

Issue: January 2024

Next Meeting:

Saturday Feb 17th 2024

PCWAP

Parkinson's Café

a meeting place for working age people



WHEN & WHERE

We gather on the 3rd Saturday of every month, at 1100hrs at The Swan Inn, kindly supported by owners and members Linda Simpson and David Johnson.

Swan Inn, Aylestone Hill, Hereford,
HR1 1JJ

meadow08@hotmail.co.uk or
01432 760897

Meeting

We started the meeting by welcoming prospective new member Craig who has travelled all the way from Birmingham. We also had with us Pete Jones who is the Branch Secretary for the Hereford Branch of Parkinson's UK.

Nigel one of our latest new members has all ready signed up with Megan Baker. We shall see how he is getting on at the next meeting. Those that already go to Megan Baker starting discussing

"the Ladder" and all the various ways in which you could walk through. See picture on the next page to see how the experts do it.

Ann Henderson—Local Advisor, Be joining us at the February meeting.

David mentioned how he was getting on with his driving licence , 3-yearly renewal. He mentioned that the Parkinson's Nurses were taking a more hands on approach to renewal. This involved going through correspondence from the renewal paperwork from, the DVLA. They would review the status of your Parkinson's followed by Memory and cognitive testing.

Chris Phillips Bell Ringing

Chris Phillips was due to carry out his sponsored Bell Ringing at Worcester Cathedral on the day of our meeting. We all wish him well with his challenge.

In the build up to Chris's challenge he had been interviewed by the local media. And, after completing his challenge he gave more interviews including the local television news. At the time of writing this part of the newsletter Chris has raised **£7500**. What a fantastic achievement—well done

Soul Night Reminder

Just to remind every one that the 'Soul Night' is on the 23rd of March at the 'Welsh Club' in Hereford. For those that went to last Soul evening it was a roaring success , raising over £3000 for local Parkinson's community. So don't miss out put the date in your diary and come along, its an evening not to be missed.

Tickets will be sold on-line. See poster on page 2.

Contact David if any problems on: 07989 721882

New Members Pack ?

We are putting together a new members pack and would be interested in your thoughts on what should be included.

If you have any thoughts or ideas please let us know either by bringing it up at one of the meetings or email myself or David.

David see above

Richard—kolbeck@hotmail.co.uk

Once we have a workable version we will let you have a look .

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Tracy taking on the dreaded ladder at Megan Baker.

SOUL LEDBURY
 IN ASSOCIATION WITH AND IN AID OF
PARKINSON'S UK HEREFORDSHIRE BRANCH
 PRESENT AN EVENING OF
NORTHERN SOUL & MOTOWN
SATURDAY MARCH 23RD 2024 7PM UNTIL MIDNIGHT

SUPERB VENUE **DJs**
LICENSED BAR **DON PALMER**
FREE PARKING **BILLY MAGUIRE**
ALISTER COLE
MIKE SIMON

WELSH CLUB
1 HINTON ROAD
HEREFORD
HR2 6BL

SCAN HERE