

Happy August!

I hope you're all having a good holiday summer, whether that be in the wet conditions in the UK, the phenomenally high temperatures being experienced in the south of Europe or even further afield.

This month I want to talk to you about being a **Ninja**.

I know some of you may be surprised by this topic and its relationship to Parkinson's, but in my mind, I can determine three associations, however tenuous. Kudos and your name in next month's newsletter if you can generate any more, 😎

In Bronze position, and they get better, honest, comes the Ninja brand of food processors including air fryers. With this, as proven by Olivia Ames-Lewis, one can successfully produce an air fryer cake that holds its own when compared with the other 17 cakes at the recent Shalford Social meeting 'Cake Competition'.

In Silver position, comes the fact I now walk like a Ninja. Parkinson's has given me the skill to walk left arm, left leg then right arm, right leg. This is a difficult skill to learn and Ninjas are known to practice for hours for more than 4 years to perfect. It seems it is a vital component of the ability to walk silently. Unfortunately, even with such superhero skills the landing floorboards squeak so there is no silent progress to the toilet in the middle of the night.

I can only imagine your excitement to know what is in Gold medal place, which follows these diary entries....

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Christmas Time again!

Well, not quite, but our **Christmas Lunch will be on Tuesday 5th December** and again at Broadwater Pavilion. Despite it still being the summer, we are already well into planning this event so please add it to your diaries and look out for more information on how to book spaces, choose your menu items and how to pay!

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The Great North Run-10 September 2023

Our Treasurer's son, Nick, has decided to raise some funds for Parkinson's UK by taking part in the world's biggest half marathon, **The Great North Run** in Newcastle this coming September. If you wish to sponsor him and help raise funds for Parkinson's UK nurses you can do so on the below link:

<https://events.parkinsons.org.uk/fundraisers/nicholasherou>

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Parkinson moving to a new venue

Our long-running weekly fun breathing exercise classes, with music, will be moving from Binscombe Church Hall in October. The Church is redeveloping the site, so at the time of writing, we are searching for a new weekly venue. We may also need to change the day and timing of these fun classes.

We'll update you all as soon as possible!

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So, the Gold Medal goes to Jimmy Choi. No not the shoes but one of the favourites on American Ninja Warrior. If there was ever a video to watch it would be this one - <https://www.youtube.com/watch?v=bMv9PF8HMWo> As documented Jimmy was diagnosed with Young Onset Parkinson's at the age of 27. It was explained to him that in all probability he would be in a wheelchair by 40. As you will see from his story he was depressed for 8 years, put on weight, and walked with a cane. An incident when he fell down the stairs with his young son sparked a need to change...watch the video to see why "Staying Physically Active" is one of the three mantras.

Finally, as you would expect from a serial plagiarist I'm going to adopt Jimmy's "Better Everyday" mantra 😊

Till next month
David