

Dates for your diary:

2nd & 16th  
March

Gentle Exercise  
Group  
(Northampton)

7th March

Ex Carers/  
Coffee Group  
(Northampton)

9th & 23rd  
March

Exercise & Well  
-Being Group &  
Coffee Club  
(Towcester)  
**NEW!**

14th March

Support Day for  
Patient & Carer  
(Northampton)

31st March

Annual General  
Meeting  
2pm at St Crispin  
Village

# OUR NEWS

## Northampton, Daventry & Towcester Branch

March 2017

### JOHN'S JOTTINGS...

Hello,

Snowdrops are flowering and birds are building nests, so spring must be on its way. I saw my first new lamb on February the 3rd on the Welsh hills. It's a time of new growth and, hopefully, warmer weather, but I suggest you keep your winter coats handy for now! By the time you read this, Easter will be only six weeks away!

There are a number of important items on the newsletter this month, so please do read and respond where appropriate, if you can. These include:

- The return of the blue collection box.
- The Branch's AGM is on the 31st of March. If you can't get to the meeting to vote, postal votes can be sent in via the Branch's secretary.
- We need two active volunteers to help the Branch: the programme and fundraising sections need our urgent attention. I am quite happy to speak with any potential volunteer on a confidential basis.
- Due to a lack of attendees, we were forced to close the Daventry Coffee Club at The Saracens Head Inn. A new Coffee Club will open this month in Towcester, at the same time and place of the Exercise and Well-Being Group coached by Julia Dickerson. Join in!
- World Parkinson's Day is on April 11th, the birth date of Dr James Parkinson, who first formally identified the disease 200 years ago. We will run a feature on this on the next edition.

**All the best,  
John**

### Home collection boxes

If you have a Parkinson's UK collection box at home, please return it to any of the Branch's Committee members. We can exchange your old box for a new one. Thank you for your cooperation.



### £600 raised at Tesco

Our grateful thanks to the Tesco teams, their customers and our volunteers at Tesco Mereway, Daventry, Towcester and Abington St., who raised over £600 on four Sunday collections last January!

# Annual General Meeting

**Friday, 31st of March at 2pm**

Venue: St Crispin Retirement Village (St Crispin Drive, Duston, Northampton, NN5 4RB)

## AGENDA

1. Welcome
2. Apologies for absence
3. Minutes of the previous AGM held on Friday 18th of March 2016  
**(Copies of last year's minutes will be available at the meeting or in advance, by contacting the Branch's Secretary)**
4. Chair's Report
5. Secretary's Report
6. Treasurer's Report/Appointment of Auditor
7. Election of Committee Officers
8. Election of other Committee members
9. Appointment of Branch President/Vice-President
10. Vote of thanks to out-going and welcome to in-coming Committee
11. Any other business
12. Date and details of next Branch meeting
13. Refreshments

**Please, find below the Nomination Form for the election of Committee Officers**

### Northampton, Daventry & Towcester Branch's AGM

#### I should like to nominate/vote for

Name: ..... Membership No.....

For the role of [Committee or specific role].....

Proposed by..... Membership No.....

Seconded by ..... Membership No .....

**Please, return your form to: Ms Coral Goodman (Secretary)**

**[coral.goodman@ipsl.co.uk](mailto:coral.goodman@ipsl.co.uk) or 6 Saffron Close, East Hunsbury, Northampton, NN4 0SG**

## We need volunteers!

Could you help to run the Branch?

Could you spare an hour per month organizing a social calendar for our members? This may include researching and suggesting trips, organizing speakers and coordinating these activities.

You may prefer fundraising: our activities cost over £20k per year to run. Folks are very generous in terms of wills and donations, however, we are not guaranteed any of this money, so we need someone to coordinate our fundraising.

If this person isn't you,  
could it be a friend or a relative?

**Call 01604 770 894**

## Daventry Exercise Group

### A fun outing at Tenpin Bowling

The Exercise Group that takes place at the Reach for Health Gym, in Daventry, ventured out to a very successful session at the Sixfields Tenpin Bowling venue. The place was virtually empty and the staff rallied round to help us in any way needed. The barriers were raised if needed, which of course made us all look better at bowling than we really were!

The session was hilarious and very much enjoyed by us all. This was followed by an excellent meal next door, at Pizza Hut. Once more, the staff was exceedingly helpful and even opened the fire door for us to leave, which made wheelchair exit and other aids easy to manage.

