**Picnic in the park**

You are invited to meet at 1pm on 31 July in Darley Park for an informal picnic at the Chester Green entrance.

Bring your own food. You’ll also need to bring something to sit on

Being outside, hopefully more of us will feel safe to come together again face to face.

**However, do please contact Karen Bown to check it’s still able to go ahead on the day - Phone or text 07870278828 .That way if for some reason it can’t happen, no one should be disappointed!**

*Just so you know, no risk assessment is required, as this is not an official Parkinson’s UK event. Everyone is therefore responsible for themselves. It is to be held in this public park, but we’ve heard there is a possibility their toilet facilities may not actually be open on the day - we have been warned!*

**HURRAH AT LAST**

* We will be able to resume our face-to-face Branch meeting ……after 16 months
* 3 August, 2.00 to 4.00 pm
* This will be at our usual venue, The York Suite, Aston Court Hotel, Midland Road Derby DE1 2SL.
* There will be no speaker, just an open meeting to renew old friendships
* Seating will be limited to 6 per table
* Hand sanitiser will be available
* The wearing of masks is optional

Especially if you can’t make the picnic, it’d be great to see you there.

**Rosi Avis is doing the Manchester Marathon in October.**

A picture containing sky, outdoor, person, sport

Description automatically generatedShe writes :  
 "In October, I'm going to be taking on my first marathon to raise money for the Derby Branch of Parkinson’s UK. They've been such a great source of support and community to my wonderful Auntie and Uncle, since Brian was diagnosed 16 years ago. I'd be so grateful if you could spare a few pennies to help me say thank you ❤ [justgiving.com/fundraising/rosiavis](https://emea01.safelinks.protection.outlook.com/?url=http%3A%2F%2Fjustgiving.com%2Ffundraising%2Frosiavis&data=04%7C01%7C%7C6f228f61307a420bb87708d94243f9a7%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637613681976311465%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=5l66TFwdY9s76fk%2F53Qw%2Fo4iVPbpFkOwBHBuyB%2BnfjQ%3D&reserved=0)”

Good luck to Brian and Liz Greaves niece we look forward to hearing how it goes

**Believe it or not**

Lisa Collett and Ian Billcliff, our Treasurers tell us the final Alfreton Inner Wheel donation received was actually £645 for local Derby Branch funds.

What a generous gift, we are delighted that they thought of giving it to support local people and families with Parkinson’s. As things return to normal, there will plenty of ways the Branch can make use of the money to benefit local people with the condition.

**Ways you can help**

Remember all that voting and hassle finding a Chairperson? Thankfully, Rachel stepped in to help us, but the group still need a vice chair, speaker finder and trip organiser. We’ve publicised this on Facebook/Twitter and will highlight this at the next meeting. Maybe you’d be prepared to do one of these jobs, or know of someone recently retired or has reduced their working hours - let us know at the meeting or ring or text 0745678155. In coming days, as things open up, this will be increasingly needed for Branch activities.

**sQuad plans for September**

Squad members were recently canvassed to ascertain if there is a demand for face-to-face meetings reconvening - a September gathering is planned to be held at St Peter's Church on 4 September. We’ll let you know next time.

**An inspiring lady.**

I was interested to read a snippet in a magazine about a lady called Jo Yaldren, who was diagnosed with Early Onset Parkinson’s in 2015.She spent a lot of time walking on her local beach; collecting rubbish as she went, to make a difference. This helped her focus on the here and now at a difficult stage in her life. Her beach cleans gained a big response on social media. Jo uses beach glass she finds to make jewellery, which she sells her Etsy site, The Tinkerist, donating half of her profits for charity.

