



Richard's Ramblings...

Well, we seemed to have Marched through last month pretty quick, but don't be Fooled into thinking will be the same because it's the first of the 30's!

I would like to take this opportunity to thank our amazing fund raisers and should highlight the result from the Brayfield car boots success despite the weather.

This leads me neatly onto the Moulton Festival, which is on the 17th May. (only a few weeks away!).

Northants Parkinson's People have been holding a tabletop sale at the festival for a number of years now, and I am looking for volunteers for this year. As in previous years we have a spot in a prime location adjacent the pocket park, and also on the parade route.

I am looking for volunteers to setup and 'man' our pitch. Ideally 8 – 10 (or more) from 09.30 – 17.30. (working in shifts, so you will have time to look around!)

If you would like to volunteer or want more info, please, just give me a call on 07735 779422.

Last month's newsletter featured the Mobility Bowls 'clubs' drive to increase its numbers, and I'm pleased to welcome Lynne and Maggie to the group. It looks from the off that we have a couple of star players. I won't say what their introductory game final score was, shall we just say they won and some!!

By the way, I think I should mention that bungalow living comes highly recommended for those with PD. No stairs to worry about, and nothing is out of reach.



Quick dates for your Diary:

Monthly Lunch Club Queen Eleanor.

Tuesday 1st April (Oh dear!!)

Monthly Meeting at Olde Cobbler

Tuesday 8th April

Every Monday, Wednesday and Friday – Walkies

Every Thursday – Fit&Fab Exercises

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Photo Competition Update

Booeinggg.....that's my spelling of a cartoon spring. Perhaps that's a bit of a rusty spring unlike some of our members who are responding wonderfully with their artistic endeavours in their submissions to the photo competition. We are showing a few examples that we hope lifts your spirits for the continuing year.

Please keep up the interest in your surroundings, we live in a world that's not always pretty, sometimes gritty scenery can stir our emotions as well. Barry

Don't forget. Send your photos to: nppcalender26@gmail.com thanks Barry



Here are a few of our younger Persons Group, affectionately known as NYPD;

N-Northants Y-Younger

P-Parkinson's

D-Dudes/Dudettes

Last week they went bowling and welcomed a new attendee. If anyone would like to receive the invitations

to NYPD 'get togethers' let us know. Along with bowling etc they also occasionally go to the hungry horse for dinner and a pint or two, if you fancy joining this group and have any interesting ideas for outings they would be up for a change of scenery?? **Call 01604 244 444**

or email: enquiries@northantsparkinsonspeople.uk



Sylvia's Gardening Bit....

I am starting off this time with pictures of spring flowers. Nothing cheers me more than seeing their lovely vivid colours. Daffodils, in particular, are so lovely. There are lots of different varieties, but my particular favourite is Tete a Tete, which is a dwarf variety.

The photo shows a group of them which are in their third year. I leave them in the ground permanently. When flowering has finished they are just left to die down naturally. This lets all the goodness from the foliage go down into the bulbs thereby, hopefully lots of blooms next year.

I am writing this on the 24th March and this coming weekend is the beginning of meteorological summertime when, here in the U.K., we move our clocks forward by one hour, always on the last Sunday in March. So, on Sunday 30th March, Mother's Day, we lose an hour's sleep. Don't be fooled by the word 'summer' though! It can still be very chilly and there may even be late frosts. Meteorological seasons are based on the annual temperature cycle. Astronomical summertime, based on the position of the Earth in relation to the Sun, does not begin until sometime in June and is often identified with the 21st June.

Righto! Some little jobs we can do in the garden.

Hostas- Now is a good time to split them to give the roots a little more room and also to make more plants. If you don't want more plants just get the roots to me and I will pot on and sell for the charity! Whether they be directly in the ground or in pots they are treated in the same manner. Empty whole plants from pot or dig clump from ground. With a spade cut through the clump vertically then re-plant one half in the hole in border or the pot. Then plant the other pieces somewhere else.

Forsythia- Beautiful flowering shrubs in full bloom now. Don't be tempted to 'tidy' them up at present. Wait until flowering has finished and then you can prune as follows. Every few years remove a couple of the older branches by cutting right down at the base. However, just lightly trim the outer, smaller shoots purely to keep the shape you wish. So, nothing too drastic but by following this routine it should keep the plant flowering well year after year.

Sedums- Remove the old flower stems. I leave the stems on mine right through the winter months as it is something of interest and different shape and a place for insects to hide. However now is the time to cut the stems out as far down as possible. Do not be tempted to pull them out as you will undoubtedly disturb the roots. By doing this now you are giving the new shoots space to grow.

Last month I showed a photo of my lovely Viburnum tree and here is an updated one so you can see how much it has developed in the space of a few weeks.

Finally, as I am sure most of you already know, I have an old tin bath which is my nod to a pond. It has been half cleared of all the sludge and debris. This weekend with help from my daughter it will be finished off and ready to receive frogspawn. My son in law has masses of it. He said the frogs were making an awful racket at night. Hopefully you will be able to see it on the photo. Next month I will update and maybe we will have taddies!

Take good care – Sylvia xx





1st Tuesday of the Month Lunch Club

April 1st is the next meeting at The Queen Eleanor, Wooton Northampton NN4 7JJ. We meet at around 12:30

The staff are brilliant and take orders for the food and drinks from the table, keeping separate tabs to be paid at the end of the meal. They mostly know everyone's name now and we get excellent service.

