

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

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

# NEWSLETTER

Autumn 2024

Harrogate and  
District Branch

John Sheepy 07811 126534 [john.sheepy@harrogateparkinsons.co.uk](mailto:john.sheepy@harrogateparkinsons.co.uk)



Exercise classes    Boxing  
Table tennis    Nordic  
walking    Singing    Crown  
Green Bowls    Dancing  
Pilates    Padel tennis  
Golf    Chess    Respite  
care    Just Swim    Tai Chi  
Pedalling/Cycling/Spinning

**JOIN  
US**

**NEW**

<https://www.facebook.com/groups/parkinsonsharrogate>

# Ramblings from the Chair

John Sheepy 07811 126534

[John.sheepy@harrogateparkinsons.co.uk](mailto:John.sheepy@harrogateparkinsons.co.uk)

As I write this we have in Harrogate witnessed the first frost of the autumn. Where has the year gone?

We have been lucky to get the services of David Andrews who is producing this newsletter and hopefully then on a bimonthly basis. News updates will be a regular feature in the months in between.

This edition included details of new plans for exercise routines involving cycling and meeting to ensure we continue to help you our members not only come to terms with the condition but help fight back

The future months will see new ideas coming to help. We have been very lucky to receive significant donations from, for example, Ripon Classic Cars and many other sponsorship examples by relatives and friends and these will be used to ensure "You are not alone."

Please remember there are also businesses in Harrogate such as Rise Mobility, Granby Care home and Ripley Blues Club working for us. Indeed we are grateful too to our new MP in Harrogate who, as you may have seen, gave his support for our Boxing exercise classes.

***JUST STARTED*** Our own Facebook Group on <https://www.facebook.com/groups/parkinsonsharrogate>.

See details on back page, but IT NEEDS YOU! It's a private group and anyone with an interest in Parkinson's can join easily. Spread the word wide and let's get it humming!

## Pedal For Parkinson's



**Cycling increases certain proteins in the brain that help with movement and cognitive function, making it one of the most beneficial activities for keeping Parkinson's symptoms**

**under control.**

**Not only that, it improves posture, balance, coordination and reduces stress. The harder you pedal, the better!**

### Pedalling For Parkinson's Timetable

(Open to people with Parkinson's and care partners)

	<b>Class 1 (Knaresborough)</b>	<b>Class 2 (Harrogate)</b>
<b>When:</b>	<b>Every Wednesday 11am Start (45 mins)</b>	<b>Every Thursday 2pm Start (45 mins)</b>
<b>Cost:</b>	<b>£5.60 Per Session</b>	<b>£5.60 Per Session</b>
<b>Venue:</b>	<b>Knaresborough Leisure &amp; Wellness Centre King James Road Knaresborough HG5 8EB</b>	<b>Harrogate Leisure &amp; Wellness Centre (Formerly Hydro) Jenny Field Drive Harrogate HG1 2RP</b>
<b>To Book:</b>	<b>Book via downloadable Brimhams active app or pay on arrival at reception</b>	<b>Book via downloadable Brimhams active app or pay on arrival at reception</b>

### Parkinson's UK Harrogate & District Branch

For More Info': <https://www.harrogateparkinsons.co.uk/>

For more details see  
<http://davisphinneyfoundation.org/programs/pedaling-for-parkinsons/>



# From the Membership Secretary

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I thought I would let the members and other people who are interested in matters involving the local members and those who wish to know what we do and plan within the Branch for everyone diagnosed with Parkinsons.

To do this I have to keep a strict list of members on my database and have recently started a second database to cover everyone who is diagnosed as well as their families and friends, if they wish. This means that I have to have two different forms one for people who wish to become members of Parkinson's UK (There is a box within the form that asks if you wish to be associated with a particular Branch). It is good to fill in that box as we then hear about you and some contact details so that we can keep you informed of everything that we do in the Harrogate Area. That form is the membership form. There is no longer a fixed membership fee or subscription but donations are always welcome or not depending on personal circumstances and no one within the Branch would ever know this within our Branch.

