

**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 March 2021

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Dear Members

Once again we say hello to you during lockdown. Little did we know last year that the outbreak of Coronavirus in Wuhan would bring such a fundamental change to our lives. We had to stay at home to protect the NHS and save lives. But still many lives have been lost and we are those who sadly passed away. We have been unable to attend funerals of friends and say a final farewell. We have been confined at home away from friends and family, no hugs, just socially distanced hellos on the doorstep.

However we have seen many kind people volunteer to bring medicines and food when we were shielding at home, and we thank them for their support and dedication. We have been trying our best to stay in touch, to learn about new technologies even though technology that also frustrated us when it failed and broke down. Virtual classes through Zoom, maybe we could look about how to reach and support more people through the internet. Perhaps, when the restrictions are finally lifted, we could ask an expert to come to us about some simple ways we can use technology.

Most of us have now had our first doses of the vaccine so the future looks more promising and hopefully soon we will be able to see each other for a socially distanced coffee in an open space. Thank you for all the support you have given to each other during this pandemic, either phoning another member, dropping a card or joining in with the Physio and Speech sessions. Your personal touches have made all the difference and have been appreciated. Despite some anxieties,



and although our steps will be hesitant, we will rise again and provide all the support for those in need. Although a little crazier are resilient @

## Fundraising News

We have not been able to do much fundraising, but some members have organised virtual coffee mornings and sold items on the internet. Other monies have been received from generous donations, and from families who have lost loved ones. The Christmas Card Shop brought several hundred pounds. Only one person replied to the December Christmas Quiz. All her answers were correct, but she kindly declined the prize and so the bucket goes for another time!

A big thank you to everyone for their support. It really does all help and we are grateful for your generosity. We will be looking for ideas (new and old) for fundraising together as things get back to normal. Charities have taken a real knock last year and we need to redouble our efforts to fundraise for research into the causes and find a cure.

## Shrewsbury Branch Annual General Meeting

Our 2021 Annual General Meeting has been cancelled. The next one will be held in March 2022. Please see separate notice for full details.

Unfortunately we have no further news regarding the merger of Shrewsbury and Telford Hospitals NHS Trust.

## Summer Holiday 2021

With no clear advice from the Government around booking holidays, and with some members asking for their deposits back, Chair Fred noted that all deposits will be returned. If things improve enough, there could be the possibility of a self-rad Turkey in November/December 2021, but otherwise the holiday will be June 2022. A good number of people interested to justify the cost of hiring the coach with lift and to get a good discount from the hotel.

## Virtual classes

Sandy is still running online Physio classes via Zoom every Wednesday 10.00am. These classes are well attended with approx 10-13 participants each week. If you would like to join, please ring Fred who will arrange for Sandy to contact you.

And on the second and fourth Thursday of every month at 2.00pm, our Speech and Language Therapist Natalie runs a virtual Speech and Language Therapy Group. Each session has a different topic, with the main aim to improve and maintain voice quality. Please contact Fred if you would like to join the class.

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A man is sitting in his lounge looking outside his window when two men appear on the street. The first man starts to dig a hole 3 feet round and 2 feet deep. He goes another fifty yards down the road, digs another hole, then moves down another fifty yards and starts again. At that point a second man appears and fills in the first hole, then the second man goes and digs another hole. Curiosity getting the better of the man watching, he goes outside and asks the first man to join his three-man team, but the third man is off sick today and he is the one who plants the seeds.

And finally

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