

<https://www.parkinsons.org.uk>

Welcome to the November Newsletter

Dear Readers,

You will have noticed that this month's Newsletter is coming to you a little later than usual. There are two reasons for this.

First, during the first two weeks of November, with the assistance of Kieran O'Driscoll from Parkinson's UK, the volunteer team has migrated to "GSuite," a set of Google apps which help us manage our emails and documents in a better way, and which connect us to the central IT assistance of Parkinson's UK. You will see, if you look at the contacts section at the end of the newsletter, that the local contacts now reflect the new email addresses which we are using.

Second, and following feedback from some readers, we have taken the opportunity of this hiatus to take a fresh look at the newsletter, and to make changes that we hope will make it more accessible and more relevant to you. We realised that it had become too long, so we hope that this shorter, more succinct version will be more readily useful to you, whilst continuing to convey the information and news that you need.

As usual, we would welcome your feedback, and you can now reply to this newsletter or send any material you would like included to newsletter@hull.parkinsonsuk.group



Beverley Festival of Christmas December 5th – 14th at Beverley Minster

Our organising volunteer **Jan Vogel** writes:

"Our theme for the Beverley Christmas Tree Festival 2025 Parkinson's Christmas Tree is HANDS ACROSS THE COMMUNITY. The tree's purpose is to raise the community's awareness of the condition, so that no-one fights it alone.

"Members are busy creating HANDS OF HOPE and knitting mittens to hang on the tree. Leaflets will be available under the tree for anyone who wants more information. We hope you will see the tree at Beverley Minster and enjoy the other 149 trees! This makes it one of the biggest festivals in the country."

Decorations were due to be handed in at the crafting afternoon on November 17th at the Civic Hall in Cottingham, and also at that meeting, members were given the opportunity to decorate hands to be added to the display.



Members were invited to bring their own crafted items along to the meeting, if they wished to sell them in aid of the charity.

News from Parkinson's UK

The Hull and East Riding Support Group is delighted to offer our congratulations to **Tracy Westgarth**, who is well known to a lot of us and has been promoted into a new role at Parkinson's UK as Head of England Regional Teams in January. Tracy has been in various regional management roles locally for over 20 years. As a local person she has attended many events, meetings and gatherings.

Parky charter petition / Movers and Shakers competition success!

We have just heard that the [Movers and Shakers petition](#) - Increase funding for people with Parkinson's and implement the "Parky Charter" - having received over 130,000 signatures, has now successfully secured a debate in parliament which will be held on 17 November 2025. You'll be able to watch online on the [UK Parliament YouTube channel](#).

Many congratulations to Bexhill Working Age Group who have won the Movers and Shakers competition for the most signatures on the petition. We will share their podcast starring lead volunteers from the group when it is available. Thank you so much to all of you who took part in the competition and encouraged people to sign. Every signature has made a difference.

Nurse Appeal - Big Give Campaign

We are delighted to be participating once again in The Big Give Christmas Challenge, which is the UK's biggest collaborative fundraising campaign.

Through matched funding we have the opportunity to double any donations made by individuals on The Big Give's website from 2nd to 9th December, up to an amazing £43,750 - meaning your gift has twice the impact. The donation will only be matched if made through the [Big Give website](#).

Celebrate Your Will's Powerful Gift

Have you left a Gift in Your Will to Parkinson's UK? Share Your Story and Help Inspire Others

You may already dedicate your time and passion to support Parkinson's UK and for that, we are incredibly grateful. Some of you may have taken this commitment a step further by including a gift in your Will. This kind of generosity ensures that your impact will continue to be felt for generations to come.

If you have decided to leave a gift in your Will to us, we would be honored to hear your story. Sharing your reasons for doing so can inspire others to consider their own legacy. It's an opportunity to celebrate your commitment and show the profound difference that such a gift can make. Your story, shared in your own words, can become a beacon of hope, encouraging others to think about the future of our charity.

Please contact Sophie Jarvis our Stories officer on 020 7963 9351 or email sjarvis@parkinsons.org.uk

Interested in finding out more about research?

[Sign up to our Research Support network!](#)

Interested in finding out more about campaigning?

[Sign up to our Campaigns network!](#)

Poetry corner by Lin Priest "A Pill with Sugar Coating"

Parkinson's I've had for years,
Twenty-nine in all,
It's time enough to find a cure,
To topple this brick wall.

Come on all you scientists,
I have no time to wait.
Find a cure to help me now,
Increase your testing rate.

Make it in a small round pill
That slips easily on the tongue.
Not invasive surgery,
D.B.S. don't sound much fun

Fit no device inside my head,
No clips inside my tum.
No bendy tube stuck up my nose,
No camera up my *****!

A simple easy method,
To help me on my feet.
Back to some normality,
Would be a welcome treat!