The second form is for people to sign and give back to me by anyone who wishes to be kept in touch with all the happenings within the Branch, and that form is called Local group consent form. A very easy form to fill in, asking for name and address, phone numbers and email addresses and a date plus a tick box for you to choose your preferred way for us to contact you. This is a form printed by Head Office and a legal requirement to follow the GDPR (General Data Protection Regulation) rules. In fact I like people to sign this form prior to them deciding to become members. Just so I can keep within the law and also keep you informed whilst Head Office is sorting out the membership

details. This can take a few weeks or sometimes much longer!! The Local Group consent form can be cancelled at any time should you decide to do so or you could become a member at any time and once that change has been arranged by Head Office, your name will be transferred to the members database and cancelled from the Local group database.

Finally I will add your name to the members database once Headquarters notifies me.

I have to work within GDPR's legal rules which does rather baffle people. I have tried my best to give you the GDPR legal route as required by Parkinson's UK Headquarters London Office.

Shirley Clegg  
Membership Secretary for Harrogate Parkinson's

## **Rhiannon's Singing Group**

Come and find your voice and diaphragm with  
Rhiannon's vocal exercises and fun songs.

Voice not important .. you are.

Mondays 1.45-3pm at The Green Hut,  
51 Harlow Avenue, Harrogate HG2 0AS

Tea, coffee and biscuits too, all for £5.  
That'll give you something to sing about!

Contact : [John.sheepy@harrogateparkinsons.co.uk](mailto:John.sheepy@harrogateparkinsons.co.uk)

# Harrogate & District Branch of Parkinson's UK

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Currently in the Harrogate District up to 750 patients are diagnosed with the Parkinson's condition, but only 190 are registered as members at Parkinson's UK.

However difficult it might seem at first, the best approach for patients is to try to accept the condition, then fight it.

Experience shows the best ways to do this are:

- To talk to others with Parkinson's, share experiences;
- Learn as much as you can about the condition;
- Keep up regular exercise as this slows the progression of the symptoms;
- Tell your family and friends. They want to know as they will have noticed the changes in you and believe it or not, will want to help.

**YOU ARE  
NOT ALONE**

**WE ARE HERE  
TO HELP**

WHETHER YOU ARE RECENTLY  
DIAGNOSED, OR ARE FAMILY,  
OR A FRIEND OF SOMEONE  
WHO HAS BEEN . .

Please, come and talk to us.  
Sharing is good.

## BRANCH MEETINGS

2-4pm on 2<sup>nd</sup> Tuesdays in each month 8 October and 12 November. Christmas meeting to be decided. All in the Masonic Hall, Station Ave, Harrogate HG1 5NE.

# Ripon activities – open to all

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All activities welcome people with Parkinson's and partners/carers. Next dates are:

- Drop-In at St. Wilfrid's Community Centre, Coltsgate Hill, Ripon HG4 2AB for tea and chat. Meet new friends.  
2 – 3.30p.m. Last Tuesday each month. Just come along.
- Early Bird Pub Meal. Venue to be arranged.  
Tuesday 8<sup>th</sup> October 6 – 8 p.m.  
To register interest: [celiagrieve50@gmail.com](mailto:celiagrieve50@gmail.com) or 07989 715950
- Padel Tennis at Ripon Tennis Centre, Park Lane, Ripon HG4 3HJ  
1 – 2 p.m. Thursday 26<sup>th</sup> September. £5 per session including coaching.  
To register interest: [celiagrieve50@gmail.com](mailto:celiagrieve50@gmail.com) or 07989 715950
- Exercise Class – seated but with some standing if person able to do so.  
3.30 – 4.30p.m. Wednesdays at Ripon Arts Hub, Allhallowgate, Ripon HG4 1WB. £5 per session.  
Teacher: Lisa Sorby 07975 967354

Parkinson's UK Annual General Meeting 11.30am,  
Saturday 12 October 2024- The Royal Armouries  
Museum, Leeds LS10 1LT and online for the volunteers



## Swimming with Parkinson's or multiple sclerosis

This fact sheet explains how you can take part in swimming and other aquatic activities if you have Parkinson's or multiple sclerosis.

<https://www.swimming.org/justswim/swimming-parkinsons-multiple-sclerosis/>

Starbeck Baths have an Accessibility Swim Session every Friday 10-11am which might suit some PwP.

