



Richard's Ramblings...

The thing is, what's going to grab your attention for the month of May? I wonder if anyone else has noticed that our parks and verges have been mown to within a whisker (very short)?

And why you may well ask (well you could; probably!).

It's all about 'No Mow May', a modern version of 'The Merry Month of May'!

Editors' notes: (As Richard's bit had to be cut short)

For anyone who is interested: NO MOW MAY... is a campaign founded by 'Plantlife' charity. It was initiated in 2019 to promote wildlife, plants and fungi in the UK. It encourages people to refrain from mowing their lawns during May to allow wildflowers to grow and support pollinators. NO MOW MAY is now an annual campaign with no patch of grass being too small to take part, whether you are in the town or countryside, its very easy to take part. Just give the mower a rest!

If you need more persuasion, then research shows that 97% of flower rich meadows have been lost since the 1930's! with them the vital food and habitat needed by wildlife has also gone. Every garden can help, long grasses and wildflowers help to tackle pollution, benefit wildlife and can even lock away carbon below ground. You may also decide to leave a bit of a wild patch throughout the year – leading to Let it Bloom June and beyond.

Have a look at this link for more information and to do your bit for nature: www.plantlife.org.uk

Thanks – Angela (Editor)

Our Mobility Bowls has now changed to Summertime Times!!

From the 6th May the weekly sessions will be from 12.00 – 14.00.

For more info just ring Richard on 07735 779422.

****Partners Group** 20th May -see back page for more details**



The Mayor Cllr Paul Joyce joined our walkers last week enjoying the walk, chat and coffee afterwards. More pics inside

Quick dates for your Diary:

Monthly Lunch Club Queen Eleanor.

Tuesday 6th May

Monthly Meeting at Olde Cobbler

Tuesday 13th May

Partners Group – Morrisons Café 20th May

Every Monday, Wednesday and Friday – Walkies

Every Thursday – Fit&Fab Exercises

Newsletter Contents (after this page)

Photo Competition Update / NYPD / Sylvia's Gardening Bit / Lunch Club / Shaleway / Cambridge Trip / Advert / Olde Cobbler / Usual Stuff

Photo Competition Update

The weather has given some members the opportunity to show different accents on their photography. I think we are all keen amateurs and trying to show a moment in time as we see it. I suppose it's called life, although Parkinson's lives probably puts a different slant on things.

Seeing the foreground shot is what gets us clicking, sometimes though the accidental background can detract from our picture. Always be aware of (as they say) the bigger picture. Thank you to all our members who are actively engaging in our competition, and hopefully getting others interested in our competition project. As the actual calendar idea has turned into just photos, landscape or portrait can be submitted. Remember to send your entries to ...
nppcalender26@gmail.com Barry.



N-Northants Y-Younger

P-Parkinson's

D-Dudes / Dudettes 'NYPD'

Here are a few action shots from last month's pool tournament.

This group is for guys and gals more recently diagnosed with PD, perhaps still working, with younger families etc. Plus partners, friends, family also always welcomed as per most of our groups.

Nick (top right-hand side) runs this group and is thinking about booking the annual canal boat hire. If anyone wants to be included in the invite; let him know if you are on the VIP list already or give us a call or email.

Call 01604 244 444

or email:

enquiries@northantsparkinsonspeople.uk



Sylvia's Gardening Bit....

What a difference in the space of four weeks, particularly with fruit trees. See the photographs of my Cox's apple, Shropshire Prune damson, Victoria plum and Concorde pear. They are all in full blossom and provided they don't get any nasty bugs, which fruit trees are prone to, they should produce bumper harvests this year. By way all of my fruit trees are grafted onto 'pixie' stock so they don't grow much above 2 metres tall. My garden is very small.



It is all steam ahead in the garden now that the frosts (hopefully) have finished. If you buy tomato, cucumber or runner bean plants from a retail outlet and they are under cover when you select the plants it is wise to place them outside during the day and then indoors at night, just for a week. This process is called 'hardening off'. Just gets the plants used to the fluctuating temperatures between day and night. Once outside just take note of what the night time temperature is forecast to be and, if necessary, cover over for protection. Remember to remove the cover the following morning. Doesn't have to be a cloche, a bit of bubble wrap will do anchored down. Or even black bin bag.

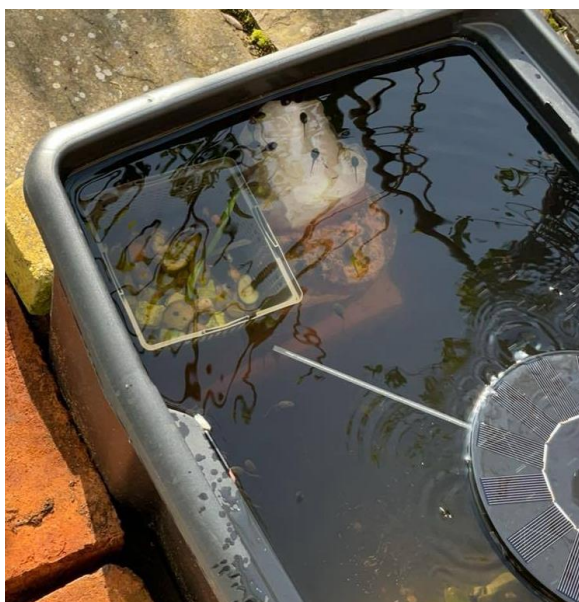
Summer flowering bulbs can be planted now. Crocosmia, gladioli, lilies etc. Just follow the instructions on the packaging for depth of planting etc. These summer flowering bulbs are ideal for filling a bit of a gap between perennials.