A pill with sugar coating,
Not a scalpel to my brain.
Find a cure for Parkinson's
So I can live again!

Deep Brain Stimulation: DBS is the main type of surgery used to

generator is switched on, the electrodes deliver high-frequency

treat Parkinson's. Usually it's most effective at improving motor (movement) symptoms, such as tremor, slowness of movement, rigidity and dyskinesia. A pulse generator (a device like a heart pacemaker) is placed under the skin around the chest or stomach area. It's connected to 1 or 2 fine wires that are inserted into specific areas of your brain. When the pulse

stimulation to the targeted area. This stimulation changes some of the electrical signals in the brain that cause the symptoms of Parkinson's. (Information from Parkinson's UK we

Dates for your Diary: Parkinson's cafes in the East Riding

For more information about any of these, please contact Alison Lofas for more details: Tel: 0344 225 3625 or email: alofas@parkinsons.org.uk

Cafe	Time	Frequency	Location
Beverley	10.30am - 12.00pm	2 nd Friday of every month (except December when it is on December 5th)	Beverley Housing Charity, Morton House, Morton Lane, Beverley, HU17 9DD
Driffield	10.30am - 12.00pm	4 th Tuesday of every month	Driffield Town Cricket Club and Recreational Centre, King's Mill Rd, Driffield YO25 6TT.
Hedon	11.00am-1.00pm	3 rd Tuesday of every month	Station Inn, Soutergate, Hedon
Hornsea	1.30pm - 3.00pm	2 nd Thursday of every month	Hornsea Leisure Centre, Broadway, Hornsea, HU18 1PZ
Pocklington	10.30am - 12.00pm	1 st Wednesday of every month	The Stamfords, 12 Union Street, Pocklington, YO42 2JL
Withernsea	10.30am - 12.00pm	2 nd Thursday of every month	The Shores Centre, Seaside Road, Withernsea, HU19 2DL

News from the Goole Support Group - Alexandra Findlay

Upcoming meetings/events

December 4th - Christmas Party- We are proposing that this year we hold the Christmas meeting/party elsewhere so we can have a bigger celebration, invite family and friends and have more space for a dance. Unfortunately, due to

the Christmas grotto at the Vikings, we so far have had to hold the party in the main restaurant area, and this isn't ideal. We plan to discuss this further as a group at the next meeting.

Any suggestions or requests for speakers are welcome.

Hull and East Riding Support Group Monthly Meetings

Regular monthly meetings are held at the Civic Hall in Cottingham (HU16 5QF); Doors open at 1.00 for a 1.30 start; meetings end around 3pm; all meetings include raffle and refreshments. All welcome, just drop in.

December 15: Annual Christmas event, with buffet meal and singing from Hull Ladies' Choir who entertained us last year.

Advance notice: meetings for 2026:

January 19: "Warm Homes, Healthy People" David from Beverley Warmer Homes Charity.

Meetings will then be held on:

16 February, 16 March, 20 April, 18 May, 15 June, 20 July, 21 September, 19 October, 16 November, 21 December.

Hull Younger Person's meet-ups (for those aged 66 and under)

Sundays from 2.00pm - 4.00pm and Wednesdays 7.00pm - 9.00pm **At the Humber Bridge Country Park Hotel** (you pay for parking but they will refund the cost towards a drink) For more information email Lesley or Ian on hullyhypsg@gmail.com

Other activities supported by Hull and East Riding Support Group

Parky Walking Group	Thank you to everyone who joined us on the 2025 Parky Walks, they will resume in April 2026 (Further details to follow).
Dance	Thursday 1.00 – 2.15 (followed by tea and biscuits until 3pm) Balfour Street Community Centre Holderness Rd., HU9 2EU. All welcome, all abilities catered for. £3 per person.
On-line Quiz	Tuesday at 7.00pm – on ZOOM Meeting ID: 522 230 5411 Passcode: 0R0aiG
Chair Yoga with Michelle	Mondays 1.30-3.00pm, Darby and Joan Small Hall, 58 Finkle St., Cottingham, HU16 4AZ. To book your place, email Michelle hullyyoga@outlook.com

Signposted activities which members may wish to consider:

Activity	Information
Grin and Tonic Beverley Leisure Centre	Wednesday 12:45pm – 1:45 pm £8 per month Dianne Peacock (Secretary) email: richardddianne321@gmail.com Celia Standen (Treasurer and first contact) Tel: 01482871761 email: castanden1506@gmail.com
Grin and Tonic Haltemprice Leisure Centre	Friday 10.45am – 11.45am - £2.60 Mike Buttle Mike.buttle@eastriding.gov.uk (01482) 393980
Yoga (currently on zoom)	Tuesday am and Friday am - £10 per month Tel: 07764 683838 Email: bayleytb@gmail.com
Raise your Voice	A friendly singing group for all abilities. Wednesday 2.30pm – 4pm, State of the Arts Academy, High St., Hull, HU1 1PT £3 Tel: Wendy 07990 584266 (see below)
Parkinson's Active, run by Hull FC	Tuesdays at 1pm-2pm at Allam Sports Centre For more information please contact: Health@hullfc.com Tel: 01482 304260