<https://www.brimhamsactive.co.uk/.../water-wellness>



## Fun Padel Tennis



**Harrogate Spa Tennis Centre is opening its door ready to welcome**

**PwP (People with Parkinson's), their friends and family to come and play Fun Padel Tennis in their all-weather covered padel courts**

**Padel racquets and balls will be provided**

**Advice and guidance will be given**

**Complimentary hot drink at the club café**

**Breakpoint or on the sun-trapped terrace**

## Parkinson's Harrogate

### Padel Tennis

## At Harrogate Spa Tennis Centre

<b>When:</b>	<b>Every Tuesday 12:00Hrs – 13:00hrs (from 30<sup>th</sup> April 2024)</b>
<b>Cost:</b>	<b>£5 Per Session</b>
<b>Venue:</b>	<b>Harrogate Spa Tennis Centre Caro Park HG1 4BB</b>
<b>Reservation:</b>	<b>Vicky Bentley Email: <a href="mailto:janevictoria1@gmail.com">janevictoria1@gmail.com</a> Tel: 07876 127167</b>

## Parkinson's UK Harrogate & District Branch

# Applying for Benefits

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This is a very personal account of three benefits I have claimed to help me as a new PwP. If it encourages you to apply, then my purpose has been achieved, because the benefits I'm talking about are possible with a little effort and organisation, and I say that as one who abhors paperwork with a vengeance!

**Blue Badge.** This is a real asset to me, not so much through the parking fees saved, but because it allows me (or the person driving me) to park for up to 3 hours in short-stay parking bays. Harrogate Hospital (Lancaster Park Road) usually has short-time parking available but relatively few drivers use it because of that. Parking near Barclays in town and round the War Memorial are similarly under-used. You can legally park almost anywhere on public roads for up to 3 hours, but I avoid parking on double yellows – they are there for a purpose. You will qualify automatically if you receive certain benefits, otherwise you must argue your case. All details are available at

<https://www.gov.uk/government/publications/blue-badge-can-i-get-one/can-i-get-a-blue-badge>

and North Yorks applications via

<https://www.northyorks.gov.uk/roads-parking-and-travel/parking-permits/blue-badge-parking-permits-disabled-people>.

It costs £10 if successful which is refunded if not. The badge is valid for 3 years. Two caveats: use it legally – YOU must be using, not necessarily driving, the vehicle displaying the badge. And don't let it expire, renew a month before. Turnround was ten days in my case – very quick. Incidentally, if you qualify for a blue badge you may also be eligible for a disabled person's bus pass.

**Attendance Allowance (AA).** This is a payment (not means-tested or taxed) of £72.65 per week (April 2024) for the lower of two tiers (assistance during the day or the night). The criteria for 24 hour assistance are greater but the amount paid is higher. You don't actually have to have a carer to qualify: the allowance would still help you with taxi fares or jobs around the house which you can't manage any longer. Application is more involved (30 page questionnaire online or paper) but I was encouraged to apply by the Martin Lewis Money Saving website which said that 100,000 people would qualify for AA if they applied. Most questions were answered in a few words, helped by brief suggestions by each question. Others required free text – plenty of space! You will need to send medical documents, such as prescription list and hospital diagnosis/test results. In a small number of cases you might be asked for supplementary information or even an actual assessment in person, but unlikely. This link gives full details: <https://www.gov.uk/attendance-allowance>

**Council Tax discount** (disregard) of 25%. Harrogate (now North Yorks) uses the word "disregarded" in describing you if you succeed in the application, because for the purposes of paying Council Tax you are disregarded. You may still be actually paying the bill, but you no longer exist for assessment purposes! Parkinson's is one of the disabilities which your GP might regard as an SMI – a horrible term – Severe Mental Impairment, because it's progressive and irreversible. *"Under the Local Government Finance Act 1992 a person is severely mentally impaired if he or she has a severe impairment of intelligence and social functioning (however caused) which appears to be permanent"*. Your GP is signing the form to say you have a cognitive impairment. Not everyone with Parkinson's gets Dementia or has memory problems. If you can cope with being disregarded with SMI, then, with the support of your GP or another medic, you may well qualify.

