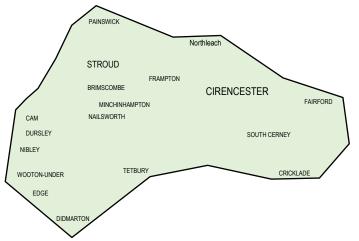
Cirencester and Stroud Branch Newsletter - January 2023



PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

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News Headlines

Main updates from your committee:

- Branch website
- CEO visit
- Fundraising projects

Branch Website News – work is progressing well with our new website, we are currently refining the look, accessibility, and functions within the pages. Most of the content of our Newsletter will be available online as live information when completed. Our new Branch website will enable a much greater degree of communication and information flow for all our members. This month's Newsletter is a slimmed down version of updates. We will continue to send Newsletters monthly when the website is operational and will post for anyone requesting updates by mail.

CEO visit – Don't miss the opportunity to take part in some exercise with Tim Bird and then to hear from Caroline Rassell on 20th Feb, where you can ask her any questions about the Parkinson's UK charity.

Fundraising projects – We are working hard in the background on THREE major fundraising projects for 2023. These are:

- o a very funny Comedy show by Paul Mayhew-Archer (co-writer of Vicar of Dibley) 12th April
- Clubbing Together golf fundraiser at Cirencester Golf Club 19th May
- o PPU6 Concert, auction, and raffle event 23rd September

It is important for the Branch that we fill the following Committee roles as soon as possible:

- Social / Fundraising Volunteer
- Membership Secretary

Thank you for reading and enjoy every day!

Kevin Young,

Branch Chairman

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Events / Activities

WALKING GROUP

There's a walk planned for 22nd January – meet up with Mark and Shirley Jee for a roam around Duntisbourne Abbots. Route details are as follows:

The plan is to follow a circular route around the Duntisbournes of about 2.5 miles on quiet tarmac lanes. No stiles, but quite steep in places. There's a shorter flatter route option if anyone would prefer that.

The walk will start at Duntisbourne Abbots village hall, where car parking and toilets are available. We'll set off walking at 10:00 am, aiming to be back around 11:00 to 11:30 for coffee and cakes.

Duntisbourne Abbots is about 6 miles north-east of Cirencester, just off the A417 dual carriageway. The postcode for the start point is GL7 7JN. Here's a link to a sketch map which might help:

https://e-voice.org.uk/theduntisbournes/village-hall/

If you could let Mark know whether you'll be joining, that would help with the cake catering. Please feel free to extend this invitation to any PD contacts who might be interested.

Mark & Shirley 01285 821548 or 074 0243 0760

Cirencester Cuppa-Chat – (last Wednesday each month at Cirencester Baptist Church)

Next meet up is Wednesday 25th January 10:30-12:00

Cheese and Wine Tasting Thursday 16th Feb 6pm-8pm

To wipe away the January blues, why not join us for an evening of wine tasting, cheese & biscuits, and test your knowledge of wine with a fun quiz. The event will take place at:

Stroud Wines:

(5 Witheys Yard, 55 High Street, Stroud, GL5 1AS)

Cost is £15 per head for Members (subsidised) or £20 for guests

Spaces are limited, so can you please advise Karen Young by Monday 13th Feb if you want to attend.

Payments can be made by bank Transfer:

Barclays Business account name: PARKINSONS DISEASE SOCIETY OF THE UNITED KINGDOM

Sort code: 20-00-00 Account No.13890260

(Reference Wine & Cheese & Your Name)

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Next Members meeting 20th Feb 2pm-4pm

St. Lawrences Church Hall, Cirencester

We have 2 activities:

Tim Bird - PD Warrior & exercise class

Caroline Rassell CEO of Parkinson's UK - Q&A session

PROGRAM 2023

February 20th – Tim Bird a talk and demonstrations around PD Warrior / Tai Chi / boxing / wellness & physical activities Plus P-UK CEO

March 20th – Branch AGM plus Mary Burton – a talk / demonstration on benefits of physio and exercise

April 12th – Comedy Show by Paul Mayhew-Archer "Incurable Optimist" Bingham Hall Cirencester

April 17th – a talk from Ann Henderson (Glos. Parkinson's Advisory Service) + Deb Thurman (Parkinson's Specialist Practitioner)

May 15th – Sue Mills, Parkinson's UK – a demonstration of the latest Parkinson's living aids

May 24th – Dare to Dabble, a day-trip to Nature in Art, Twigworth (Minibus will be arranged)

August 7th – Marjorie's Garden Tea Party

September 6th - Willow Trust boat trip

June 19th - Carer's Hub talk

July to October – yet to be confirmed

November 20th – Mark Cummings from BBC Radio Gloucestershire

December 18th - Xmas Lunch

These other interesting events are being planned: -

- Parkinson's Dance (currently looking for a new venue for this)
- More walking groups
- Table Tennis group activities
- Carer drink and a chat night out
- Longfield House wellbeing events
- Stroud Brewery tour followed by lunch and a chat (June TBC)
- Singalong (July)
- A talk from Renishaw to understand the technology behind the Deep Brain Stimulation probe
- Dr Fletcher / Parkinson's Nurse talks
- Future collaborations with other P-UK Branches in our area

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