

**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: February 2019**

**KEY CONTACTS**

Fred Jones  
Shrewsbury Branch Chair  
01743 872 597

Val Mckay  
Parkinson's UK Local Advisor  
0344 225 3643

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

**Chair Fred Jones would like to thank everyone for their messages over Christmas and would like to say happy New Year to all our Members, wishing everyone health and happiness in 2019**

**Christmas Lunch**

It was lovely to see so many people at the Christmas lunch at the Horseshoe pub in Dorrington on Thursday 29<sup>th</sup> November 2018. It was a great afternoon and thank you again to May Kerry for arranging it. A little note to the person who paid with old £10 notes, these were withdrawn from circulation in March 2018 but luckily you can still exchange them at some banks!



**Fundraising news**

The Charity Christmas Card Shop at St Mary's Church raised £483.28 for the Branch, and our raffle at Alan Ward's Christmas Charity Market raised £60.00. The raffle winner was Nicola Carter who won a magnum of Prosecco and chocolate truffles, kindly donated by Marie Martial and family.

We haven't been offered the opportunity to do many collections at supermarkets this year, so we need to look at other fundraising ideas to be able to continue to provide important services like physio and speech therapy. It would be great to come up with a few ideas that we could take forward as a group. February sees the 50<sup>th</sup> anniversary of Parkinson's UK and April sees World Parkinson's Awareness Day; two great opportunities to raise both awareness and funds for Parkinson's. Please talk to one of the Committee Members if you have any ideas or suggestions. Every little helps!

Parkinson's UK has some fundraising ideas on their website: <https://www.parkinsons.org.uk/get-involved/fundraising-tools-tips> Or there are a range of local events organised by Parkinson's UK to take part in with family and friends. There are various Walk for Parkinson's during the year including Stafford

Castle on 12<sup>th</sup> May, Ludlow on 22<sup>nd</sup> June and Chester on 22<sup>nd</sup> September, or if you fancy something really energetic then there's the Midlands Tough Mudder on Saturday 18<sup>th</sup> or Sunday 19<sup>th</sup> May!

### Branch Meetings

Next Branch Meeting, 7<sup>th</sup> Feb: Speakers Val McKay (Parkinson's UK Local Advisor) and Marie Haywood (Parkinson's Nurse Specialist).

Rachael Birchall from Home Instead Senior Care gave a presentation at the January Branch Meeting. Homes Instead and National Trading Standards Scams Team have joined forces in the fight against scams. Rachael talked about the growing incidents of scams targeting older people through the post, the internet and by telephone. The Home Instead network has developed a range of information to help avoid being affected by these distressing crimes. For more information, you can contact Home Instead on 01743 534810. If you have any suggestions for speakers and presentations for 2019 Branch Meetings, please contact Chair Fred Jones on 01743 872 597.

### Branch Annual Review

Jackie Murrall (Parkinson's UK Volunteer Co-ordinator) met with the Branch Committee members on 15<sup>th</sup> January 2019 for the Branch Annual Review. The Committee is currently without a Vice Chair. Jackie highlighted the importance of appointing a Vice Chair who can assist and act for the Chair. In addition, the Branch needs new Committee members to help run the Branch and strengthen support for local members. The Committee meets every two months (daytime meeting). For more information, please contact Chair Fred Jones on 01743 872 597.

### Annual General Meeting

The Branch's Annual General Meeting will take place on 7<sup>th</sup> March 2019 at 2.15pm at the Harlescott Club. The present Committee Members are all willing to stand again, plus we hope to be able to encourage 2 or 3 new members to join.

### Summer Holiday 2019

The Victoria Hotel, TLH Leisure Resort Torquay has been booked for 24<sup>th</sup> - 28<sup>th</sup> June 2019 for the group's summer holiday. The cost is £215.00 per person, with a non-refundable deposit of £25.00.

As this holiday is a Parkinson's holiday, all members are covered for travel insurance by the Society. Please let Fred know as soon as possible if you would like to go as final number has to be given to the hotel by 12<sup>th</sup> February 2019. Over 20 members have signed up so far and are already looking forward to their Devon cream teas!

### And finally, Fred's thoughts...

*Old age is like everything else; to make a success of it, you've got to start young.*

### DATES FOR YOUR DIARY

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

Dates for Physio sessions (3pm) and Speech training (2pm) are listed below and also take place at the Harlescott Club

#### February

6<sup>th</sup> 13<sup>th</sup> 27<sup>th</sup> Physio sessions  
7<sup>th</sup> Branch Meeting: Speakers Val McKay (Parkinson's UK Local Advisor) and Marie Haywood (Parkinson's Nurse Specialist)  
14<sup>th</sup> 28<sup>th</sup> Speech training  
22<sup>nd</sup> Singalong at Bayston Hill Methodist Church, 2pm

#### March

6<sup>th</sup> 13<sup>th</sup> 27<sup>th</sup> Physio sessions  
7<sup>th</sup> Branch AGM  
14<sup>th</sup> Speech training (only one this month)  
20<sup>th</sup> Meeting of the new Committee  
29<sup>th</sup> Singalong (details as above)

#### April

3<sup>rd</sup> 10<sup>th</sup> 24<sup>th</sup> Physio sessions  
4<sup>th</sup> Branch Meeting: Speaker Trevor Lee (Old Music Halls)  
11<sup>th</sup> 25<sup>th</sup> Speech training  
26<sup>th</sup> Singalong (details as above)

#### May

1<sup>st</sup> 8<sup>th</sup> 22<sup>nd</sup> Physio sessions  
2<sup>nd</sup> Branch Meeting: Speaker TBC  
9<sup>th</sup> 23<sup>rd</sup> Speech training  
15<sup>th</sup> Committee Meeting  
31<sup>st</sup> Singalong (details as above)

#### June

5<sup>th</sup> 12<sup>th</sup> 26<sup>th</sup> Physio sessions  
6<sup>th</sup> Branch Meeting: Speaker David Swindles (Parkinson's UK Area Development Officer)  
13<sup>th</sup> 27<sup>th</sup> Speech training  
19<sup>th</sup> Committee Meeting  
24<sup>th</sup> Torquay Holiday

**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 7th March 2019**

**AGENDA**

- 1 Welcome by the Chairman
- 2 Apologies
- 3 Approval of Minutes of the AGM held on the 1<sup>st</sup> March 2018
- 4 Chairman's Report
- 5 Adoption of Accounts for the Year ending 31<sup>st</sup> December 2018
- 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 2020 AGM to be held on 5<sup>th</sup> March
- 14 1st meeting of the new Committee 20<sup>th</sup> March 2019 at 2pm

Nominations are invited for the posts of Branch Officers and Committee Members, and should be sent to the Minute 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, or nomination to committee should submit it to the Secretary not less than Seven Days before the meeting

Minute Secretary Mrs M F Martial 31 Moreton Crescent Shrewsbury SY3 7BY

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**SHREWSBURY BRANCH ANNUAL GENERAL MEETING 2017**

**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 Mrs M F Martial, before the meeting, or handed to the Parkinson's UK representative at the meeting,