Ironically, can a person who is severely mentally impaired complete an application form? To be considered, you must be in receipt of an AA, or one from a list of other awards. The questions are essentially to prove your identity at the address, Compared to the AA, this application was a doddle, and assuming your GP is happy to countersign the form (at no charge) then the discount should be automatic, and usually backdated to the date of AA award or PD diagnosis, whichever is the later. An amusing aside – North Yorks awarded me 100% discount initially because they overlooked the fact that my wife lives with me, though I did answer the question correctly on the form. I had to come clean though, because they say they do check from time to time and it would have been fraudulent anyway.

This link (updated 20 August 2024) will help you greatly, especially with the SMI definition <https://www.moneysavingexpert.com/reclaim/severe-mental-impairment-dementia-council-tax-rebate/#:~:text=Can%20I%20backdate%20my%20claim,can%20decide%20their%20own%20policy> and specifically for Harrogate <https://www.northyorks.gov.uk/apply-council-tax-disregard/council-tax-disregard-harrogate-area> will help, though I found phoning 0300 131 2131 and working through the inevitable menus worked better than trying to wriggle through the labyrinth of links on web pages. If you want a pdf copy of the form, please email me at [david@violinman.co.uk](mailto:david@violinman.co.uk) because I can't remember exactly where I found mine! Or you could ask for a paper form (three pages) to be sent by post. The address is North Yorkshire Council (Harrogate area). PO Box 787. Harrogate. HG1 9RW.

Good luck if you apply. Appeals are possible if you don't succeed first time. The main problem I found was gathering all the facts needed (especially for AA), some of



which were very personal. Though it's unlikely as a PwP that you haven't already faced up to the worst this wretched condition has to offer.

Parkinson's UK offers expert advice on all matters concerning Parkinson's. Louise Smith is our local adviser and is very willing to help you. She read through this article before publication and made several suggestions which I have included. If you're likely to worry about applying for any benefits, she urges you to contact her for help before applying. Contesting an adverse decision can be much more difficult. Contact her by email [lsmith@parkinsons.org.uk](mailto:lsmith@parkinsons.org.uk) or phone 0344 225 3769. Urgent enquiries to the PUK hotline 0808 800 0303.

David Andrews  
[david@violinman.co.uk](mailto:david@violinman.co.uk)

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

 **carers'**  
**resource**  
*you care for them, we care for you*

**Parkinson's Society Respite Drop in Service  
supported by Carers' Resource.**

Located in Woodlands Methodist Church,  
71 Wetherby Rd, Harrogate, HG2 7SG.  
Easy parking. Please contact Sam Dawson of Carers' Resource  
on 07801 577148 to book your slot.

**2-4pm every third Thursday of the month**

# Looking ahead

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12 November 2024 40<sup>th</sup> anniversary celebrations at drop in Masonic hall (TBC).

16 November 60's Soul and RnB Night

<https://ripleylive.com/seo-upcoming-events/soul-3>

This is the sixth annual Cheltenham reunion event held at Ripley Town Hall, the iconic home of Ripley Live (formerly Ripley Blues)...

Renee writes ... "Ripley Live have a donations box to help raise money for the community to buy Ripley Live. Ripley Castle will be up for sale later this year. But this button is for the venue where all our gigs take place and will be separate from the castle. Ripley have supported us for many years and helped us to raise a lot of money."

Sunday 8 Decembe – we have a charity stall in Harrogate Christmas market and will be looking for helpers for this. Contact John 07811 126534.

19 March 2025 Parkinson's Presentation at Ashville College 6pm. Organised by Harrogate & District Hospital and supported and paid for by us. Included will be Parkinson's specialists and guest speaker Paul Mayhew-Archer, co-author *Vicar of Dibley* and one of *Movers and Shakers* podcast <https://prksn.uk/3Ze7dSv>.

Hazlewood Castle event May/June 2025.

29 July Snake Davis will be playing at Ripley Live to raise money for Harrogate Parkinson's. Tickets will be available from Ripley Live.

