

**PARKINSON'S<sup>UK</sup>**  
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+ THE MALMESBURY & DISTRICT  
BRANCH OF PARKINSON'S UK



*Editors: Christine Mace & Sue White*

## **AUTUMN NEWSLETTER – NOVEMBER 2022 ISSUE NO. 69**

Welcome to our Autumn News Letter. It has been so good to get back to something like normal at long last. However, we need to remain aware that Covid has not gone away.

### **COMMITTEE NEWS**

We have welcomed Heather Lee to the committee. She is taking on the role of membership secretary. Sue has been covering this since Teresa had to resign due to personal issues.

Our treasurer Nic is stepping down at the AGM, so we are recruiting a replacement. A big thank you to Nic for her many years of service in the role. For more details, please contact Christine.

John Johnson has sadly had to retire from the committee due to health issues, however we hope to still see him at meetings and the Corsham Café. A big thank you to him for all his hard work during his time on the committee.

### **BRANCH MEETINGS**

Our January meeting, which was the AGM had to be cancelled due to the PUK rules regarding Covid at the time. However all monthly meetings since have gone ahead with a variety of speakers or entertainers.

Our numbers are still very low at our monthly meetings. We need to boost attendance somehow. So get your thinking caps on everyone, and come up with some ideas. We are looking at putting a piece in the Jackdaw, and the Gazette and Herald, and some flyers around the town.

### **PUK LOCAL ADVISER**

Caroline Craig is the member of the Parkinson's Adviser Team South West who covers North Wiltshire. She will be attending the November meeting, and will be available for any members to speak to. In future she is hoping to attend about three meetings a year. Caroline can help with anything relating to daily life when living with Parkinson's, from emotional support to employment issues, grants and financial help etc.

## **DONATIONS**

Thank you to Sheila Griffin, Neville & Ann Harte-Ives and Dave & Irene Smith for their generous donations. Sheila had a sale in her garden. Neville & Ann and Dave & Irene received cheques for recommending a local stair lift company.

## **EXERCISE/DANCE CLASSES IN CORSHAM**

Sarah Gilmartin has been taking the exercise classes at Springfield Leisure Centre Corsham while Hannah was on maternity leave. We welcomed Hannah back in October, and thank Sarah for her time. The classes are Fridays, 4pm to 5.30. £4 for Malmesbury members, £9 for non-members. If you would like more information, please contact Christine.

## **DANCE TO THE MUSIC OF CHRISTMAS TIME**

4pm-5.30pm on Friday 23rd December at the Fox-Talbot Room, Springfield Campus, Corsham. £5 per person including Festive Refreshments.

*“Join the Hub of Creative Arts Therapists for a fun and Interactive Christmas Performance! We welcome you to interact freely through a simple story structure, with familiar Christmas themes and carols to create an opportunity to engage and connect with the joys of Christmas, and each other.”*

## **ZUMBA CHAIR EXERCISE CLASSES IN MALMESBURY**

At the Riverside Community Centre, 2pm to 2.45 every Thursday with Becky. Ideal for people with limited mobility, balance issues, or just looking for a really fun chair workout! £7 per session. We offer a subsidy for Malmesbury members. Speak to Christine for more information.

## **SIT FIT CHAIR BASED EXERCISE CLASSES IN CHIPPENHAM**

In various locations in Chippenham. Chair based exercise with Emma for older people, and those with balance or mobility issues. £7 per session. (Free for accompanying carers). We offer a subsidy for Malmesbury members. Speak to Sue for more information including locations and times.

## **WATERCRESS LINE OUTING**

A group of us had a wonderful day out at the Watercress Line in September. We enjoyed a tasty lunch during our train ride from Arlesford to Alton and back. The weather was perfect, and our ‘special’ driver ensured everything went smoothly. Thank you Barry.

## **HOLIDAY 2023**

Please see attached poster for details. The planned holiday for 2020 had to be cancelled due to Covid. We hope by next year people are ready for a short break again.

## **CARNIVAL GRANT**

We have been fortunate enough to receive a grant of £1,000 from the Carnival. This will be put towards subsidising the holiday for our members.

## **CHRISTMAS PARTY**

Yes, it's that time already! Our Christmas party is on Wednesday December 7<sup>th</sup>, 6.30 to 9.30 in the Wesleyan Room, Malmesbury Town Hall. We will be entertained by End of the Track, and have a Bring & Share Buffet. Please advise a committee member what you are bringing, just so that we don't end up with six dozen mince pies and nothing else!

## **SWINDON GROUP OUTINGS**

Swindon group have kindly offered Malmesbury members the chance to join them on their outings. Please see attached flyers. Please note, although the closing dates say 18<sup>th</sup> November, this has been extended to 22<sup>nd</sup> November. Local pickup locations for both outings. We will be charged the members price.

## **BRANCH WEBSITE**

[Http://Malmesburyparkinsons.org.uk](http://Malmesburyparkinsons.org.uk)

Unfortunately our current webmaster is retiring soon, so we are looking for a volunteer to take over. It would only require a few hours a month to update information provided by the committee. Please speak to Sue for more information.

## **GENERAL HELP AND ADVICE**

Parkinsons helpline 0800 800 0303

Website: [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

Christine Mace – Tel: 01666 822691 Email: [christineamace@icloud.com](mailto:christineamace@icloud.com)

Sue White – Tel: 01249 446484 Email: [suewhite4@btinternet.com](mailto:suewhite4@btinternet.com)

*Parkinson's UK Tel: 020 7931 8080 Website: [www.parkinsons.org.uk](http://www.parkinsons.org.uk)*