

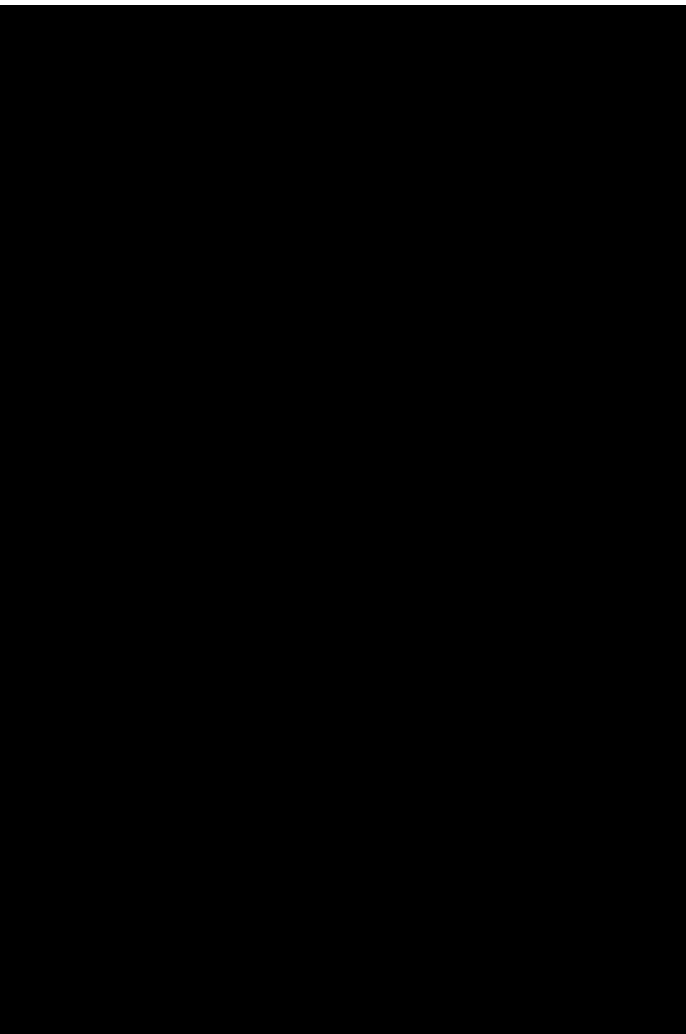
Branch news

Christmas Lunch

Over 40 branch members, family and friends gathered for a slightly belated Christmas celebration lunch at the Roffey Management Institute.

It was our first time at the Institute. The food was good, service slick and staff charming. They even had lemon and ginger herbal tea!

With thanks to Carol for suggesting it, Paul for organising it and Dennis for paying for it (not all of it you understand).



Dates at a glance

- 1st March**, branch meeting, MHVH, 11:30am, Games morning
- 6th March**, tango, MHVH, 7pm
- 8th March**, art workshop, MHVH, 11:30am
- 14th March**, working age group meeting, Lintot pub, 7pm, open to all
- 26th March**, PD Warrior, 10 week programme concludes, MHVH
- 3rd April**, tango, MHVH, 7pm
- 5th April**, branch meeting, MHVH, 11:30am, singing with Maz (tbc)
- 11th April**, working age group meeting, Lintot pub, 7pm, open to all
- 12th April**, art workshop, MHVH, 11:30am
- 13th April**, town collection
- 1st May**, tango, MHVH, 7pm
- 3rd May**, branch meeting, MHVH, 11:30am
- 9th May**, working age group meeting, Lintot pub, 7pm, open to all
- 10th May**, art workshop, MHVH, 11:30am

For further details and information on weekly activities see pages 6 and 7.

MHVH – Mannings Heath Village Hall

Fund Raising

Help Needed: Town Collection

We have permission to collect in Horsham town centre on Saturday 13th April.

This is an important fund raising event for us. It also helps to raise the profile of the branch. We need as many people as possible out on the streets shaking a bucket.

If you think you can help, please contact Dennis on 01403 259 694.

January Branch Meeting

AGM

There was an excellent turnout for our branch AGM on Friday 5th January. The later start time of 17:30 didn't seem to put too many folk off and allowed members of the working age group to join us.

Tom Dellman (chairperson) and Dennis Saunders (treasurer) presented concise reports. These reports are reproduced at the back of this newsletter for those who weren't able to make it to the meeting.

At the AGM we recognised the achievements of two people who have contributed a huge amount to the branch.

Firstly, Dennis Saunders, our treasurer who works tirelessly and often mostly unseen, dealing with all of the group's finances. This adds up to a huge amount of work per week and we're incredibly grateful to all the work that Dennis puts in here - the branch simply couldn't function without it.