We heartily recommend a trip to the Tenpin Bowling, followed by a very tasty pizza. Everyone was very happy with the welcome and consideration showed by both sets of staff.

**Barbara Lewis**



## Training Session for Carers

You will be shown how to measure BREATHING, take a PULSE, read a URINE dip test and take a TEMPERATURE. You will be able to have a go at entering results from your monitoring on to the simple Miralife website and be given the equipment, guides and support you need if you decide to continue to take part.

**You only need to attend one session and it's free of charge!**

**Northampton:** Wed, 8th MARCH, 2pm-4:30pm  
(Umbrella Fair, Racecourse Pavilion, Kettering Rd, NN1 4LG)

**Corby:** Tue, 14th MARCH, 10:30am-1pm & Wed, 22nd MARCH, 2pm-4:30pm (Lakelands Hospice, Butland Rd, NN18 8LX)

**Kettering:** Tue, 4th APRIL, 6pm-8:30pm (Kettering Council, Bowling Green Rd, NN15 7QX)

**To book, contact Northamptonshire Carers at 01933 677 837 or go to [www.northamptonshire-carers.org](http://www.northamptonshire-carers.org) to register**



**[pbuyandsellnorthampton@hotmail.com](mailto:pbuyandsellnorthampton@hotmail.com)**

### FOR SALE

Four wheeled rollator with seat  
Hardly used. For £10  
Contact Angela Jeffery  
T: 0344 225 3628

### FOR SALE

Second-hand equipment:  
Lightweight aluminium wheelchair & detachable power stroll drive assembly, automatic bed, bath seat with hoist (manual), over-bed table, bariatric pressure mattress, and more.  
T: 01604 588 501  
[www.northamptonshirecil.org.uk](http://www.northamptonshirecil.org.uk)

### Suggestions are welcomed!

If you have articles about your area, please let us know and we'll try to print them. Send them to [johnpeachey52@gmail.com](mailto:johnpeachey52@gmail.com)

**Any queries about our newsletter, please call 01604 770 894**

## REGULAR ACTIVITIES EVERY MONTH

Subject to availability and cancellation at short notice

What	Where	When	More Info
Branch Meeting	St. Crispin Village Northampton, NN5 4RB	Last Friday 2-4pm	John Peachey 01604 770 894
Exercise and Well-Being Group & Coffee Club <b>(NEW)</b>	SNDC Offices Moat Lane, Towcester	2nd and 4th Thursday 2-3.30pm	Julia Dickerson 01604 863 597
Gentle Exercise Group	Abington Church Rooms Northampton, NN3 2HT	1 <sup>st</sup> & 3 <sup>rd</sup> Thursday 10am-12 noon	Julia Dickerson 01604 863 597
Tulip Group	St. Crispin Village Northampton, NN5 4RB	Every Wednesday 10am-3pm	Angela Jeffery 07903 984 543
Support Day for Patient & Carer	Abbey Centre, Hunsbury Northampton, NN4 0RZ	2 <sup>nd</sup> Tuesday 10am-3pm	Val Hamblin 01327 704 020
Daventry Exercise Group	Reach for Health Gym, High March, Daventry NN11 4HB	Every Wednesday 11.30am-12.30pm	Elaine Hamer 07860 966 807
Ex Carers/ Coffee Group	Wyevale Garden Centre Wootton, NN4 6HP	1 <sup>st</sup> Tuesday 10.30am-12 noon	Val Cole 01604 589 050
Younger Parkinson's Support Group	The Queen Adelaide, 50 Manor Road, Northampton, NN2 6QJ	1st Saturday 10.30am	Pamela Harrison 01604 626 181



We would love to hear your ideas for events to mark Parkinson's Awareness Week 2017

Call 01604 770894  
johnpeachey52@gmail.com

### Quote for the month

*Great acts are made up of small deeds.*

-Lao Tzu

This newsletter is produced by the Northampton, Daventry & Towcester Branch. The views expressed are not necessarily those of Parkinson's UK

Free confidential helpline  
0808 800 0303

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Jackie Conn  
T 0300 123 3673

Local Advisor  
Angela Jeffery  
T 0344 225 3628

Parkinson's Nurse Specialist  
Mel Smith  
T 01604 678120

Chair  
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Treasurer  
David Hubbard  
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Visit us online at  
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[www.parkinsonsuknorthants.wordpress.com](http://www.parkinsonsuknorthants.wordpress.com)