

Notes to be given out at Branch monthly meeting on 16<sup>th</sup> May 2017

## Events coming soon

Exercise class each Wednesday morning 10.15-11.15 a.m. at St James Parish Centre, St James Road, Carlisle CA2 5PD. The cost per session has been about £3 recently. Companions can sit in the side room where there are armchairs (if all goes well, there will be tea/coffee available). New joiners, please contact the class trainer Mike Salkeld **before** attending the class (info@northlakesphysio.com or 07947 918063).

Tai Chi class on Wednesdays at 5-6pm, in Wetheral Village Community Hall, Cumwhinton Road, CA4 8HE, cost £3.00 per session. New members please contact the teacher, Lesley Relph: townandvillagetaichi@gmail.com, 01228 710898. Routine queries, contact Dave Little (dwl2412@aol.com or 07710 413235). Note: no Tai Chi class on 17<sup>th</sup> May, 7<sup>th</sup> June, 14<sup>th</sup> June.

Drop-in at Brampton Next session is on 26th May from 3 to 5 p.m. Just drop in on the fourth Friday of any month to meet other people affected by Parkinson's over tea/ coffee and to pick up information. You can contact Ian Russell for more details if you wish - 01697 742646, russellig@icloud.com.

Monthly meeting Tuesday 20<sup>th</sup> June: Blood Bikes – a talk on the volunteers who deliver emergency medical supplies and blood. St James Parish Centre, St James Road, Carlisle CA2 5PD, 2.30-4.00.

Coffee morning Saturday 17 June, 10am at 81 Townfoot Park, Brampton, CA8 1RZ. Sarah and Pete Hinde are raising money for their son Thomas's [“RideLondon – Surrey 100” bike ride](#). The proceeds of the bike ride will go to Parkinson's UK national funds. All welcome for coffee, scones and cake.

## Notes

Healthwatch Cumbria We have been approached with an offer to meet us and tell us about the work of [Healthwatch](#). It is a nationwide statutory body, and its purpose is to speak out on behalf of people who use health and social care services. If you would like a meeting to be arranged, please tell Simon White, or you can contact them directly – 03003 038 567, info@healthwatchcumbria.co.uk

Newsletter Have you got a story to tell? We are looking for short articles about any part of your life with Parkinson's: being diagnosed, how you cope, what helps you, what you enjoy. If you can write something for a future edition, please mention your ideas to any Committee member.

Summer afternoon tea at our usual monthly meeting venue, St James Parish Centre on 18<sup>th</sup> July. A buffet meal provided by a professional caterer. If you would like to come, contact Henry Thompson 01228 533201 [henrythompson55@btinternet.com](mailto:henrythompson55@btinternet.com) . Give your details so that you can be contacted if necessary. The contribution to the cost of the tea is £3.50, payable by 30<sup>th</sup> June.

Blackpool Holiday Week early October at Savoy Hotel, North Shore, Blackpool (sea front), specially for people living with Parkinson's. Rooms are allocated to suit your mobility needs. The cost includes 6 nights with dinner bed and breakfast, and activities. Organised by a separate Parkinson's UK support group, led by Carlisle member David Gray. Details from David (01228 593147, [david.gray049@btinternet.com](mailto:david.gray049@btinternet.com), 5 Eilbeck Close, Carlisle.) Booking has started.

Keeping in touch You receive monthly notes and the Newsletter. [Carlisle Branch](#) information is now online too. If you would like to see it on someone else's computer, ask anyone, or get Simon White to give you a demonstration (01228 527707 or [s\\_p\\_white@btinternet.com](mailto:s_p_white@btinternet.com)).

If you receive this update by email you should be able to use the links (highlighted) to access online information.