Jacqui Allen shared with us in late 2023 that she was looking to stand down from the committee. Jacqui has made an invaluable contribution to the committee over the years, often putting her own safety on the line to raise money for Parkinson's in various daredevil stunts! We will miss Jacqui's unique ideas and enthusiasm that brought so much to the committee over the years and we hope we will

still see her at the Lintot and at branch meetings!

At the AGM Tom shared his decision to step down from the chairman role. He said he had really enjoyed his time in this role, but due to family and work commitments, he had struggled to give it the time it deserved. He is pleased to continue to help as a member of the committee.

Tom was pleased to share that Mike Onley will soon step into the chairman role. With Mike's experience in the RAF and commercial airlines Tom has no doubt he will do a fantastic job at leading the branch. Mike is looking for a co-pilot to help in this role - are you interested in helping with some of the chairman role? Please reach out to Mike and the committee.

The branch committee stood down and was re-elected unopposed.

Your committee members are:

Name	Particular areas of responsibility
Tom Dellman	Acting chair Digital communications
Dennis Saunders	Treasurer
Liz Roberts	Secretary
Carol Matthws	Membership secretary
Paul Dodd	Coordinator: tango
Emma Brinton and Maija Bruce	Coordinator(s): working age group, yoga, boxercise and PD Warrior
Mike Onley	Future chair and research
Cath Stead	Coordinator: exercise classes at Horsham Hospital and Qi Gong
Sue West	Coordinator: Pilates, chair dancing, table tennis, dance to live well, editor of newsletter, Parkinson's representative on management committee of Mannings Health village hall

February Branch Meeting

Games Morning

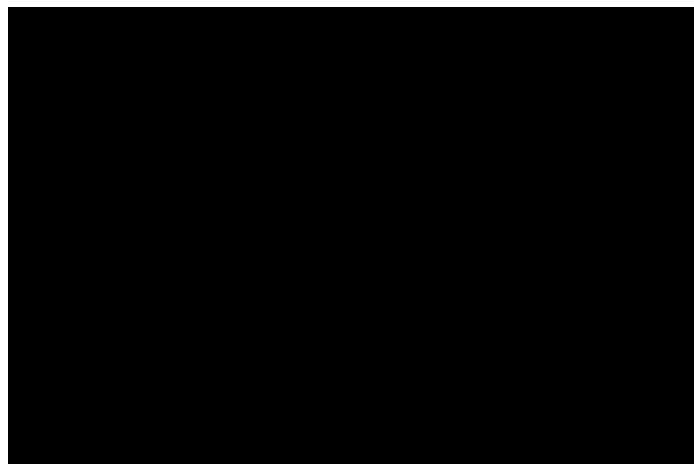
Report by Mike Onley

We tried something a little bit different for the February branch meeting.

About 30 of us took the opportunity to try out various games including giant Jenga, rummy cub, dominoes and tridominoes, various card games, chess and batik on the beautifully made batik board kindly loaned by Paul.

The funniest part of the day was watching (and playing giant Jenga,) which is a great game for PWP. The shouts of Jenga , and the crash of the tiles, could be heard throughout the hall at regular intervals!

If the Jenga was hilarious, then the batik was the most aesthetically pleasing. Paul Dodd's brought in a beautiful home-made batik board, as you can see from the pictures. I found high scoring impossible, but some of our members produce truly impressive scores.



We are running another games session at the March branch meeting , so come along and bring your games. It's good fun to play again. If the idea appeals to everybody we will try and find a slot for it on a monthly basis, possibly on the last Friday of each month at MHVH.

For the WAG and anybody else who fancies it, we are also running a chess and games night on the fourth Thursday of the month at the Lintot Arms in Southwater from 7 o'clock. We Will keep this going if they prove popular. Bring a game of your choice if you have one.

Hope to see you all at the March branch meeting.

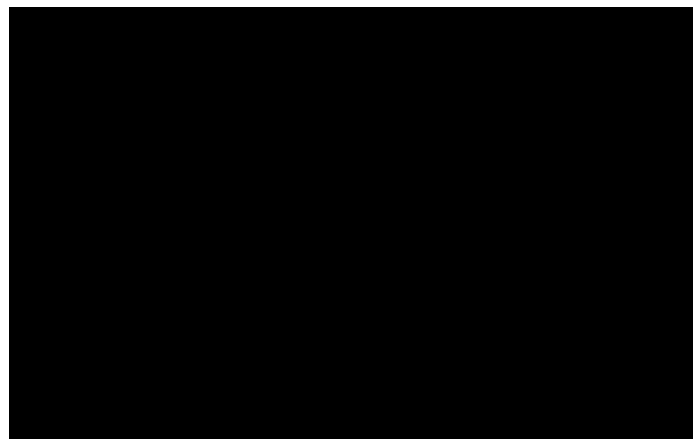
Art

January Art Workshop

Report by Cath Stead

I don't often manage to join the monthly art group at Mannings Heath, but I was free for the January one and it didn't disappoint. Continuing what appears to be her theme of art and music, this time Aimee Bleach brought lots of tom-tom drums to the art class. At the start of the session we each had our own tom-tom to play with – great fun if a little noisy! She provided paper and **paint and we painted at random while music** played in the background. Aimee read us a poem which was very moving.