## Boxing/Fitness For Beginners



**Box Clever with Parkinson's  
Exercise Training Programme**

**Specific moves to help:**

**Improve stiffness (warm-up  
muscle stretching)**

**Power and strength (hitting  
heavy bags)**

**Balance and agility (footwork  
& drills)**

**Hand-eye coordination  
(punching speed bags) and**

**Cognitive processing to name  
but a few**

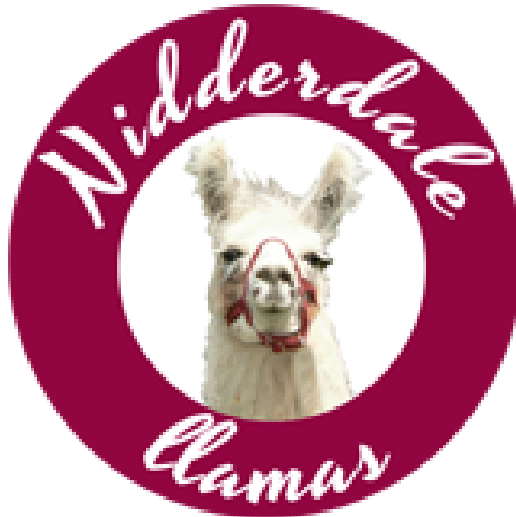
**Members and non-members are all welcome**

## Parkinson's Harrogate **Boxing/Fitness For Beginners** At Bilton Health and Well Being Hub

<b>When:</b>	Every Wednesday 11 – 12pm From 11 <sup>th</sup> September 2024 onwards
<b>Cost:</b>	£5 Per Session
<b>Venue:</b>	Bilton Health and Well Being Hub 69 Bilton Lane Harrogate HG1 3DT
<b>Reservation:</b>	Chanelle McGill Email: <a href="mailto:chanellemcgill@hotmail.co.uk">chanellemcgill@hotmail.co.uk</a> Tel: 07766 488688

**Parkinson's UK Harrogate & District Branch**

For More Info': <https://www.harrogateparkinsons.co.uk/>



<https://www.nidderdalellamas.org/>

A 2 hour session (2 October 10.15 to 12.15) with the Llamas have been offered to us (PwP and carers) free of charge through charity support.

The experience will consist of meeting llamas and alpacas, learning all about them and interacting with them. We can include a short walk out with some selected animals on the farm and a visit to the paddocks to meet some of the other members of our herd of 97. There will be lots of photo opportunities and also plenty of time for questions. Full hand washing facilities are available on site as are hot or cold drinks with biscuits at £4 per person.

Location : Just north of Wilsill, between Summerbridge and Pateley Bridge.

Full details will be available to those wishing to go. Please register interest with John Sheepy or Celia Grieve.



# Activities in brief

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CHESS Harrogate Library 1<sup>st</sup> and 3<sup>rd</sup> Thursdays 2-4pm  
Alf Spencer [spencerah@gmail.com](mailto:spencerah@gmail.com) 07886 701399

GOLF Rudding Park 2<sup>nd</sup> and 4<sup>th</sup> Weds £10  
Anthony Blackburn 07491694938 [golfinsociety@gmail.com](mailto:golfinsociety@gmail.com)

PADEL TENNIS Ripon fortnightly Thurs 1-2pm  
Celia Grieve 01765 603286 or 07989 715950

PILATES Bilton Tues 10-11am £5 Vicki Watson 07961 070159

BOXING Bilton Wed 11-12 noon £5  
Chanelle 07766 488688 [chanellemcgill@hotmail.co.uk](mailto:chanellemcgill@hotmail.co.uk)

DANCING Bilton Fri 11-12 £5  
Sophie Zealand 07985158263 [Sophie.zealand@yahoo.co.uk](mailto:Sophie.zealand@yahoo.co.uk)

CROWN GREEN BOWLS Knaresborough Tues 1-3pm (March to October) weather permitting. Neil Fuller 01423 202429

SINGING (Rhiannon Gayle) Harlow Green Hut Mon 1.45-3.00  
£5. Email: [john.sheepy@harrogateparkinsons.com](mailto:john.sheepy@harrogateparkinsons.com)

