



Thank you to everyone who completed a GDPR form saying that you would like to continue receiving this newsletter. It's a great way to share news, information and events amongst Branch members.



**KEY CONTACTS**

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

**Branch Meetings**

At our July meeting we had a talk from Malcolm Parker from Manor Wills and Trusts who spoke on making a will to help ensure that your family and your assets are looked after on your death. After the presentation, Malcolm met several people on a one-to-one basis to provide advice.

For our August meeting we had a presentation from Rachel Harris from Home Instead; an organisation who specialises in providing home care services to older people in their own homes. Home Instead provide a range of services including companionship, home help and personal care.

Penny Ward, from Friends of the Flaxmill, spoke at the September meeting about the Shrewsbury Flaxmill Maltings; home to the world's first iron framed skyscraper and forerunner of every skyscraper and tower block in the world. Built in 1797, it is one of the most important buildings of the industrial revolution. Derelict for many years, Penny explained how work is underway to save and restore this piece of industrial history.

We would welcome your thoughts and suggestions for speakers and presentations for Branch Meetings for 2019. If you have any ideas or suggestions, please contact Fred on 01743 872 597.

**Christmas Festivities**

The date for this year's Branch **Christmas Lunch** is Thursday 29<sup>th</sup> November. Several venues were shortlisted based on Branch members' requirements and feedback on last year's lunch. The venue chosen is The Horseshoes in Dorrington (SY5 7JD).

May from the Branch Committee has discussed details with the venue, and final menu options and price will be circulated shortly. Fred will have the details available at the November Branch Meeting and will be taking bookings.

The **Christmas Party** is on Thursday 6<sup>th</sup> December at the Harlescott Club. If you are hoping to come along, it would be helpful if you could let Fred know so that we have a general idea of numbers for catering.

### Charity Christmas Card Shop

The Branch will be selling Christmas cards at the Charity Christmas Card Shop in St Mary's Church. The shop will open from Friday 19<sup>th</sup> October until Wednesday 5<sup>th</sup> December 2018 (10.15am until 4pm, Monday to Saturday).

We have been asked to supply one volunteer per shift to help keep the card stocks topped up. Our designated shifts are:

- Thursday 25<sup>th</sup> Oct (10.00am - 1.15pm)
- Thursdays 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup> Nov (10.00am - 1.15pm)
- Wednesday 21<sup>st</sup> Nov (1.00pm - 4.15pm)
- Thursday 22<sup>nd</sup> Nov (10.00am - 1.15pm)

We would be very grateful for volunteers to support this important fundraising activity. Please contact Fred on 01743 872 597, or any of the committee members if you are able to help. Please tell your friends about the shop, and encourage them to come along and support us!



### Parkinson's UK Members' Day and 2018 AGM

Join other members of the Parkinson's community at their Members' Day and 2018 Annual General Meeting (AGM). It is an opportunity to share ideas and inspiration, learn about the impact that is being made, and help shape future plans - as well as taking part in this year's AGM.

Paul Mayhew-Archer will be the host for the day. Paul has written some of the UK's most loved comedy shows - including The Vicar of Dibley and Mrs Brown's Boys - and has been a dedicated supporter and member of the charity since he was diagnosed with Parkinson's in 2011.

The event is 11am-3.45pm on Sat 20 October 2018 (Conference Aston, Aston University, Aston Street, Birmingham B4 7ET). For more information visit [www.parkinsons.org.uk/about-us/agm-2018](http://www.parkinsons.org.uk/about-us/agm-2018)

### Lottery update

Unfortunately there has been a delay in starting the Branch lottery due to administrative issues. However, we are still keen to get this underway and an update will follow in the next newsletter.

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

*Look on the world as a big fruit cake... it wouldn't be complete without a few nuts in it.*

### 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

#### October

3<sup>rd</sup> 10<sup>th</sup> 24<sup>th</sup> Physio Sessions  
4<sup>th</sup> Branch speaker Graham Fuller; Lasting Power of Attorney  
11<sup>th</sup> 25<sup>th</sup> Speech Training  
25<sup>th</sup> Charity Xmas Card Shop Duties

#### November

1<sup>st</sup> Branch speaker Vicky Turrell (Robins)  
1<sup>st</sup> 8<sup>th</sup> 15<sup>th</sup> 21<sup>st</sup> 22<sup>nd</sup> Charity Xmas Card Shop Duties  
7<sup>th</sup> 14<sup>th</sup> 28<sup>th</sup> Physio Sessions  
8<sup>th</sup> 22<sup>nd</sup> Speech Training  
21<sup>st</sup> Committee Meeting  
29<sup>th</sup> Branch Christmas Lunch

#### December

5<sup>th</sup> 12<sup>th</sup> Physio Sessions (only two this month)  
6<sup>th</sup> Christmas Party Time  
13<sup>th</sup> Speech Training (only one this month)