

SOLIHULL BRANCH

PARKINSON'S UK

NEWSLETTER NO 14

OCTOBER 2021

ARE YOU NEWLY DIAGNOSED?

The next set of online First Steps courses are now live!

First steps is an online course available for people newly diagnosed with Parkinson's. The next set of courses begin in this month, with an increase from 15 to 18 courses being offered this year, enabling more newly diagnosed people to access support. Further information and details on how to book a place [can be found here](#), please share with your local groups.

2021 virtual AGM event

If you are a Team Parkinson member you will have already received formal notice and papers of the AGM event on **16 October**, along with details of how to register. Find out more about the [AGM event here](#) if you're not a Team Parkinson's member already, you can [become one here](#) If you have any further questions, please contact, membersevents@parkinsons.org.uk



SOLIHULL PARKINSON'S CHRISTMAS LUNCH

Wednesday 8th December 12.30p.m
Crowne Plaza Hotel, Homer Road Solihull B91 3D

Have you booked your ticket? They're selling Fast!

**SOLIHULL BOROUGH
TALKING NEWSPAPERS**

**FOR THOSE WHO ARE VISUALLY IMPAIRED, OR ARE
FINDING READING DIFFICULT**

For the past 40 years, we've been providing a weekly audio newspaper covering local news, and also a quarterly general interest magazine, for visually impaired people in the Solihull area. We currently have over 200 listeners.

The audio material is delivered to our listeners' homes by Royal Mail, and the entire service is free of charge.

You can find out more about us on our website at

sbtna.weebly.com

CAN WE HELP YOU?

If you are visually impaired and would like to enjoy this free service direct to your home – or if you know of anyone who might benefit from it, please contact:

Roger Starling on 0121 705 5111



Or you can write to us at:

Solihull Borough Talking Newspaper Association
The Core - Lower Ground Floor
Homer Road
Solihull B91 3RG

Boxing

Combat Sport Centre Solihull have received some funding through Sport England and they are going to run an additional boxing session for People with Parkinson's.

This will be on a Tuesday at 10.30 a.m. £5 per session.

Emma Bracher will continue to do screening assessments for any new starters.

This may help those that want to go to Boxing but cannot make a Friday.

Members Hub

Grace Elliott

Three weeks ago we received the news that our friend Grace Elliott, has passed away. Grace was a remarkable lady. For four years she was confined to bed unable to do anything, and yet, she kept her sense of humour and enjoyed a chat, even though our chats tired her.

It was only recently that she would admit to "not feeling so well", quite an understatement!

I have never known anyone so brave and for Bryan, Grace's husband, and their two son's there will be a huge "Grace sized gap" in their lives. Parkinson's may have blighted our lives, but it has also given us some wonderful friends. It was an honour for me to be able to say "my friend Grace".

Grace's funeral will take place on 20th October, midday at The Robin Hood Crematorium.

By Maureen Pritchard

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

Secretary Tim Mason 01564 730147 (samianleigh@gmail.com)

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

ResearchSecretary Anne Williams (annewilliams5372@gmail.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 01564 730147
(samianleigh@hotmail.com)

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

Solihull Branch email

enquiries@solihullparkinsons.org.uk

Venues We Use

Tuesday Exercise Classes

Solihull Methodist Church Hall
Station Approach,
Solihull. B91 1LG

Walking Football

Solihull Football Centre
Brick Kiln Lane
Solihull

Parkinson's Cafe

Solihull Retirement Village
Haslucks Green Road
Shirley
B90 2EL

Crossfit & Boxing

Combat Sports Centre,
Vulcan Road,
Solihull

B91 3LD

B90 4QT