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Parkinson's and MS Physical Activity group at Driffield Leisure Centre, Bridlington Road, Driffield. YO25 5HZ
Weekly on Thursday at 2.00pm - 3.00pm £3.20 per session For more information contact: Debbie Lowe on email: debbie.lowe@eastriding.gov.uk or phone Driffield Leisure Centre reception on 01377 257480

Hull activity Group

The meeting is on Thursdays from 10 till 11am. at the Walton Street venue **(Please note that this meeting is no longer at the Hull FC hub, but has reverted to its original venue)**

It Includes the opportunity to socialise along with low impact activities like darts, snooker, chair dancing and table tennis. Contact person Jasmine on jasmine.render@hullfc.com

Boxing on Saturdays in Hull:

St Paul's Boxing Academy: Fighting back against Parkinson's North Churchside Hull, (next to Hull Minster and above Trinity Market) Every Saturday from 12.15 – 1.15pm.

Contact Richard Longthorp 07734 386390 or rlongthorp@longthorp.com

Move Humber are now delivering 2 new sessions at CrossFit at Sutton Fields, on Mondays at 2pm and Thursdays at 1pm. The original sessions at CrossFit at Anlaby are still happening too, on Wednesdays at 12.30pm.

PD Power The sessions are weekly on Mondays at 10-11am The cost is £5.00 per session.

For more details and a class pack please contact: Molly Scott email: pdpowereastyorks@gmail.com or phone: 07452 831595

Reminiscence Groups in the East Riding:

Booking is necessary in person at the respective libraries or by calling 01482 393939 (County Hall) or by email to cscanlaby@eastriding.gov.uk

Reminiscence Groups are all free to attend, and can be found on the listed day of the month at libraries in:

Beverley Group 1	Beverley Group 2	Beverley Group 3	Haltemprice	Hessle	Willerby
3rd Thursday 2pm - 3pm	3rd Wednesday 10.30am - 11.30am	3rd Tuesday 2pm - 3pm	3 rd Wednesday 11am – 12pm	Last Friday 10am - 11am	4th Tuesday 3pm - 4pm

Please note that signposted activities are not organised by Parkinson's UK (company number 00948776). Parkinson's UK is not responsible for the activity/service and is not liable for any advice given or treatment received, or for any loss or damage incurred because of attending the activity.

If you would like to join our WhatsApp group, please email Ray Scott on thea23242@gmail.com with your mobile number (this is our fastest method of contacting members).

All items in this newsletter aim to provide as much information as possible. Some of the information requires your personal judgement to decide suitability. Their inclusion here does not mean that the Hull and East Yorkshire branch endorses or recommends them to you

Have you come across "The Parkinson"?

The Parkinson is sent out to all Parkinson's UK members 3 times a year. Or if you'd prefer, you can choose to have a round-up of the best stories from the magazine emailed to you.

[Become a member today.](#) The magazine can be accessed at:

<https://www.parkinsons.org.uk/information-and-support/parkinson-magazine>

Information pack for those diagnosed with Parkinson's. This pack from Parkinson's UK is aimed at people who are newly diagnosed with Parkinson's and is also of interest to those already diagnosed.

The pack is available to [order for free from the Parkinson's UK shop](#). (You can click on this link)

[Do you need help or advice about living with Parkinson's?](#)

Mobilise for Carers

Care for someone with Parkinson's? Mobilise has lots of useful support and information for carers - [visit the website here](#).

Parkinson's Adviser Service provides free confidential one-to-one information around all things Parkinson's related, including benefits and employment, blue badge schemes, carer's support, housing, social care, emotional support and much more. The service is there for any person affected by the condition, including carers, family and friends. To access the **Parkinson's UK Adviser Service** please contact the confidential National Helpline tel. **0808 800 0303** or email: hello@parkinsons.org.uk

SUPPORT GROUP CONTACT DETAILS

- Hull Support Group Volunteer Team Telephone Number :- 07484 420616
- Email: contact@hull.parkinsonsuk.group
- Parkinson's Nurses – 01482 605238
- Parkinson's UK Helpline – 0808 800 0303
- Corrine Kaye (Local Advisor) – 0344 225 3636
- Rose Crawley (Network Support Officer) - 0344 225 3634
- Healthwatch Hull (0148 2595505)
Enquiries@healthwatchkingstonuponhull.co.uk

PLEASE inform the Support Group if you Change your contact details.

To respond to anything in this letter, or offer anything for inclusion in the newsletter, please email newsletter@hull.parkinsonsuk.group before the 25th of the month before the newsletter is published.