

Bye Bye Beard

My beard often made me (and others) laugh. It was really long. If it was windy, it would divide in the middle and keep my ears warm. If I had a Sunday lunch, I had to be very careful. Once I leant over too far and ended up with gravy on the ends of it! Playing the piano accordion hurt, when my beard got stuck in the bellows (I had to put it inside my tee shirt!)

Anyway,

My wife Barbara and I had had a natter about it, whether to get rid of it or not, then whilst we were at the Hydro Therapy pool I heard a voice.....

'Phil's having his beard shaved off in aid of Parkinson's'.

...and that was the beginning of it. Three weeks later we went to The Flowerpot, where it was to take place. (Now in three weeks you have a lot conversations, yet nothing else was happening. No cutting. No trimming) Then at 8.15pm on the 20 June I went into the back room of The Flowerpot, and in front of family, friends and complete strangers (curious to see this thing that was happening), I sat down on a chair. A bobble was put on said beard, and.....SNIP! It then became real. This was happening! Now!

Three quarters of an hour later, after a lot of laughing and joking, snipping and shaving, with loads of photographs and videos, it was all off. It felt so strange, as I hadn't seen my chin for 20 years. Now, I am getting a bit more at ease with it, and also the new thing of SHAVING!

We're still amazed at the amount it raised. At the moment this stands at **£583.80**,. I would like to say a big **THANKYOU** to everyone who contributed, including 'our' Stace doing her first public shave.

Earlier this year I missed the Parkinson's walk. I now feel I have done something instead to make up for it.

The question now is.....What about my pony tail????

Phil Noake

On Your Bike

Comments from those who came to the Cycle Derby sessions this summer ranged from "Very enjoyable" to " Felt very tired afterwards". Some people felt their knees took the stress, but joining with Ashbourne Branch was very sociable.

Cycle Derby also ran 3 weekly sessions with a trainer, which we could take part in. There was separate funding for these sessions , which several people took advantage of .

Thanks to Ann Butler (and Christine from Cycle Derby), who have arranged another session -Wednesday 13 September 10.30am -12 noon Markeaton Park (McDonald's car park end of the park . again some folk from Ashbourne hope to join us, so it should be another time to socialise, as well as have some exercise.

As you may remember ,a wide range of bikes, tandems and adapted cycles are available. So if you haven't had a go so faron your bike. Contact Christine Kelly:07974148875/01332 832777

Free on Monday mornings?

The Creative Challenges Group meet at Aston Court Hotel each Monday, 10.30-12.30. We can all be creative and it seems doing small creative activities can help our well-being. Google '64 Million Artists' to catch a flavour of the weekly challenges-making up limericks,

choosing our Desert Island Discs, discussing what we value most etc. All are very welcome, we look forward to seeing you.