While we painted, I was intrigued to watch the musician carrying in loads of boxes and bags and putting a full drum kit together. He then played to the background music and I was transported. I found myself covering my paper with a series of dots, applied in time with the beat produced from the drums. It was incredibly relaxing to be able to follow the rhythm with my brush and an array of primary colours. When I looked at the final result I was amazed to find



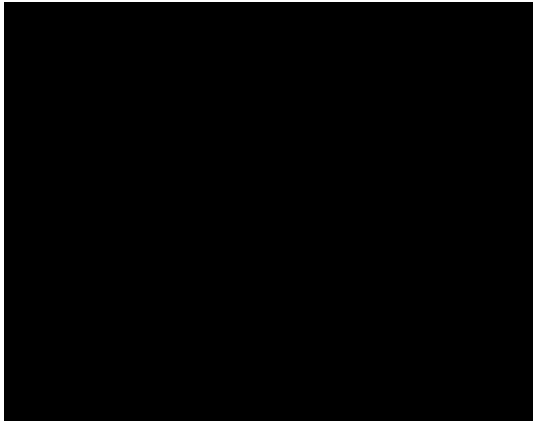
patterns that I had no idea I was producing.

Before packing up his kit at the end of the session a few of us had the chance to sit at his drums and have a go at the real thing. When asked what sort of music he normally played he said it was heavy metal! Yet he had managed to produce such a gentle rhythm, it couldn't be a greater contrast.

February Art Workshop

Report by Sue West

Aimee excelled herself again this month! We started the session printing herbs, leaves and flowers onto paper to make a design. The effect was very pleasing and I've been snaffling things from the garden to see what they would look like printed ever since. We then painted Hockney style pictures while Leo played to us on the piano.



Exhibition

Come and see what we get up to in the art workshops.

We've been invited to put on an exhibition at Horsham Museum and Art Gallery! We will be displaying a total of 16 paintings over a 3 month period, from 9th March to 1st June. Please tell your friends about it – this is an excellent opportunity to raise the profile of the branch.



Exercise

PD Warrior

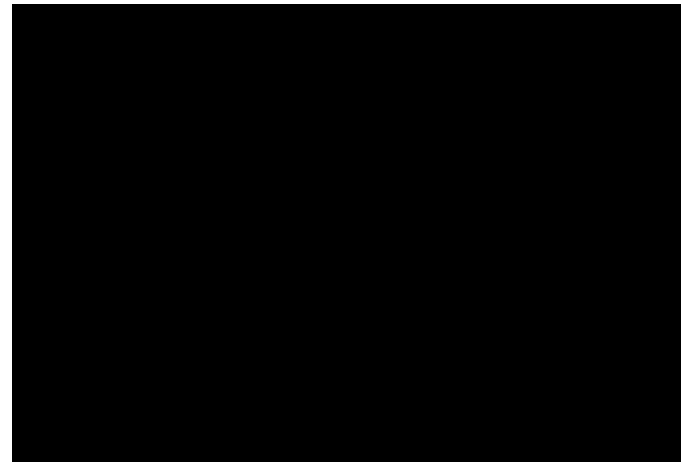
Report by Maija Bruce and Emma Brinton

On January 17th, after much anticipation and a little bit of trepidation; 12 branch members began their PD Warrior journey with Vicky and Chloe from LV Rehab.

An individual 1:1 assessment was conducted to identify areas for improvement and the goals each participant hoped to achieve.

Our first group session focused on the objectives of the course and how to execute the core exercises, which are fundamental to the success of the PD Warrior 10 week challenge.

Apart from the Wednesday group session, there is a Monday night workout hosted online by LV Rehab, core exercises, workout videos and educational webinars. Each week more challenging exercises are added, increasing in complexity. Then as soon as you've mastered an exercise; a dual task is added in e.g. Capital cities called out alphabetically - how is this so difficult?!.....



Practical homework is set each week, which has so far included making bread rolls and cooking pancakes!