The food is always good and the company very warm and welcoming.

There is always space for more people to join us although it is very popular with about 30 odd friends attending each month.

Here you can see Elida enjoying her pudding!!

Sylvia organises this soiree, it is useful to have rough numbers so please just reply to this newsletter letting her know you will be popping along.

Huge thanks to Triss from **Northampton Shaleway** who raised over £350 for Northants Parkinson's People through their newly reinstated monthly Car Boot Sale.

Northampton Shaleway was formerly known as Brafield Stadium. They have Stock Car and Banger racing at the historic venue. The site has now been modernised and very much improved to include a grandstand and shale surface.

Car Boots used to be a huge success on this site and Triss is working hard to drum up interest to make them great again..... the



first two months have been really well attended with buyers and sellers happy. If you want to go and have a look the next one is April 27th Sellers 8am, buyers 9am. Above we have Nick, Triss, Angela & John

Day Trip to Cambridge University Botanic Gardens on Wednesday 25th June 2025

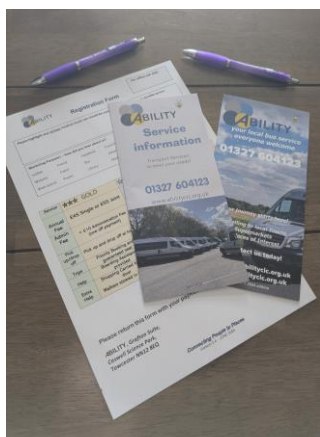
We advertised this last month and there are a few spaces left. Members £20. Non Members £25

Deposit of £10 is due asap. Payments can be made in cash or cheque made out to Northants Parkinson's People, full payment required by end of April. See Sylvia or Rosemary for more details. Or reply to this email.

Full details of pick-up times etc will be given at the beginning of May.



The owner of the above company has asked us to share these details. As with all the information we provide in the newsletter and website we do not recommend, nor does Northants Parkinson's People accept any liability if you decide to use any services we inform you of.



Olde Cobbler Update ~ next meet 8th April 2pm

And here we are, springtime already! For March, we had Ability charity come visit us to tell everyone about what they offer, ranging from door to door shopping, day trips, and lots of other services for a very modest monthly payment. They have a fleet of 14 and 16 seaters which are comfortable and we even had our very own advocate in the audience this month who makes use of these guys every week and has made new friends doing so! Coming up for April, we looking forward to Sarais Crawshaw joining us for Life as a Wildlife artist - pastels demonstration, let's get those artistic juices flowing!





Regular Activities ~ everyone welcome ~ come along ~ enjoy 😊 Weekly:

Mondays – Walk in the Racecourse, Starting at the Car Park, Kettering Rd. 10:30am

Wednesdays – Walk in Abington Park - Next to the Bowling Green, Nr Christchurch Rd, Abington Park 10:30am

Fridays – Walk in Abington Park - Next to the Bowling Green, Nr Christchurch Rd, Abington Park 10:30am

Everyone is welcome on the **walks**, some people use walking aids, some people use walking poles,

Thursdays – Exercises at Abington Church/Parish Rooms, Park Avenue North (Corner of Ashburnham Rd. N'pton NN3 2HT 10:00am

All medical research proves that exercising in later life and especially if you have Parkinson's keeps you fitter, healthier and happier for longer. Improves:

Balance*Strength*Stamina*Posture*Coordination*Cardiovascular Health*Walking Gait*Mood*Flexibility

(1st Thursday of the month finishes at 11:15, every other Thursday finishes at 12 after tea, coffee, biscuits & chat). £5 each Tel Angela for more info: 07954 099 537

Tuesdays - Mobility Indoor Bowls 4:30pm – 6:30pm

There is a small fee of £3.00 per session. Bowls and shoes are available. The club has an adapted wheelchair available. For more info just ring Richard on 07735 779422.

Monthly Groups:

1st Tuesday of the Month Lunch Club – 1st April 12:30pm Queen Eleanor Pub, London Road, Nr Wootton NN4 7JJ Reply to this email if you plan to come along please.

2nd Tuesday of the Month Olde Cobbler Meet Up – 8th April 2pm ~ 4pm Olde Cobbler, Acre Lane/Welford Road, Kingsthorpe. NN2 8BN.

Please reply to this email letting Sylvia know if you are attending.

Just for Fun

*The computer swallowed Grandma.
Yes, honestly its true!*

*She pressed 'control' and enter
And disappeared from view.*

*It devoured her completely,
The thought just made me squirm.*

*She must have caught a virus
Or be eaten by a worm.*

*I've searched through the recycle bin
And files of every kind*

*I've even used the internet,
But nothing did I find.*

*In desperation, I asked Jeeves
My searches to refine.*

*The reply from him was negative,
Not a thing was found online.*

So if inside your Inbox.

*My Grandma you should see,
Please 'Copy,' 'Scan' and 'Paste' her
In an email back to me.*

Author; unknown

Enquiries: enquiries@northantsparkinsonspeople.uk Tel: 01604 244 444

Northants Parkinson's People is registered in England as a charitable incorporated organisation.
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