

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
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+ THE MALMESBURY & DISTRICT
BRANCH OF PARKINSON'S UK



Editors: Christine Mace & Sue White

SPRING NEWSLETTER – APRIL 2021 ISSUE NO. 66

CONFIRMED COMMITTEE

Chairman: Christine Mace – T: 01666 822691 E: christineamace@icloud.com
Vice Chairman: Sue White – T: 01249 446484 E: suewhite4@btinternet.com
Treasurer: Nicola Goodwill
Minute Secretary: Shirley Collier
Membership Secretary: Alex Trapnell
General Members: Carmen Kucharek, John Johnson, Alan Barrow

Welcome to our Spring News Letter. Once again we have all been in “Lockdown”. We hope you have all managed to stay safe and well, and are not getting too bored. Hopefully we can all meet up in person again soon.

Bill has now retired from the position of Chairman and we all hope he has his slippers on, and feet up enjoying his free time. Bill has been Chairman for the past 6 years and has worked tirelessly for the Group and we wish him well.

Carol has also stepped down from the Committee after 30 years of service as the Membership Secretary. Carol was part of the original committee when the branch was set up. She looked after all the admin continuity between us and Head Office and collated the members list. We wish her well.

Our new chairman Christine has been an active committee member since 2007. She is also a member of the Athelstan Players, who have entertained us at some of our Christmas parties.

We would also like to welcome Alex Trapnell to the Committee. She will be taking over the role of Membership Secretary.

BRANCH MEETINGS

Although our normal branch meetings are still on hold at the moment, we are hopeful that in-person activities can start again in the not too distant future. We are liaising with head office, and keeping a close eye on the current restrictions. We will contact all members when regular meetings are able to resume.

A HUG IN A MUG

None of us can hug at the moment so we thought it would be a nice idea for you all to make a mug of hot chocolate and marshmallows with the enclosed, and give it a hug. **Sainsbury's of Chippenham** have kindly sponsored the hot chocolate.

ONLINE EXERCISE/DANCE CLASSES

Weekly exercise dance classes are still continuing on Zoom with Hannah Creighton. If you would like to join in there are still places left, please contact Christine.

SINGING ON ZOOM

We have been contacted about "Singing for Parkinson's" on Zoom every Monday afternoon at 1.30. The group is run by Frankie who is a trained Parkinson's facilitator. It is a fun group, singing along whilst exercising your swallowing and speech muscles. There is no charge at the moment as they have been given a grant from the Lottery during lock down. If you would like more information please contact Christine, and she will pass your details on to Frankie, so she can contact you.

QUIZ ON ZOOM

We will be attempting a quiz on Zoom for all members on Wednesday 28th April at 2.30. If you would like to join in please contact Christine. She will email you your Zoom invitation and login information. You will need a pen and paper to write your answers down.

TEA/COFFEE/CAKES AT MEETINGS

If anyone would like to bake a cake occasionally for our branch meetings in the Town Hall that would be very welcome. Please let Sue know a week in advance, so that we can ensure we don't have lots of cakes one month, but none another! We would also welcome volunteers to help with washing up occasionally.

NOTICES

We are sad to report the passing of Dr Nigel Pickering. He was our President and a great supporter of the branch for many years. He presided over our AGM's and attended our Christmas parties and functions with his wife. A good friend to us all, he will be very sadly missed.

GENERAL HELP AND ADVICE

Parkinsons helpline 0800 800 0303

Website: www.parkinsons.org.uk

Christine Mace – contact details above

Sue White - contact details above

BRANCH WEBSITE

Please check out our branch website, [Http://Malmesburyparkinsons.org.uk](http://Malmesburyparkinsons.org.uk)

We are currently having it updated, so please bear with us.

PRINTING

We would like to thank Gordon from Attorney Wills for the printing of this Newsletter.

And finally,

A friend of mine had his Covid vaccine at the hospital. On the way home he experienced blurred vision. On arriving home he immediately called the clinic and asked should he call his own Doctor, or go straight back to the hospital clinic. They told him he should return to the hospital and pick up his glasses.

It's the way you tell 'em!!!!!!!