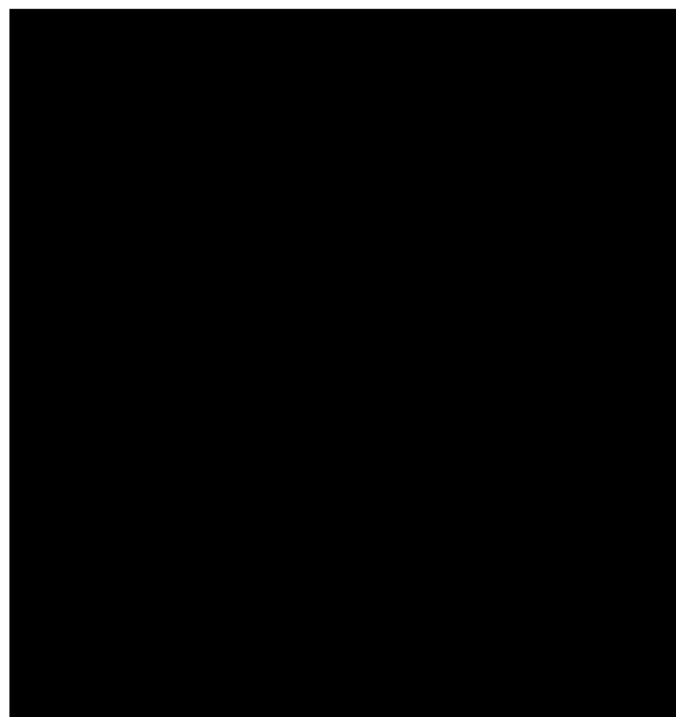
The challenge is intense; Vicky and Chloe are both very encouraging but believe me when they say 80% effort.... they really mean it! Movements are big, powerful and meaningful. 100% commitment is everything. The camaraderie within the group is amazing and buddying up with different people each week is both beneficial and fun.

We are now halfway through the challenge and participants have noticed some positive changes to their Parkinson's symptoms, also known as 'wow moments'.

I am enjoying sharing the experience with a group who understands the challenges faced when living with PD.

Commitment to following the course is crucial for success, not just for the 10 weeks but as a part of your daily routine for life.

Within just 5 weeks I have noticed a positive difference to my symptoms first thing in the morning and I no longer need help getting out of bed or from low chairs. It is great to share this achievement and see the same results for others. – Maija



The PD Warrior course has been an 'eye opener' for me. It really has made me think about exercises and how I do them to maximum effect, it's so much more than just repetition.

It's great doing the course as part of a group, they've been supportive with ideas and encouragement when some of the exercises seem impossible.

And thanks to the Horsham Branch of Parkinson's UK for supporting the course - funding support has been generous, organisation has been brilliant - Thank You! - Paul

PDW is intensive and you must be committed especially if working full time. That said the

increased flexibility is noticeable already and if you get the chance to take part in a group session, the extra feedback from others is highly beneficial and something you don't appreciate on the zoom sessions. Very worthwhile so give it a go. – Martin

So far, I have been very impressed by the PD Warrior course. The instructors are really good and inspire a lot of confidence. The best thing has been the group sessions. These have been getting harder each week, which have motivated me to find time to practice every day. - James

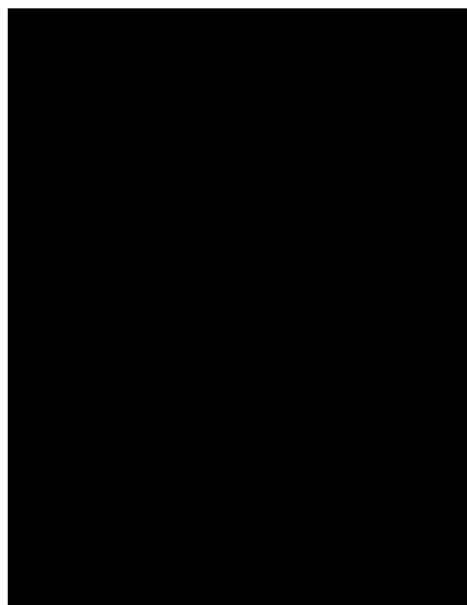
I'm really enjoying PDW and glad I got the chance to do it. LV Rehabilitation team are fantastic! – Simon

Fund Raising

Dates for the Diary

Please keep these dates free:

- 6th July: collection at Hillier's garden centre organised by Sue West
- 17th August: collection at Newbridge garden centre organised by Cath Stead
- 14 September: Almost Elvis organised by Patricia Davies



What's on

Monthly Activities

Branch Meetings

First Friday of the month Mannings Heath Village Hall

Come meet others affected by Parkinson's. Variety of events including social, quiz, games, speakers

- 1st March: 11:30, Games morning
- 5th April: 11:30, singing with Maz (tbc)
- 3rd May: 17:30

Working Age Group

Second Thursday of the month, from 7pm, at the Lintot pub in Southwater.

