

North Hertfordshire and Stevenage Branch

The Branch News

Volume 9 December 2018 Issue 3

Branch President Dr Simon Stott

Includes recent news, stories, events and information



MANAGEMENT COMMITTEE MEMBERS wish you all a Merry Christmas and a Healthy and Happy New Year and look forward to seeing you at branch meetings and activity sessions in 2019.

MESSAGE FROM THE CHAIRMAN

I hope you are all keeping warm during this cold spell. Having returned from our week at Thoresby Hall, we are well into the Christmas Spirit. I'm sure those of you who came will agree that we had a wonderful time. The whole place was decorated and there was more activities than we could engage with. The food was super and the entertainment much appreciated.

The committee is concerned about the numbers declining at our Branch meetings and our activities. To address this, Fred Payne has prepared a questionnaire for members to complete and return. After discussing the suggestions at committee, we hope members will discuss at the February meeting and help us to improve what we do.

We are delighted to welcome to the committee Helen Yon who is going to organise outings and Karina Goodship who is going to organise holidays. We also welcome Isobel Norris and Liz Turner who together are going to organise the teas and refreshments at both Branch meetings and activities.

We look forward to hearing your views so please complete the questionnaire.

Hal Boshier

BRANCH MEMBERSHIP

Please note: Branch membership runs the same as financial year January to December and is only £4 each. Please renew with Pat Tewkesbury at branch meeting or activity sessions or send by post. Renewal form attached.

FUND RAISING

Thank you to Rose for raising £220 at your afternoon tea.

FACE BOOK

Our page is now live thank you Fred for setting this up.

Please see the monthly Diary Dates sheet for updates or visit www.parkinsonsnorthherts.org.uk and / or www.parkinsons.org.uk

2018

CHRISTMAS LUNCH

Thirty two members including guests enjoyed a delicious lunch at the Novotel, Knebworth Park. Our raffle made £50 and the sale of chutney and marmalade afterwards raised £13. Thank you to John's neighbour who kindly grew the fruit on her allotment, then made and gave the produce.

SUMMER LUNCH

Twenty-three members including two guests enjoyed lunch at the Novotel.

Pamela Skeggs

HOLIDAYS

Thoresby Hall 5 to 9 November

Seventeen members enjoyed the holiday. The hotel looked lovely with its Christmas decorations. We looked round the Courtyard in the pouring rain and I did archery and shooting again. We looked round the lovely gardens particular favourite is the Victorian rose garden and pleased to see new ramp. The accommodation and meals good, entertainment excellent we particularly enjoyed the cabarets in the Great Hall but disappointed with the poetry reading. Firework display splendid; Showtime in Pavilion Theatre was very good and pantomime good fun but pity about seating arrangement.

Corton Coastal Village 4 to 8 June

Only thirteen members enjoyed the holiday. Due to storm damage in March the resort had builders in but they did not affect us. The entertainment area was walled off so this took place in dining area. Chalets were very nice some members stayed in ones overlooking the cliffs and some were near us. Our chalet was excellent and for disabled wheelchair user with sitting room, bedroom, wet room and veranda. There were varied activities both inside and outside including archery which I did, shooting that we both participated in and a history walk, visited a craft fair in the church and looked at a car boot sale but not much there. The entertainment was interesting and varied also staff helpful and friendly. Ninety-two steps down to beach but Marie and Rose did it! Enjoyable, relaxing holiday would go there again.

Ray Skeggs

OUTING

Visit to Shuttleworth.

Seven members enjoyed a visit to the vintage aircraft and vehicles collection that was most interesting. We had a good lunch sitting outside. Pam and I also took the opportunity to visit the Swiss Garden which is lovely. Our driver was Veronica from Helping Hands.

Ray Skeggs

Parkinson's UK Local Adviser

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(Closed Sundays/Bank Holidays)

www.parkinsons.org.uk/helpline

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PLEASE COMPLETE AS SOON AS POSSIBLE AND RETURN NO LATER THAN 31st JANUARY 2019

VIA EMAIL TO parkinsonsnhspeaker@gmail.com OR HAND A PRINTED COPY TO ANY COMMITTEE MEMBER

North Herts and Stevenage Branch QUESTIONNAIRE November 2018

Your committee wants to make sure that our Branch activities are meeting your needs. This is important to us as we want you to enjoy and feel engaged with your branch which we think will only happen if we give you what you are looking for from your membership. We also want to improve our ability to communicate with you so that you know what is happening in your branch.

To help us we would like you to complete this questionnaire which we will use to develop the branch activities. We will not collect information about your identity as we want you to feel that you can say what you want so that we can get the most out of this exercise.

Questions about you:

- | | |
|--|---------|
| 1. Do you have Parkinson's? | Yes /no |
| 2. Do you live with / support someone with Parkinson's? | Yes /no |
| 3. Neither of the above, but I support the Parkinson's branch | Yes /no |
| 4. Do you have an email address that you are happy to share with us? | Yes/no |
| 5. Do you use Face book? | Yes/no |

General Questions:

1. What should we do more of?

2. What should we do less of?

3. Do you find the timing of our branch meeting convenient?

4. If not, what time would you prefer?

5. Do you find the timing of our activity sessions convenient?

6. If not, what time would you prefer?

7. Which new activities would you be interested in?

Do you attend any of the following activities (please tick the appropriate column)?

	Yes	No	Some times	What would it take to persuade you to attend if you don't already?
1. Branch meetings				
2. Exercise class				
3. Step class				
4. Art class				
5. Singing Group				
6. Carer support meetings				
7. Outings				
8. Holidays				

Please **submit a question** to the Committee (in the style of the TV programme Question Time).
Topics to be connected to Parkinson's branch activities.

If you have any questions about this questionnaire, please contact Fred Payne on 07815765781 or email frederickc.payne@gmail.com