Diary Notes:

April 3<sup>rd</sup> - Nan Pratt - slide show and update on the nature reserve project at Tuckmill Meadows

Parkinson's Week - 14<sup>th</sup> April pop up stall at Sustainable Shrivenham and 14<sup>th</sup> April Putting and cream tea afternoon

August - we will have a stand at the village show ... any bottles of bubbles or bottle bags would be grateful for the 'Bubbles or bubbly' tombola.

Sept table sale - Sept 30<sup>th</sup> at the Golf course.. details to follow

### Community café

Don't forget Carole runs the fabulous friendly Community café meets, this month they are on Friday 24<sup>th</sup> 10 - 12 ... chat, cuppa and games . £2. Everyone welcome . Note from April these will be in the afternoon 2-4pm and you can try your hand at putting. Still £2 per person. April 14<sup>th</sup> is the first of these.

Cricklade Café - every 3<sup>rd</sup> Wednesday of the month. At Cricklade café 10.30 -12, Cricklade High Street SN6 6AY

Please remember you are NOT ALONE with Parkinson's. Sharing the load helps us all to cope. Thank you for all your support, please contact me if you want any more info

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**Next Parkies Pals Meeting will be Monday 3<sup>rd</sup> April 10 - 12 Shrivenham Golf Club**

**I am sorry our meetings coincide with walking football but I hope the updates are helpful and you are welcome anytime.**