Informal gathering of people with Parkinson's and their partners. This gathering is open to people of all ages.

- 14th March
- 11th April
- 9th May

For further details please contact Emma Brinton emma.brinton@sky.com or tel 07970 898 740.

Argentine Tango

First Wednesday of the month, 7pm to 9pm, Mannings Heath Village Hall.

All levels of dancers welcome, from complete beginners to experienced exponents. No booking required. No charge. Refreshments served midway through session.

The session will start with tips on how to cope with poor balance and freezing in everyday life. You'd be very welcome for these tips and refreshments only if you're not too keen on dancing!!

- 6th March
- 3rd April
- 1st May

For further details please contact Paul Dodd 01403 266 173, e-mail: doddcp@yahoo.co.uk

Art Workshop

Second Friday of every month, 11:30am to 12:45pm, Mannings Heath Village Hall.

All welcome, no booking or artistic talent required. All materials provided. No charge.

- 8th March
- 12th April
- 10th May

For further information contact Aimee Bleach tel 07815969267 e-mail

aimeebleach@outlook.com

Weekly Activities

Pilates

Monday, Mannings Heath Village Hall, 2pm, followed by tea, coffee and a chat

Please note this class has very limited capacity to accept anyone new. If you would like to attend, and have prior experience of Pilates, please contact Sue West (tel 01403 273 064) or Barbara Scarborough (tel 01403 891 218) and they will advise you if a place becomes available. Cost £4 per session.

Pilates is essentially a floor-based exercise class. Participants must be able to get to the floor and back up unaided.

Please note: there will be no Pilates on Monday 1st April, Monday 6th May, Monday 13th May, or Monday 27th May.

Chair Dancing

Tuesday, Mannings Heath Village Hall, 11:30am, followed by tea, coffee and a chat

Cost £4 per session. No prior experience or booking necessary, just turn up! Chair dancing is open to all. It is excellent for people with Parkinson's (PWP) and anyone vertically challenged!

Please note: there will be no chair dancing on Tuesday 7th May or Tuesday 14th May.

Boxercise

Tuesday, Horsham Boxing Club, Horsham Park, 5:15pm

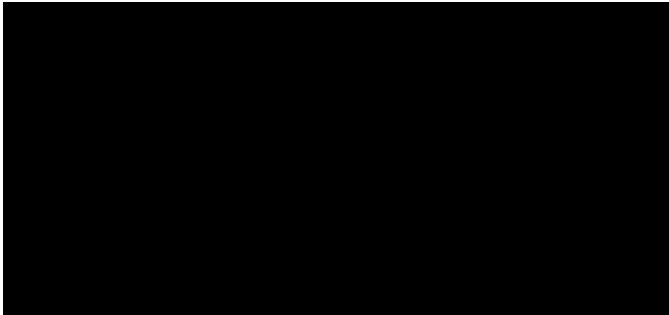
Release some of that pent up frustration Parkinson's leaves you with!

Numbers at boxercise are strictly limited. To check on availability or express interest in attending please contact Emma Brinton emma.brinton@sky.com or tel 07970 898 740. There is no charge for boxercise.

Table Tennis

Wednesday, Mannings Heath Village Hall, 10:30am – 12 midday,

All abilities welcome. Cost £5 per session. Please note this is open to all and is not exclusive to people with Parkinson's.



Dance to Live Well

Wednesday, Mannings Heath Village Hall, 3:30pm followed by tea, coffee and a chat

45 minutes ballet-based exercise followed by refreshments. Suitable for all, people with Parkinson's and anyone with balance problems. Cost £5 per session, No prior booking or experience necessary.

Physio led gym exercise

Wednesday 5pm and Thursday 5:30pm at Horsham Hospital

Please note: booking is essential. Both sessions are currently full with a waiting list. Please contact Cath Stead for details on 01403 731 072 or 07789 778 094.

Yoga

Thursday, Laurie Apted Building, Church Lane, Southwater, 5:30pm,

Everyone welcome. Cost: £4 per session to be paid in advance in blocks of 6 weeks, by bank transfer.

The number of participants is restricted by the size of the venue. To check on availability or express interest in attending please contact Emma Brinton emma.brinton@sky.com. or tel 07970 898 740.

Please note: there will be no yoga on Thursday 11th April or Thursday 30th May.

Qi Gong

Friday, Mannings Heath Village Hall, 10:30am,

Everyone welcome. Cost £3 per session. No prior experience or booking necessary, just turn up! May be enjoyed seated or standing.

