

SOLIHULL BRANCH

PARKINSON'S UK

NEWSLETTER no.10

MAY 2021



Sebastian clocks up the miles in honour of his dad

5th May Sarah Mason , Solihull Observer

"A HOCKLEY HEATH cyclist inspired by Captain Sir Tom Moore is hopping on his bike in aid of Parkinson's UK.

Sebastian Sewell set himself the challenge of cycling 500km in a month after Captain Tom's family called on people to continue his legacy through charitable work. He clocked up the miles on routes throughout the borough passing through Knowle, Lapworth, Tanworth in Arden and Cheswick Green. Last Sunday, May 2, he embarked on his longest leg – a 125km ride from the medical engineering company, Waters in Shirley where he works to the Waters Wilmslow site in Manchester. Sebastian said: "To go between my workplace in Solihull to the Waters Wilmslow site in Manchester seemed like a good idea as the distance was a challenge but also promotes the good work, we do at Waters to those who may have never heard of the company. "The biggest motivation has been my friends and family, they're keeping me inspired to keep peddling even when I have felt weak and the weather is tough, whilst also keeping me updated on how the donations are going". Sebastian is cycling in honour of his dad who has had Parkinson's for 12 years. His dad is involved in the running of the Parkinson's Solihull branch, a place where they support people suffering with Parkinson's through singing groups, exercise classes and various other activities to keep them included and stay active. When Sebastian started his venture, he wanted to raise £1,000 however his total is now more than £2300. He said: "When I started fundraising, I was nervous that it wouldn't attract enough but once the money started to go up and the page was being shared it felt like it wasn't going to stop. "Achieving £1,000 was great and when it got to £1,500, we couldn't believe it. "It's already exceeded all of my expectations so whatever the total ends on is an amazing result. For more or to donate visit <https://justgiving.com/crowdfunding/seb-sewell>"

Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ

Free confidential helpline **0808 800 0303** (Monday to Friday 9am–7pm, Saturday 10am – 2pm). Interpreting available. Text Relay **18001** or **0808 800 0303** (for textphone users only) or email: hello@parkinsons.org.uk or parkinsons.org.uk

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Zoom Talk

by Hermina Roberts

Parkinson's UK Local Advisor

On 19th May Hermina was able to pass on to those who zoomed in a lot of very useful information, particularly on claiming benefits and obtaining Blue Badges. Hermina will be forwarding a few guidelines on what financial support is out there for pre and post retirement age, we will pass this on immediately.

You can contact the free helpline:

- Call on 0808 800 0303
- Email: hello@parkinsons.org.uk
- Send your question: [general enquiry form](#)
- NGT Relay: 18001 0808 800 0303 (for use with smart phones, tablets, PCs and other devices. For more information see www.ngts.org.uk)
- Write to her: Helpline, Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ

Helpline Opening times:

from April,

Monday to Friday: 9am to 6pm

Saturday: 10am to 2pm

Our helpline is closed on Sunday and bank holidays.

Our helpline can put you in touch with a local adviser if you need more in-depth support.

Facebook!!!!

Do you suffer from Parkinson's Disease and use Facebook?

There is a group which combines opinions, advice (based on personal experience,) and general chat which brings people affected by Parkinson's together.

It is very useful and upbeat.

Please do visit PARKINSON'S UK COMMUNITY SUPPORT GROUP Facebook Page.

All Under One Roof

Crossfit and Boxing sessions are now under one roof. The all new and extended gym is at **Combat Sports Centre, Vulcan Road Solihull B91 2JY.**

These two high energy sessions take place weekly and have started back!!!

Crossfit Mondays 10.30-11.30
and Boxing Fridays 10.30-11.30

Your age isn't an issue, it's what your capable of that counts. Contact Emma Bracher for your pre training assessment and then you'll be ready to get going!

(These sessions will soon be subsidised by Solihull Branch so you only pay £5 per session instead of £8)
Emma Bracher

07715 884255
otwarwick@gmail.com

New Parkinson's Café to Open Soon

On **24th June** Government Guidelines permitting, Solihull Branch will open a café specifically to introduce newly diagnosed to the Branch and other newly diagnosed members.

This last year has been very difficult for those living with the diagnosis, with little or no face-to-face support. Please join us for a chat about how your local Branch can support you! Teas and coffees courtesy of the Branch. The Café will be held at **'Solihull Village', Victoria Crescent, Shirley, Solihull, B90 2FH.**

Solihull Village is where the old Powergen building was on the corner of Stratford Road and Haslucks Green Road. Car parking available off Haslucks Green Road, but you can also park in Asda opposite.

The Village has a delightful Bistro and Reception area and available fortnightly.

Tuesday Exercise Class

Many members have commented how much classes are missed and I'm sure you all want to know when they will return. We are in the hands of the Methodist Church, National Office and Government Guidelines. On enquiring about return before the last lockdown the main problem is the cleaning of the chairs, door handles, light switches and toilets etc.

We as volunteers would not be allowed to do these simple tasks as we would not be covered by insurance. We received quotes regarding cleaning between sessions and at the end under Covid guidelines and unfortunately cost would be prohibitive, mainly because of the timescale involved.

We know even when we return things will be slightly different until we're totally through this pandemic. WE want to get classes back, YOU want to return,

please bear with us and watch this space!!!! Jan Mason

Seb's Success is in aid of two worthy causes

Solihull Branch of Parkinson's UK to help provide support to those in the Solihull area who have the condition

And to support the new research into the GDNF process.

Amount raised to date

£2500

You can add to this total by donating at

<https://justgiving.com/crowdfunding/seb-sewell>

Members Corner

Welcome to the Members Corner where we hope to share news and information given us by members.

Cindy Fraser Sadly, Cindy passed away on the 8th May. in Knowle Gate Care Home where she had spent the last

Solihull Branch

Chair Martin Sewell 07905
598285 (martin.sewell@parkinsons-uk.goassemble.com)

Secretary Tim Mason 07974 761969
(samianleigh@hotmail.co.uk)

Treasurer Richard Nelson,
0121 704 2153
(rnelson@mac.com)

Welfare and Carers Margaret Wilson,
0121 778 5998
(brookeswilson@btinternet.com)

Events Secretary Carly Wilkes
07812 088449
(Carly.J.Wilkes@ehi.com)

Membership Secretary Jan Mason
07825 511994
(samianleigh@hotmail.com)

Research and Minutes Secretary.
Anne Williams
enquiries@solihullparkinsons.org.uk

**Please Send us your
photo, questions, stories, ideas
and useful contacts to;**

Solihull Branch email

enquiries@solihullparkinsons.org.uk

Planned & Present Venues

Monday Crossfit & Friday Boxing
Combat Sports Centre,
Vulcan Road
Solihull B91 2JY.

Tuesday Exercise Classes
Solihull Methodist Church Hall
Station Approach,
Solihull. B91 1LG

Alternate Thursday Coffee Morning
'Solihull Village
Victoria Crescent,
Shirley, Solihull, B90 2FH.