

# MAJOR FUNDRAISING PLANS

**2020 Virgin Money  
London Marathon!** 26<sup>th</sup> April 2020

Christine Thorne is running in aid of Parkinsons UK and our support group. Please sponsor her using the link below or the sponsorship form. Ask your friends!



[www.justgiving/fundraising/christine-thorne](http://www.justgiving/fundraising/christine-thorne)



## Early Summer Grill Party

40 The Avenue Wroxham  
Saturday June 20<sup>th</sup> 2020

Delicious barbecue  
Fun & games for the family  
Books & Bric a Brac  
Cake Stall & Art sale

# SPECIAL TRIPS PLANNED



## Norfolk Lavender Fields Trip

Join together with Dereham Parkinsons Group on 21<sup>st</sup> or 28<sup>th</sup> July to visit the Lavender Fields near Hunstanton. Mini Bus transport will be provided. We'll advise cost & start taking bookings soon.



# Keep IN TOUCH New Year 2020

**A personal message from Terry...** Dear friends, as we start this new year I would like to be slightly indulgent and take a brief look back at 2019. And what a year it was! Thank you so much for your active participation in the monthly meetings, exercise and singing groups. Collectively you have breathed life into our activities! Let's also remember those who have contributed so much to our fundraising. Remember Thelma & Malcolm's hugely successful garden party the beginning of June? Have you seen Dave Thorne at one of many car boot sales? Together, they have raised more than £1000, all of which goes towards subsidising many of the other activities we enjoy. Such as the trip on the Broads in September when we celebrated Parkinson UK's 50th anniversary, the trip to Cromer Pier's Christmas show, or one of the several meals we had in the run up to Christmas. Malcolm, Thelma, Dave - thank you so much! But every fundraising effort counts no matter how big or small and we are so grateful to each and every one of you for your contributions throughout the year. I would also like to give a special thank you to all our volunteers, who have worked tirelessly in helping to keep the group on a solid foundation and make significant progress along the way.

So, with a new year before us, I'd like to take this opportunity to wish you a very happy, prosperous and healthy 2020. I hope you will be excited by the plans we already have in place for the coming year. The group calendar is a "Work in Progress" and I'd like to ask you to consider how you can help us shape an even better year than the one we leave behind.

Best Wishes to you all. *Terry*



# MONTHLY GROUP MEETINGS

The North Walsham and Aylsham Parkinsons support group meet on a monthly basis with 3 main goals in mind:

- Friendship** – get to know others facing similar challenges
- Support** – find help and advice on dealing with problems
- Knowledge** – hear and share latest information on Parkinsons

Meetings start with an update from the group leader, Terry Nokes, followed by a guest speaker with a presentation and questions / answers, in total lasting 20 – 30 minutes. We then enjoy refreshments and a social time during which we have our monthly raffle (please bring along a prize to donate). Subject to change.

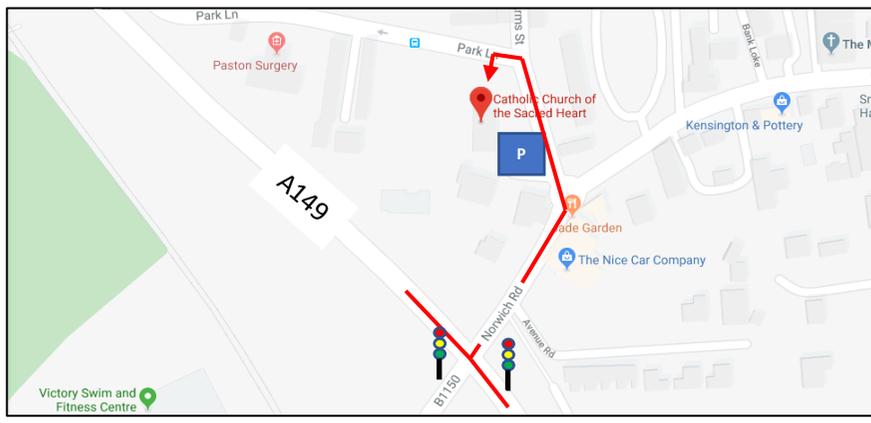
## Common Questions

**What time are the meetings?** 10.30AM until 12.30PM.

**Where are they held?** See the map below.

**What's the cost?** There is no entry fee and we welcome everyone, whatever your financial situation. If you are able, we invite you to bring a prize for the raffle, to buy raffle tickets at 50p each and to contribute £1 per person toward tea, coffee and cakes.

**May I attend?** Yes, if you have Parkinsons disease, or care for, or are associated with someone suffering from the disease.



# 2020 GROUP MEETING DATES

Date	Topic	Speaker
January 14th	Members Meeting	n/a
February 11th	Adapt your Home for Parkinsons	Eastern Adaptations
March 10th	TBC	TBC
April 14th	The National Garden Scheme	Julia Stafford Allen
May 12th	Hospital in Bangladesh	Caroline Nicklinson
June 9th	Sheringham Little Theatre	Debbie Thomson
July 14th	Internet/Email Security	Andy Harding
August 11th	Members Meeting	n/a
September 8th	Advanced driving for Parkinsons	Martin Woodhouse
October 13th	TBC	TBC
November 10th	An Interesting Story	Bunty Gotts
December 1st	Christmas Meal	Details TBA
December 8th	Meeting / Christmas Party	n/a

Unless otherwise stated, all meetings are held at the Sacred Heart Catholic Church Hall, Norwich Road, North Walsham, NR28

## NEED HELP WITH TRANSPORT?

Several people in our support group are finding it difficult to travel to group meetings / activities, or even for shopping or doctors' appointments. If this is you, let us know and we will try to connect you with someone who can help. If you are able to help drive someone with needs like this, please let us know.

**Data Protection:** If you receive our newsletter by email or post, it is because we hold your details on file for this purpose. We will never share these with any third party. And you may un-subscribe at any time by contacting Andy Harding on [andy@thehardings.uk](mailto:andy@thehardings.uk).