Please note: there will be no Qi Gong on Friday 29th March.

PDWarrior

PDWarrior is mid "10 week challenge". New comers are not being accepted onto the programme at the present time.

For further information please contact Emma Brinton on emma.brinton@sky.com. or tel 07970 898 740.



NICE approves new Parkinson's medication

The National Institute for Health and Care Excellence (NICE) has approved new medication for the treatment of People with Parkinsons who experience movement related symptoms.

The drug known as `Foslevodopa-foscarbidopa (also called Produodopa) is delivered in a continuous dose ie 24 hours a day from a syringe via a small pump. The syringe has a fine needle that is inserted under your skin, much like apomorphine, (an existing treatment some people with Parkinson's use, see January 2024 newsletter)

This is the first new treatment for Parkinson's that's been approved by NICE in years and maybe life-changing for people with severe movement related symptoms that are not managed by other Parkinson's medications.

Pot Black!

Parkinson's UK and the World Professional Billiards and Snooker Association (WPBSA) have teamed up to encourage People with Parkinson's to try their hand at snooker.

The "Introduction to Snooker" project will allow people with Parkinson's to try playing snooker in a fun and social environment, with trained instructors on hand to offer specialist tips and guidance for players.

Seven approved snooker venues from across the UK have joined the project and the snooker classes are open to all ages and abilities.

The free 2-hour sessions will focus on a mix of basic-level snooker coaching, with an emphasis on showing that this sport is a fun and engaging way to be active. Players will then have an hour of free practice in groups. Carers and relatives can also join the sessions, or stay for tea and coffee.

Our nearest venue is the Portslade Sports Centre in Brighton where dates are as follows:

- Wednesday 6th March – 2pm
- Wednesday 20th March – 2pm
- Wednesday 3rd April – 2pm
- Wednesday 17th April – 2pm

Announcing the venues, WPBSA Club and Facilities Manager Bob Hill said: "We are incredibly excited and passionate about the project. We are delighted to have the support of Parkinson's UK and look forward to welcoming groups to our sessions over the coming months and showcasing the benefits that snooker can offer."



Enjoy an activity that **everyone can play,**
makes you smile and keeps you fit!

The **World Professional Billiards and Snooker Association** in partnership with **Parkinson's UK** have organised four free snooker sessions for people living with Parkinson's.

Each session will last for two hours and comprise of 1 hour snooker coaching and 1 hour recreational play. All sessions will be led by **WPBSA World Snooker coach Ollly Stewart**.

Where: Portslade Sports Centre, Chalky Road, Portslade, Brighton, BN41 2WS

When: The four sessions will run on a Wednesday between 2.00 pm to 4.00 pm on the following dates: 6th of March, 20th of March, 3rd of April and 17th of April.

For further information and to book a place:

Call: 01273 411100 or Email: olly.stewart@freedom-leisure.co.uk.

Funded by Parkinson's UK, supported by the **WPBSA**, snooker's governing body.



Funded by

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

Parkinson's medication supply issues

Pharmaceutical companies have shared with Parkinson's UK that they're facing supply problems with the following Parkinson's medications:

- Pramipexole 0.26mg prolonged release tablets x 30 will face supply problems until the end of March 2024.

- Pramipexole 2.10mg prolonged release tablets x 30 will face supply problems until the end of March 2024.
- Rasagiline 1mg tablets x 28 will face supply problems until June 2024.

Ropinirole 0.25mg, 0.5mg and 2.0mg tablets will face supply problems until late 2024.

BT changes Home Phone Service

The existing landline home telephone network in the UK has become old and outdated. It is being taken out of service across the country by all providers and replaced with a digital service. Existing customers will be transferred to their new home phone service called Digital Voice.

Once transferred you'll still be able to use your own phone, keep your existing number and BT say there will be no price raise. However, a couple of points worth noting:

- If there is a power cut or your broadband's down you won't be able to make any phone calls using Digital Voice, including 999 calls. You will have to rely on a mobile phone to make such calls
- Some healthcare alarms (eg emergency response alarms) and medical pendants (eg wearable fall detection devices) won't work with Digital Voice.