NORDIC WALKING Various walks Mike Stead 07968 928730

TAI CHI Bilton Tues 2-3pm £5  
Brefni Groome 07817 769089 [breffni69@gmail.com](mailto:breffni69@gmail.com)

TABLE TENNIS Firs Rd (Hgte) 1<sup>st</sup> and 3<sup>rd</sup> Weds 1.30-2.30 £5  
George Chan 07507 039071  
[tabletennis@harrogateracquetsclub.co.uk](mailto:tabletennis@harrogateracquetsclub.co.uk)

EXERCISE CLASS Hgte £5  
Ring Vicki of Wish Fitness 07961 070159 for details.  
EXERCISE CLASS Ripon Weds 3.30-4.40 £5  
Lisa of Mobility Magic 07979 5967354

# Parkinson's UK Adviser Service

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is a free, confidential service provided by a team of Local Advisers across the UK by Parkinson's UK. Local Advisers support anyone with Parkinson's, their family or friends.

Louise Smith is the Local Adviser for Harrogate, Ripon, Skipton, Northallerton and the Dales 0800 800 0303

**Parkinson's UK Annual General Meeting** 11.30am, Saturday 12 October 2024- The Royal Armouries Museum, Leeds LS10 1LT and online for volunteers

## Membership

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We will still gladly support you if you aren't a member, but membership does have many advantages.

We don't want the cost to stop anyone from being able to join, so we invite you just to chip in whatever you can – even if that's nothing right now.

You will get excellent help and advice and be kept up to date in the research to find a cure.

For more information contact Shirley Clegg our membership secretary on 01423 815975.

## Branch meetings

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2-4pm on 2<sup>nd</sup> Tuesdays in each month 8 October and 12 November. Christmas meeting to be decided. All in the Masonic Hall, Station Ave, Harrogate HG1 5NE.

# Thanks for all your help

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- Harrogate Masonic Lodge
- Harrogate Rotary Brigantes
- Harrogate Racquets Club
- Harrogate Library
- Granby Residential Home
- North Yorkshire Sport - David Watson, Breffni Groome, Chanelle McGill, Sophie Zealand
- Rhiannon Gayle – Release your voice
- Louise Lowe – Pilates
- Carers' Resource - Sam Dawson and Jenna Bond for their extensive work with us
- Neil Fuller Volunteer Lead – Crown Green Bowls
- Vicki Watson@wishfitness
- Lisa Sorbey@mobilitymagic
- Alf Spencer Volunteer Lead - Chess
- Mike Stead of Nordic Walking UK
- Dementia Forward
- Andy Herrington, RIPLEY LIVE
- Sir Thomas Ingilby for his continued support
- Ian Smith DJ
- With special thanks to Carl of Rise Mobility Although not a recommendation of his extensive product range, we are grateful for all the work he does on our behalf and the money he saves us.
- And of course, The Parkinson's Team @ Harrogate District Hospital
- Last but not least Parkinson's UK  
215 Vauxhall Bridge Road London SW1V 1EJ.

# Contacts

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Chair	John Sheepy	07811 126534
Vice Chair	Bob Archibald	07860 628379
Treasurer	Brian Nicholl	07825 056080
Secretary	Vacant	
Fundraising Chair	Renee Dickinson	01423 879079
Membership	Shirley Clegg	01423 815975
Ripon	Celia Grieve	01765 603286
Taxi	Trevor Drawbridge	07866 847801
Committee	Wendy Ridgway	01423 563411
Committee	Christine Taylor	07786 008238

Branch members call line 07811 126534

Web [www.harrogateparkinson's.co.uk](http://www.harrogateparkinson's.co.uk)

Free National Confidential Helpline 0800 80003

We've a new Facebook group on

<https://www.facebook.com/groups/parkinsonsharrogate>

It's private and monitored. Why not take a look?

It has up-to-date information about events and news concerning PwP (People with Parkinson's) in Harrogate and around.

When you're ready, you might like to post something? Perhaps a comment about an activity you've found rewarding or even just how you feel that particular day. Nobody wants this diagnosis, so why not make the best of it and try to put a smile on someone else's face? And in doing so, probably your own too. Take care.