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UPCOMING MEETINGS of the Sheffield Parkinson's Support Group

Tuesday 4th November at Tapton Hall, Shore Lane, S10 3BU, from 2 till 4pm.

Research and Participation in Parkinson's Hallucinations and Dementia. **Alex Edwards, PUK's Research Participation and Engagement Manager** will give an overview of current research projects and then introduce speakers from two projects being researched by teams across the UK and funded by Parkinson's UK. They are investigating potential treatment for hallucinations and dementia in Parkinson's, including Lewy Body dementia. We will hear from: • **Dr George Crowther** (Leeds and York Partnership NHS Foundation Trust) about the **Top Hat**

Study with a trial site in Leeds. The research is to investigate if ondansetron (a licensed, low-cost drug) has a meaningful treatment effect on Parkinson's and Lewy Body Dementia hallucinations. • **Dr Sarah Wilson** (Nottinghamshire Healthcare NHS Foundation Trust) about the **COBALT** study which is investigating if a combination of two drugs, an acetylcholinesterase inhibitor (AChEI) and memantine, can be used to treat Parkinson's dementia and dementia with Lewy Bodies. • **Karen Young**, whose husband Alan lives with Parkinson's and Lewy Body Dementia. Karen will tell us about their **Personal Experience**.

The talks will share information about **PUK's Take Part Hub** which keeps us in touch with ongoing projects and ways of contributing to research, including opportunities to participate and make a difference for people with Parkinson's.

There will be a break, with time to chat over a cup of tea or coffee. We look forward to seeing you there.

Tues 3rd March 2026 at Tapton Hall, Shore Lane, S10 3BU, from 2 till 4pm.

NHS Therapy Services in Sheffield

Adele Nelson (Occupational Therapist) and colleagues will outline the range of NHS Allied Health Services in Sheffield and their relevance for people with Parkinson's. In particular, the focus will be Physiotherapy, Occupational Therapy and Speech and Language Therapy, provided mostly at Nether Edge Outpatients Clinic.

World Parkinson's Day will be coming round again on Saturday 11 April 2026. The March meeting will be an opportunity to share ideas for taking part in activities to mark the date.

Recent Sheffield Parkinson's Support Group Meeting

A Question-and-Answer Session with the Parkinson's Specialist Nurses was held on Tuesday 2nd September, at Tapton Hall. The Parkinson's Specialist Nurses were:

Gemma Burgin from the Northern General Hospital (NGH), Clare Lindley and team from the Royal Hallamshire Hospital (RHH). The Specialist Nurses answered questions about Consultations, Medication, Everyday Living, Care Homes and Community Care.

We did say we would share the Questions and Answers in this Newsletter, but it would take up several pages!

If you would like to receive a copy, please email Margaret on mjmiller.t21@btinternet.com or

text/phone her on 07778776101 to request a copy by email or post. Ensure that you provide your name and email or postal address.

FROM YOUR COMMITTEE

Feedback from the recent Sheffield Parkinson's Support Group Committee held on 1st September:

- ✓ Funding will continue in 2026 for the current range of “free” exercise activities:
 - Mondays - Posture and Exercise
 - Wednesdays Boxing - Training
 - Thursdays - Online Pilates and Circuits
 - Friday – Dance, and Singing (Steel City Tremorloes)
 - 2nd Saturday - Monthly Walks
- ✓ An updated activity/events leaflet to be issued early next year, to include links also to other activities for people with Parkinson's in Sheffield.
- ✓ Steps to be taken to fill vacant class places and to encourage regular donations from class participants.
- ✓ Plans for an “augmented reality” joint project with the Barnsley Branch to be progressed; this would involve wearing a rehab headset designed to improve walking, balance and reduce falls. ✓ Four Group Meetings at Tapton Hall are planned for 2026 (March 2026 meeting to focus on local NHS Therapy Services).
- ✓ A special event is also being planned on a Saturday in 2026 in order to increase involvement of members to share successes and plans for the future of the Support Group etc ✓ A volunteer to responsible for encouraging more fund-raising/sponsorship is being sought.