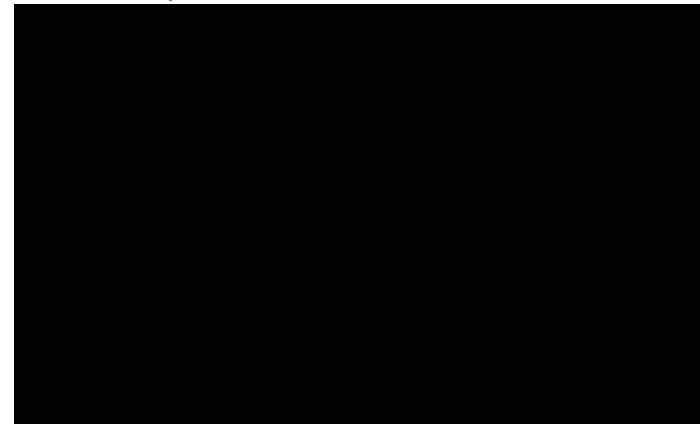
If you have such devices, it is recommended that you speak to BT and your equipment provider to ensure they still work after the switch.

Are you making the most of PUK's resources?

Parkinson's UK's health and social care information covers everything you need to know to deal with the day-to-day challenges of Parkinson's. All of their information is produced using the latest medical evidence, with input from healthcare professionals and people living with Parkinson's.

The following information sheets are all available digitally from the PUK website or on hard copy, free of charge.

- Anxiety and Parkinson's
- Apomorphine and Parkinson's
- Attendance Allowance
- Being Active with Parkinson's
- Carer's Allowance
- Daily living equipment for people with Parkinson's
- Deep brain stimulation for Parkinson's
- Depression and Parkinson's
- Diagnosing Parkinson's
- Diet and Parkinson's
- Driving and Parkinson's
- Drug treatments for Parkinson's
- Eating, swallowing and saliva control in Parkinson's
- Employment and support allowance
- Eyes and Parkinson's
- Falls and Parkinson's
- Fatigue and Parkinson's
- Foot care and Parkinson's
- Freezing and Parkinson's
- General information about benefits
- Going into hospital when you have Parkinson's
- Hallucinations and delusions in Parkinson's
- Help with council tax
- Help getting around
- Impulsive and compulsive behaviour in Parkinson's
- Insurance and Parkinson's
- Looking after your bladder and bowels
- Low blood pressure and Parkinson's



- Mouth and dental issues in Parkinson's
- Muscle cramps and dystonia
- Occupational therapy and Parkinson's

Pain in Parkinson's
 Pension credit
 Personal independence payment
 Physiotherapy and Parkinson's
 Parkinson's: preparing for the end of life
 Relationships, sex and Parkinson's
 Restless legs syndrome and Parkinson's
 Sleep and night-time problems in Parkinson's
 Skin and sweating problems in Parkinson's
 Speech and communication problems in Parkinson's
 Speech and language therapy with Parkinson's
 Parkinson's: the carer's guide
 Thinking about advanced Parkinson's
 Thinking and memory changes in Parkinson's
 Tremor and Parkinson's
 Universal credit
 Wearing off and involuntary movements in Parkinson's
 Work and Parkinson's

have had various social gatherings that have brought people together such as the summer outing and new monthly pub meetings at the Lintot.

Thanks to all those who helped organize varied and interesting branch meetings this year and a big thanks to those who gave their time generously to endeavors such as this newsletter. Some highlights this year were multiple talks from Jeremy Collyer which proved hugely popular, visits from therapy dogs, a research talk with head office and also a visit from Rachael Fairs neurophysio. In the future we will need your help to decide what you would like to see at these meetings - it's great to see some new ideas already cropping up this year with the advent of some board gaming. These branch meetings are kept running by a keen team of volunteers who bring cakes, make tea and coffee and generally help create a warm and vibrant atmosphere - thank you - we could not do it without you.

The working age group was set up at the beginning of 2023 and now has around 20 members. This year we are pleased to welcome Emma and Maija onto the committee to represent the working age group. A number of new activities have been created off the back of it such as boxing, yoga and PD warrior. In terms of other activities we have also added a new Art Class last year which is going from strength to strength and offers great help with Parkinson's symptoms especially with the addition of live music! There is still space in this class so please do pop along to find out more.

I'm thrilled that long standing exercise classes such as ballet, chair dancing, Qi Gong, Pilates, tango and physio continue to thrive. These have become the cornerstone of activities, among others, that are very popular within the group. For these activities the instructors are incredibly generous with their time - often hosting these classes for free. We appreciate all the help we get here and we could not deliver these classes without all the help.



Chairperson's Report

2023 AGM and beyond

Presented by Tom Dellmann

This year has been a record year for fundraising and I want to thank each and every one of the branch, branch members' family and committee who helped make this a reality. Not only did we raise a lot of money this year but we also ran a large number of individual fundraising events. From the hugely successful fun run and afternoon tea in the summer to multiple town center and garden center fundraisers, wrapping up the year with more festive fun for the Father Christmas and elves fundraiser at Scaynes Hill.

