



## 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 2.15 pm



Fred Jones – Chairman 01743 87259  
Jim Roberts - Vice Chairman 01743 369774  
Val Mckay - IS Worker 0844 225 3643

website: [www.shrewsburyparkinsons.co.uk](http://www.shrewsburyparkinsons.co.uk)

### January Newsletter

As this is the first letter of the New Year may I wish you all a belated Happy New year and to thank all who sent me Christmas cards. I would also like to take this opportunity to thank Andrew Boden for all his hard work in producing the monthly newsletter and keeping the Web Site up to date. I would like to wish both Andrew and June all the best for the future.

Our March meeting is the A G M Most of the Officers and committee are willing to stand again But unfortunately one present Committee member has reluctantly had to step down, and at the moment one other is doubtful, therefor we could do with two or more members willing to stand, Committee meets Six times a year at Bayston Hill and meetings usually Last about two Hours, You will find a nomination form at the Bottom of the AGM Notification with this Letter

Conductive Education We have some members of the branch that have been accepted by Conductive Education as suitable to go on one of their courses we now as a branch have some funding available to help with this, if you are interested please see me (Fred or Stephen) although the nearest place for this is still Bodenham Herefordshire, It is hoped that a centre at Middletown on the Welshpool road will start later in the year

Don't forget those of you going to Theatre Severn for the Jeeves and Wooster show on the 7th Feb (not the 8th as previously Printed) meet Carol in the Foyer at 2-00pm to collect your Tickets

One Man two Governors a play at The Grand Theatre Wolverhampton on Wednesday 18th March 2-30 matinee, Carol has a few Places left also for those that have already booked she needs money by close of February Meeting tickets are £15-00 each Coach will leave the Club Car Park at 12pm

For Our January meeting we had a visit by the Reverent Lynne Morris who gave us a talk on the funny and not so funny happenings at Weddings like the time when the Groom went missing part of the way through the service and was found behind one of the Large head Stones Kissing one of the Bridesmaids, and the Bride who had a beautiful off the Shoulder Wedding dress unfortunately as she started down the Aisle, each step she took the Dress headed for the floor by the time she got to the Groom she was holding the dress up not her Father's arm, to the weird and wonderful designs and Colours, of the Bride and grooms



attire,

### Dairy Dates

#### February

4th, 11th & 25th Physio Sessions  
5th Martin Wood (town Crier) Talk on Shrewsbury  
7th Theatre Severn Trip  
14th Collection at Radbrook Green CO-OP

#### March

4th, 11th & 25th Physio Sessions  
5th Branch A.G.M  
17th 1st Meeting of New Committee (Note Change of Day)  
18th Wolverhampton Theatre Trip

#### April

1st, 8th & 22nd Physio Sessions  
2nd Collective Solutions (Tax. Care & Toy boys)  
10/11th Collection at Morrisons  
17/18 Collection at Sainsburys

#### May

May 6th, 13th & 27th Physio Sessions  
7th Lee Brown Chiropodist  
20th Committee Meeting

#### June

3rd 10th & 24th physio Sessions  
4th Speaker TBA

**Note-All Physio Session are 3pm at Harlescott Social**

About ten years ago this branch did a trial Art therapy class which was very successful and is now run by a lot of branches throughout the country, several of the members of that class went to Head Office to make a television Programme which was shown on Granada TV, unfortunately the lady who it ran for us, Husband had PD and while visiting Family in Australia was taken ill so they stayed there.

We have run one other successful course, we would like to try again, as it is beneficial to those who take part, if anyone is interested please see Fred or Jim

## CHESTER RIVER TRIP

On Wednesday, 17 December, 2014, 28 members of Shrewsbury Branch set off for their annual Christmas lunch, aiming for Chester, the Mill Hotel and their floating restaurant, the "L'eau-T-cuisine". However before we had reached Oswestry, our driver, Craig, was obliged to take a scenic route as there had been a serious accident ahead and the road was closed. We were not delayed long, though, and arrived at the hotel in good time for a look at the menu and a coffee or something more seasonal before boarding the luxurious dining ship for lunch.

Service on board was excellent, as was the choice and quality of the food available. As we ate our way through the five courses we watched the admittedly suburban landscape of Chester slip by and wondered if the mallards paddling alongside knew that roast duck was on the menu! There was a short, between-courses stop at Chemical Lock for folks to take a breath of air, if they wished, and have a quick toddle up and down the towpath. Before we knew it we were at the hotel mooring and a short while later we had returned to Shrewsbury. Our trip was over and we were left looking back on an extremely pleasant and convivial day.

Many thanks are due to Fred and Jim for organising such an enjoyable outing and to Craig, our driver, for taking us there and back safely.

If anyone is keen to learn about the technical or historical aspects of the hotel, boat, canal, or the parts of Chester that they journeyed through, please refer to the excellent article in the August newsletter written by Peter Love following a branch outing to the same venue in June.



## XMAS PARTY 2014

It was party time for our December meeting the staff of the club had decorated the hall which gave it a very festive look. We were entertained by a group of young ladies from the Drama Course at Shrewsbury College calling themselves the Severn Sisters who gave two short programmes of songs and duets either side of the beautiful buffet laid out by the club, Jim held his usual three Prize draw together with the normal Draw and Joe had his roll a pound for a bottle Whiskey



# **PARKINSON'S UK SHREWSBURY BRANCH**

## **Notice of Annual General meeting**

To be held at

The HARLESCOTT SOCIAL CLUB, ROSEWAY, SHREWSBURY SY1 4LP

At 2-15pm on Thursday 5<sup>th</sup> March 2015

### **AGENDA**

- 1 Welcome by the Chairman
- 2 Apologies
- 3 Approval of Minutes of the AGM held on the 6th March 2014
- 4 Chairman's Report
- 5 Adoption of Accounts for the Year ending 31<sup>st</sup> December 2014
- 6 Retiring committee stands down
- 7 Parkinson's Representative takes the Chair
- 8 Election of Branch Officers
- 9 Election of other Committee members
- 10 Appointment of Branch President and Vice Presidents
- 11 Newly-elected Chairperson takes the chair
- 12 Any Other Business
- 13 2016 AGM to be held on 5<sup>th</sup> March

1st Committee meeting 18<sup>th</sup> March 2015

Nominations are invited for the posts of Branch Officers and Committee Members, and should be sent to the secretary, The positions of President and Vice Presidents are recommended by the Management Committee and put before the AGM for approval Any member wishing to raise a topic under A O B should submit it to the Secretary not less than Seven Days before the meeting

**Secretary Mr Stephan Hankins 2 Westhope Avenue, Copthorne, Shrewsbury SY3 8UY**

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## **SHREWSBURY BRANCH ANNUAL GENERAL MEETING 2015**

### **Officers and Committee nomination form**

I nominate \_\_\_\_\_ for the position of \_\_\_\_\_

Proposed by \_\_\_\_\_ Membership No \_\_\_\_\_

Seconded by \_\_\_\_\_ Membership No \_\_\_\_\_

Please Note the Person nominated must have previously agreed to stand

The Nominee, the Proposer and the Secunder must all be members of Parkinson's UK

The completed form can be sent to Stephan Hankins, before the meeting, or handed to the Parkinson's UK representative at the meeting,