PHYSICAL ACTIVITY OPPORTUNITIES OVER 2025.

Our Support Group offers many opportunities for you to work on your health, wellness and fitness! Please check the annual leaflet available to members (emailable or a paper copy) or find details on our website at: www.parkinsons.org/Sheffield for weekly classes and the monthly walks.

We have been informed of, or also support, activities run through:

1. **The Community Wellness Services** – for classes in different Sheffield venues; one-to-one training; a Handyman plus Community Companion service. Ring 0114 553 7807 or find out more at: <http://communitywellnessservices.co.uk/>.
2. **Leisure Centre and other offers through the Sheffield City Trust** (a 12-week programme by ringing 0330 333 0555 or find details at: <https://www.sheffieldcitytrust.org/fitness/exercise/referral>); **Everyone Active gym** (<https://www.everyoneactive.com/promotion/parkinsons/>) or the **Move and Shout** 12-week class funded by central Parkinson's UK ([Parkinson's Move & Shout | Graves Health & Sports Centre \(placesleisure.org\)](http://Parkinson's%20Move%20&%20Shout%20|%20Graves%20Health%20&%20Sports%20Centre%20(placesleisure.org))); and **Golf in Society** afternoons at Hillsborough, Stocksbridge and Rother Valley Golf Clubs: <https://golfinsociety.com/>.
3. **The Sheffield City Boxing Club** continue to run weekly classes at The Old Junior School, South View Road, Sheffield S7 1DB on a **Tuesday** followed by a cuppa in their café. Contact Brendan Warburton MBE for details at bwarbo@yahoo.co.uk or 07791 301984.

On 7th September, Les and Anne organised the second of the 'Swim the Parkinson's Channel' events at Manvers Lake. As well as people from Sheffield participating in this fundraiser, Sheffield provided 4 volunteers to help with the stewarding.

The event was a great success raising £5,400.00 for Parkinson's UK. Well done Les and Anne and all those who contributed, and to the swans who accompanied some of the swimmers!

On 11th September, some of the braver souls met at Meersbrook Park Bowling Club for a great afternoon of bowling between the showers earlier this month for our annual **Crown Green Bowling event**. Thank you again to our volunteers who organised the session, Kath and Ian.

Marian, who attends every year, is keen to set up a league across some of the towns in South Yorkshire, so let us know if this would interest anyone.

THE 'SPARKS' GROUP from Gail Walker

Our SPARKS Meetings support anyone caring for someone with Parkinson's. Our last meetings, on the 14th July and 21st September were:

Shani Iqbal our Parkinson's Local Advisor. (Tel 03442253721) popped into both meetings to update us on her role and for us to raise any issues we wanted to discuss with her.

We had a visit from Jan Outram in July from the Sheffield Carers Centre. Her current role involves coordinating activities for carers and the advice line which is run from Monday through to Friday. She discussed the role of the advisors, how to join and get a Carers Card and newsletter, the Carers Assessment which is available for all carers and which looks at your individual needs. Cath also talked about services to support carers such as the Carers' Cafe held on the 2nd Friday of each month in the Town Hall, Carers Connect which is manned by volunteers who ring and chat to a carer to help maintain social connects, particularly when getting out is difficult.

The web site is at sheffieldcarers.org.uk You can access information easily and all the activities provided and they also run a Legal advice Clinic providing 30 minutes free advice with a local solicitor.

Our next meetings are in The Hilton Room, Sheffield Cathedral 10.30-12.30:
17th November 2025
and in 2026:
19th January
23rd March
18th May

PARSON CROSS PARKINSON'S CAFE

A monthly gathering for people with Parkinson's, their family and friends. Join us for friendship, sharing information and support. Join us on the first Thursday of the month, from 1.00pm - 2.30pm at

Parson Cross Forum, 56 Margetson Crescent, Parson Cross, Sheffield. S5 9NB
For more information please contact Alison Lofas, Parkinson's UK Area Development
Manager Email: alofas@parkinsons.org.uk or Phone: 0344 225 3625.

POSITIVELY PARKINSON'S YOUNGISH SOCIAL

Please join us at our Positively Parkinsons pub group for younger people (though not exclusively) living with Parkinson's.