This year we have worked to set up the new working age group and also to attract more members of all ages to all of our activities. We

Treasurer's Report

AGM 5th January 2024

Presented by Dennis Saunders

Summary of 2023

All figures are provisional as they have not been sent to or audited by Head Office

Highlights of the year were:

- Record year for fundraising
- Record year for donations
- Funds ended the year over £5000 up
- Sent £12,000 to research
- Increased our range of activities
- Second year of Ron and Jean Kent's legacy

Where did the funds come from?

A total of £29,000 for the year was raised from the following sources:

- | | |
|---------------------------------------|-------|
| • Miscellaneous donations | £5000 |
| • Legacy money | £4250 |
| • MHVH Activities | £3050 |
| • Collections and collection boxes | £2850 |
| • MH Village fete | £2750 |
| • PD Warrior money for 2024 spend | £2500 |
| • Co-op community fund | £1950 |
| • Race night | £2000 |
| • Up country garden centre xmas event | £1900 |
| • Miscellaneous fundraising | £1850 |
| • Membership fees | £800 |

How was the money spent?

A total of £23,700 was spent during the year in the following areas of activity:

- | | |
|----------------------------------|---------|
| • Sent to HO to support research | £12,000 |
| • Mannings Heath hall roof fund | £5,500 |
| • Net cost of physios at HH | £3600 |
| • Lunches, Outings and Socials | £1150 |
| • Miscellaneous expenditure | £1450 |

Looking forward to 2024

- Generally positive for the new year
- Fundraising and donations likely to be lower in 2024
- No village fete and no race night

- Replace with planned Elvis night and other events
- Last year of legacy spend (£4250)
- We may have to return unspent legacy money
- COOP money not available in 2024
- PD Warrior money collected in 2023, plus more, will be spent in 2024

Finally, thanks for listening. I would like to thank all of the committee who have supported me throughout the year and specifically:-

- The instructors who give their time willingly at no cost to the branch
- Branch members who have helped with collections and fundraisers
- Branch members for organizing raffles
- Branch members for collecting money for the various activities

All of you for your friendship throughout the year.

Contacts

Tom Dellmann chairman, e-mail: tom.dellmann@gmail.com, tel: 07793 046499

Mike Onley, chairman from March 2024, e-mail: mikeonley@btinternet.com, tel 07584560696

Liz Roberts: branch secretary, 01403 217 263, e-mail lizroberts.spring@btinternet.com

Dennis Saunders: treasurer & welfare, 01403 259 694, e-mail dennissaunders888@btinternet.com

Carol Matthews: membership secretary. 01403 263 882 e-mail johnandcarolmatthews@hotmail.com.

Cathy Stead: exercise groups Horsham Hospital, landline 01403 731072 Mobile: 07789 778094 e-mail cathstead@yahoo.co.uk.

Sue West: Monday afternoon activities, chair dancing, table tennis, dance to live well & newsletter editor tel 01403 273 064, e-mail westsamilloy@btinternet.com

Paul Dodd: Tango 01403 266 173, email – doddcp@yahoo.co.uk, 8 Lime Kiln Rd, Mannings Heath RH13 6JH

Emma Brinton: working age group, boxercise, yoga e-mail emma.brinton@sky.com tel 07970 898 740.

Horsham Parkinson's Nurse tel 01403 620437
or e-mail

sc-tr.parkinsonsdiseasenurse@nhs.net

Carole Coupe: PUK Local Advisor, direct
dial:0344 225 3668, mobile 07876 455931, e-
mail ccoupe@parkinsons.org.uk. Carole

normally works Tuesday, Wednesday,
Thursday.

ADVERT

Tapestry Club

Tapestry Day Club offers day care with a difference. We are a not-for-profit enterprise providing high-quality, stimulating, small-group day support for people living with early-stage dementia and in social isolation.

Our fully vetted and trained hosts welcome up to six guests into the comfort and safety of their family homes. Our mission is to create an environment where our guests feel cared for, have regular face-to-face contact with others to enable strong relationships to form, regain confidence and ultimately remain a valued member of the community. We found that the friendships that develop create the opportunity for our guests to talk about and support each other through their memory worries and challenges. The day also provides valuable respite for our guests' carers.

The day includes morning and afternoon refreshments – tea, coffee, biscuits and cake – a home-cooked, two-course lunch as well as optional activities in the form of memory-boosting games.

We always meet our potential guests along with a family member or carer to carry out a basic assessment. This is to find out about hobbies, interests, former occupation and food likes and dislikes. We encourage a trial day to see if it is the right support and a family member would be welcome to join as well.

The day (5/6 hours) costs £45 plus an additional £10 if transport is needed and can be provided. All we ask of our guests is that they can get in and out of a car, manage a couple of steps into the home, look after their personal care and most importantly want to come

