



**PARKINSON'S<sup>UK</sup>**  
**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 Russell on 20<sup>th</sup> 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:

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

## 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 25<sup>th</sup> 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)

# Cirencester and Stroud Branch Newsletter – January 2023

## Next Members meeting 20<sup>th</sup> Feb 2pm-4pm

St. Lawrences Church Hall, Cirencester

We have 2 activities:

Tim Bird – PD Warrior & exercise class

Caroline Russell CEO of Parkinson's UK – Q&A session

## PROGRAM 2023

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

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

**April 12<sup>th</sup>** – Comedy Show by Paul Mayhew-Archer “Incurable Optimist” Bingham Hall Cirencester

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

**May 15<sup>th</sup>** – Sue Mills, Parkinson's UK – a demonstration of the latest Parkinson's living aids

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

**August 7<sup>th</sup>** – Marjorie's Garden Tea Party

**September 6<sup>th</sup>** - Willow Trust boat trip

**June 19<sup>th</sup>** - Carer's Hub talk

**July to October** – yet to be confirmed

**November 20<sup>th</sup>** – Mark Cummings from BBC Radio Gloucestershire

**December 18<sup>th</sup>** – 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