



**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

Our vision - our ultimate ambition - is to find a cure,  
 and improve life for everyone affected by Parkinson's



**SHREWSBURY BRANCH**  
**Newsletter: December 2020**

**KEY CONTACT**

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 Shrewsbury Branch Chair  
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Dear Members

Well it's been quite a year! As we watched the news of Coronavirus in China, little did we know how much it would change our lives in 2020. We operated normally until February but in March, anxiety slowly crept in, people started to avoid meetings and we just about managed to get our AGM done in time. Then it was lockdown and shielding.

In August/September, the number of infections had gone right down and we gave some thought to restarting the meetings and classes at the club. However, the risk assessments to be undertaken and measures to be implemented were bewildering. When consulted, Branch members were understandably very hesitant about returning to the club and the decision was that classes would continue on Zoom. With the second wave and second lockdown, it looks unlikely that we shall meet until springtime.

It has been very hard for most people, and especially for those living alone. We would like to thank you all for keeping in touch with each other and offering your support whenever you can. We are mindful of all those who have lost loved ones at a time when visiting has not been possible for families and friends. Let us hope that the season of Christmas brings some comfort and renewed hope as the vaccine starts to be rolled out. Our local hospitals are amongst the first fifty to roll out the vaccination programme and as you read this, those of us over eighty might already have been contacted to receive a first dose.



Wishing you a Merry, albeit quieter Christmas, and hopefully a New Year that will be more Happy, as we leave the present situation behind us.

Best wishes to you all, Fred Jones, Chair and the Branch Committee

**Christmas quiz**

Here's a little festive quiz to pass the time. Solve the anagrams to make a word normally associated with the Christmas season:

- |                           |                |                    |
|---------------------------|----------------|--------------------|
| 1. MMIOTNEAP              | 2. TTEEIMOSL   | 3. LIDUYEET        |
| 4. TRAMSCISHGUNDIPD (9,7) | 5. TANIEODROCS | 6. REDIRENE        |
| 7. SAOCRL                 | 8. SENERTPS    | 9. SICINEMPE (5,4) |
| 10. MANYHOAG              |                |                    |

Answers to Fred by 1 January 2021; a winner will be drawn from a hat on 2 January 2021 to win a bottle of bubbly!

### Charity Christmas Card Shop

Thank you to everyone who has supported the Christmas Card shop at St Mary's Church which closed on Friday 11 December. It opened at the end of October, and should have been open for six weeks but lockdown had different ideas! However, the shop has done really well since reopening and in a recent article in the Shropshire Star the Secretary Chris Sower said it seems more people are buying cards this year, possibly due to people being able to see less of each other as a result of the pandemic. The final figure is still to be calculated, but we estimate that the Branch has raised around £500.



### Christmas meeting - Regional volunteers

Jackie Conn, Parkinson's UK Local Network Support Officer has extended an invitation to the final Regional Volunteer Call for 2020, on Friday 18 December 2pm until 3pm. There will be a short quiz and Alison Lofas (Network Volunteering Manager) will be joining the call and answering questions. The Zoom details are:

Topic: Volunteer Xmas Final 2020 call

Time: Dec 18, 2020 02:00 PM London

Join Zoom Meeting

<https://parkinsons-org-uk.zoom.us/j/97243985049>

Meeting ID: 972 4398 5049

### Keeping active, keeping loud

Physio classes continue over the internet on Zoom, and we were delighted to be joined by two new members recently. Sandy has said that she would be happy to try and guide people through the technology, if this is causing any difficulties. Sandy can be contacted at [sandyaramsay@aol.com](mailto:sandyaramsay@aol.com)

Natalie too is continuing her Speech & Language classes on Zoom and is happy to take on new people. You can email Natalie on [natalie@speechadvance.co.uk](mailto:natalie@speechadvance.co.uk) or text on 07980 260234 to express an interest.

### Finally, Fred's thoughts...

*The person that does things that count usually does not stop to count them.*

### And a couple of festive joke to cheer us up!

Why are Christmas trees so bad at sewing?

*A: Because they always drop their needles!*

Why was the turkey in the pop group?

*A: Because he was the only one with drumsticks!*

Why did the turkey cross the road?

*A: Because it was the chicken's day off!*



# Merry Christmas!