No agenda, just an informal drop in where we chat about anything and everything, not just life with Parkinson's. It's to share what works for us and to provide mutual support.

It's a friendly, informal monthly 'drop in' from 6.30pm - 8pm ish. We meet on the third Tuesday of every month at the Waggon and Horses. Millhouses, Sheffield

For more information, please message me, Sue Humpage, 07745217069, ms-lm@hotmail.co.uk

YORKSHIRE & HUMBER YOUNG PERSON'S SUPPORT GROUP EVENTS We are planning an Information and Social Day on Sunday 19 October 2025 from 10am to 4pm at the Village Hotel Leeds South, Capitol Boulevard West, Tingley, Leeds, LS27 0TS. This is open to younger people aged 67 and under, and their guests.

Book your tickets here: <https://www.trybooking.com/uk/EMHM>

NEWLY DIAGNOSED?

This web site may be of interest:

<https://www.parkinsons.org.uk/information-and-support/newly-diagnosed-support-services>

SHEFFIELD PARKINSON'S EMAIL LIST

If you would like to receive random emails from me about matters to do with Parkinson's, and are not already on my email list, do please let me know, and I will add you. Email me: valheap@outlook.com

REFERRAL PROCESS

If you feel you would benefit from our talking to the Parkinson's Information and Support Service, you can self-refer via the following methods:

- Calling the helpline on 0808 800 0303 or
- Emailing hello@parkinsons.org.uk
- Or you can also request a well-being phone call by visiting:
<https://www.parkinsons.org.uk/information-and-support/request-wellbeing-check>

The Helpline advisers are able to respond quickly to those who need support. Immediate information and support can be provided. Should the person need more local or in-depth support, they will be referred directly onto our Local Advisor.

DONATIONS, PAYMENTS AND INVOICES

Please remember that the classes are subsidised by the Sheffield Support Group, so if you wish to donate a small amount to contribute to the Group's funds so the classes can keep running, you will find details below. A donation of £10 per month is welcome but not compulsory.

Bank Transfers:

Bank name: Barclays Bank. Sort code 20-00-00 account number 93457451

Account name: Parkinsons Disease Society UK

Our Treasurer is Kate Platts, email - kateplatts@gmail.com

Postal Address for cheques - 76 Ringstead Crescent, Sheffield, S10 5SH

NEWSLETTERS BY EMAIL

If you would prefer to receive your Newsletter by email – just email me on valheap@outlook.com.

RECYCLING for PARKINSON'S (Sheffield Group)!!!

The Group offers a recycling scheme as part of our fund-raising. We collect postage stamps, UK/foreign currency (coins or notes)/jewellery/watches/mobiles/video & other cameras/MP3players/satnavs. When we have collected 10 kilos of material, it is collected (free) from me, and we receive a cheque. Items can be brought to meetings or I can arrange to collect. Please search your cupboards

BRANCH CONTACT DETAILS

There is a **Local Adviser** service available if you need advice on any Parkinson's related matter, *other than medical queries*. You can contact this service by emailing siqbal@parkinsons.org.uk or tel. 0344 225 3721. If you receive her out of office message/answer machine rather than waiting for her return you can contact the Helpline: 0808 800 0303 or email hello@parkinsons.org.uk

The Hallamshire Hospital PD Nurse Specialists - Clare Lindley (Team Leader/ CNS Parkinson's and movement disorders), Richard Longbottom (CNS Parkinson's and movement disorders), disorders), Liz Barker (CNS Parkinson's and movement disorders), Trudy Fletcher (CNS Parkinson's and movement disorders), and Emilia Tognetti.

The surgical team are Sally Rowland and Rachel Smith.

The Secretary is Jake Williamson 271 1704. 9.30-12.30 every weekday, with an answerphone at other times.

The Nurse Specialist at the Northern General Hospital is Gemma Burgin. Her contact number is 0114 271 4970

To make a **donation** to the Branch, contact our **Treasurer**, Kate Platts, kateplatts@googlemail.com. If you pay tax, contact her for a Gift Aid form.