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| Contact us  **Parkinson's Branch Derby** Secretary :Karen Bown Tel: 0745678155 Email: **[enquiriesderby.parkinsons@gmail.com](mailto:enquiriesderby.parkinsons@gmail.com)**  **sQuad** can be contacted on:  Tel: **0794 267 0259** Email: **squadderby@gmail.com**  **Parkinson’s Nurse Specialist** Derby Royal Hospital Lisa Brown or Suzanne Filon can be contacted on: Tel: **01332 783535**  **Parkinson’s Local Advisor Service** Parkinson's UK are now encouraging the number below to be used initially.  Helpline number 0808 800 0303 and email [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk).  **Social media**  [https://www.facebook.com/parkinsonsukderbybranch](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.facebook.com%2Fparkinsonsukderbybranch&data=04%7C01%7C%7C1fe74e65d3d1478b364308d8feabe889%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637539361576821755%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=j4r0MAs4qc5gtJtO%2FVkhieN3HyEFq%2BxFSeEpTGrpmX4%3D&reserved=0)  <https://twitter.com/derbyparkinsons>  **University of Derby and Burton NHS Specialist Rehabilitation Parkinson ‘s** London Road Community Hospital, London Road, Derby DE1 2QY 01332 258255  **Derbyshire Carers Association** Tel: **01332 200002** | | We are Parkinson’s UK. Powered by people. Funded by you. Improving life for everyone affected by Parkinson’s. Together we’ll find a cure.  **Parkinson’s UK** 215 Vauxhall Bridge Road London SW1V 1EJ  Free confidential helpline **0808 800 0303** Monday to Friday 9am–7pm, Saturday 10am–2pm (interpreting available)  NGT Relay **18001 0808 800 0303** (for textphone users only)  [**hello@parkinsons.org.uk**](mailto:hello@parkinsons.org.uk) **parkinsons.org.uk**  Parkinson’s UK is the operating name of the Parkinson’s Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554). | | |
| Upcoming activities organised by Parkinson’s DERBYSHIRE | | | |
| **Movers and Shakers** -singing group | Currently online  Contact [liz.greaves210@gmail.com](mailto:liz.greaves210@gmail.com) for log in details | | **Weekly Thursdays 1pm** by Zoom |
| **Monthly Squad meeting – Saturday 7 August 11am–12.15pm** | Continuing to meet online until September  Scheduled Zoom meeting details from **sQuad**  07942 670259. [squadderby@gmail.com](mailto:squadderby@gmail.com) | | **Monthly on the first Saturday**  From 11:00 until 12:15pm |
| **Men's group** | Currently online   Contact: [bgreaves818@gmail.com](mailto:bgreaves818@gmail.com) or mobile no :07715373742 | | **Tuesday mornings 10am** on Zoom. |
| **High Intensity Interval Training (HIIT) session** | Currently online  Contact Vicky via email for Zoom details: victoria@mooremovement.co.uk | | **Mondays and Thursdays 7pm** |
| **Boxercise**    **Yoga/relaxation** | Currently online led by Megan Smith Contact: info@movewithmegan.co.uk or 07838719717  Contact: [suetittershill@hotmail.co.uk](mailto:suetittershill@hotmail.co.uk) | | **Tuesdays 11-11.40am**  **Tuesdays 11:45am -12:30** |

**Calling all globetrotters - a date for your diary**

The World Parkinson Congress that was due to be held in Barcelona in June 2022, has now been re-arranged to July 2023 still in Barcelona. Several members attended a previous international congress, a few years ago, in Canada and found it a worthwhile experience.Perhaps a few from Derby may like to go again?

**Did you remember to save the date for the Derby Parkinson’s Symposium**

**?** Katie Smith (Area Development Manager) is working with the Parkinson's UK Excellence Network and the University Hospitals of Derby & Burton NHS Foundation Trust team to organise this year's Derby Symposium. This will again be delivered online via Zoom and will take place on Monday 15 November 2021. This event is for Professionals, people with Parkinson's, carers and family. If you’ve never been to one of these events, why not give it a try?

🎟💰🎁🎟💰🎁🎟💰🎁🎟💰🎁🎟

After due consideration of the current rising coronavirus numbers, our fundraising event planned for September has been postponed. The event will go ahead at some point, so hang on to any items for the BIG raffle and MEGA tombola for the time being or pass onto Ann Pitt at any time.

**.**

**Parkinson's UK Policy and Campaigns**

700 days ago the Prime Minister promised that he woud 'fix social care' in England. He still hasn't delivered on this promise while millions of people receiving and giving care are waiting for vital changes.

It's crucial that the Government makes sure that care services have the staff and funding they need, as a priority.

We've joined with 50 other charities as a part of the Care Support Alliance to call on the Prime Minister to keep his promise. We want you to join us by writing to your MP to ask them to do the same.

[**Emaill your MP**](https://emea01.safelinks.protection.outlook.com/?url=https%3A%2F%2Fe-activist.com%2Fpage%2Femail%2Fclick%2F138%2F5404101%3Femail%3Dzfbp7VW7b1btrn72jfpP%252FEDLqKySp0jT%26campid%3D5YjnDkrbpFC%252FgO2vkuoghg%3D%3D&data=04%7C01%7C%7Cb24666e4723c4ee4cd0208d945ee94fd%7C84df9e7fe9f640afb435aaaaaaaaaaaa%7C1%7C0%7C637617713263860874%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C1000&sdata=EZpoPwZI%2F7DcEtLX5WETl0Kx2r38DCwSGVpXRSPumog%3D&reserved=0)

To meet his promise the Prime Minister must invest in Council social care budgets. He needs to grant staff working in care facilities a fair rate of pay along with the professional respect they deserve for their important work.

High quality care should be available whenever people need it and this investment in social care is long overdue. By writing to your MP you will be putting pressure on the Prime Minister to keep his promise and invest the time and money he needs into ‘fixing social care.’