



Shrewsbury Branch

NEWSLETTER

Our mission is the conquest of Parkinson's and the alleviation of the suffering and distress it causes, through effective research, education, welfare and communication.

We meet at the Harlescott Social Club, Roselyn, Harlescott, SY1 4LP on the first Thursday of the month at 2.15pm

Fred Jones – Chairman

01743 872597

Val Mckay – Parkinsons Local Advisor 0344 225 3643

website: www.shrewsburyparkinsons.co.uk

ILFRACOMBE HOLIDAY

Balances for this years holiday to be paid by the May Branch meeting at the latest.

February Meeting

For our February Meeting we had a visit from Glenda Jordon of the carerstrust4all this is an organisation that is for Carers, with information on helpful organisations, to contact them ring 0333 323 1990 and ask for Shrewsbury Office.

AGM

Twenty or so brave souls faced the snow on the 1st March so that we could hold our A G M unfortunately we did not have a member from the Parkinson's Midland Area because of the train problems, the usual meeting programme was carried out and the new Officers and committee are as follows Daniel Kawczynski President, Dr E Capps Vice President, Fred Jones Chair, Marie-France Martial Secretary, Maria Hankins Treasurer, Committee Teresa Benie, Ann Davies, Kathy Day Tony Day Michael Magill and new member Mavis (May) Kerry

Theatre

Those going to Theatre Seven on the 7th, for the show Evita meet Carol in the foyer at 2pm for your tickets We have had three Tickets returned please contact Carol if you would like them, or any of your Friends

Request from Vicky Turrell – She was the speaker at our meeting last September

**Can you help me?
What is it like to have PD?**

I am an author and have written an autobiographical novel called ‘It’s not a boy!’ It is about a little girl growing up in a farming family.

My next book is called ‘My mam and me.’ My mother developed Parkinson’s but she did not talk about her illness very much.

What I want to know is – what it was like for her to have PD.

Can anyone help me?

It will be in complete confidence.

I am interested to know how it feels to be diagnosed and how you get on with your life.

What are your worst symptoms and what are the highlights in your day?

Anything you can tell me will be a useful insight.

**If you feel that you can help please call me - Vicky Turrell on 01691 (Oswestry) 610673 Or let Fred Jones know so that he can contact me via e mail.
Thank you.**

Diary Dates

Thought

Do not let what you cannot do interfere with what you can do

April

**4th 11th 25th Physio Sessions
5th Branch Natalie Mincher-Locket Talk on swallowing
7th Theatre Severn EVITA
13th & 14th Collections at Market Hall
12th & 26th Speech Training**

May

**2nd 9th & 23rd Physio Sessions
3rd Musical Afternoon
10th & 24th Speech training
11th & 12th Collections at Tesco Market
16th Committee Meeting**

June

**6th 13th & 27th Physio Sessions
7th Branch Membership Road show (membership department)
11th to 15th Branch Holiday
14th & 28th Speech Training**

July

**4th 11th & 25th Physio Sessions
5th Malcolm Parker (Wills)
12TH & 26TH Speech Training
18th Committee Meeting
19th Day Trip (as yet a Mystery) any Ideas**

August

**2nd 8th & 22nd Physio Sessions (owing to holidays may only be 2 sessions)
3rd Branch Amanda Smith Move More Free
9th & 23rd Speech Training**

Please Note all Physio Sessions Start at 3pm on Wednesdays and Speech Training at 2pm on Thursdays at Harlescott Social Club,