Last month I mentioned cleaning my mini pond...the old tin bath... ready to receive frogspawn. Well, there have been developments! Basically, it leaked! Problem was that the frogspawn was already in the tin bath. No alternative but to charge off to shops to find a suitable receptacle for making a mini pond. Searched high and low. Oh yes, there were some beautiful stone built really desirable homes for frogs but so expensive! I ended up buying a large, black plastic storage box (no lid from a well-known diy store for £6. Rushed home to get frogspawn ensconced into it filled with rain water. I have planted a water lily and a tulbaghia (a marginal pond plant) and they are both showing signs of growth. My idea is to place pavers around the plastic box in the form of a small wall to disguise the plastic and on the top level leave a few gaps to place small pots of plants to 'pretty' it up.

My son in law has loads of these bricks which he has been trying to offload! Now this photo is hopefully, going to give a better idea of what I am trying to achieve on a budget. In a month or two I will show another photo which will either confirm it worked well or that 'she'...(me) really has lost the plot! 😊 😊

Continued.....





.... Breaking news... I have tadpoles!!! I am feeding them fish food and have been desperately trying to get a photo without success until today, Saturday 26th April, they are very fast and difficult to capture on camera but I have managed to get a couple of the little creatures on film. I hope you can see them!

A few weeks ago, I noticed my veg bed was looking decidedly unhappy. Frankly it was falling apart at the seams! Action required!

Easter Saturday I held a family veg bed repair cake and coffee morning! Son in Law and two Daughters arrived with wood and screws, nails, brackets and loads and loads of paraphernalia! I had voiced a request to please just repair so as not to disturb my growing crops of peas, French beans, radish, carrots and lettuce. I got the raised eyebrow treatment and a request to 'go and make some coffee please Mum'.

Oh my goodness they worked so hard measuring and making the square box from new timber. It looked brilliant! In my mind I had thought they were going to slot it down over the original and leave the old frame in place to rot down. At least that is what I had asked if they would do. I was busy making yet another cuppa and happened to glance out and saw that the old frame had been totally dismantled and my veg bed was a square of compost holding together with the veg growing from the top. Sadly, I didn't take a photo. Well, I was busy at the time panicking. I need not have worried. The kids did me proud. I now have a brand new veg bed and another layer deeper than before. After this summer season I will add more soil and then next year I won't have to bend over as far as I do now. I am so happy with it.



before



after

Decided to paint it same colour as my fencing....talking of which....it blew down the previous week so now have to paint the replacement fence panels too.

Well I have done my fair share of 'rabbiting on' for this edition. Sorry got a bit carried away. Until next month take good care – Sylvia

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

COACH DAY TRIP - CAMBRIDGE UNIVERSITY BOTANIC GARDEN - WEDNESDAY 25TH JUNE 2025

DEPART NORTHAMPTON 9.30 A.M. - ARRIVING BACK IN NORTHAMPTON AT APPROX. 5.30 P.M.

MEMBERS £20 MEMBERS/CARERS £11.50 NON MEMBERS £25

THIS INCLUDES THE ENTRY PRICE FOR GARDENS.

FULL PAYMENT IS DUE WHEN BOOKING

THERE ARE ELECTRIC SCOOTERS AND MANUAL WHEELCHAIRS WHICH CAN BE BORROWED FREE OF CHARGE—BUT MUST BE PRE BOOKED THROUGH SYLVIA AS NUMBERS ARE LIMITED.

IT IS A 40 ACRE SITE OF LANDSCAPED GARDENS WHICH INCLUDE BEE BORDERS, WOODLAND GARDEN, SCENTED GARDEN, ROCK GARDEN, LAKE, GLASSHOUSES, CAFÉ, SHOP ETC. MOST OF THE AREAS ARE MOBILITY FRIENDLY AND THERE ARE BENCHES DOTTED AROUND FOR A REST.

THERE ARE SEATS STILL AVAILABLE SO IF YOU ARE INTERESTED IN COMING PLEASE CONTACT SYLVIA ON 07923 237673.

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



Olde Cobbler Update ~ next meet 13th May 2pm

Well, what a treat and completely different speaker we had at the monthly olde cobbler last month! We were joined by the fantastic Sarais who did an amazing demonstration of two baby hares in pastel for us, Sarais talked us through how she finds her inspiration, uses pencil to sketch the composition of the picture and visits zoos, nature reserves and many other ways to create the perfect scene for her subjects. Everyone thoroughly enjoyed it, and we were all surprised by how much was created in such a small amount of time! For May, we look forward to being joined by Alex to talk to us about Northampton theatres, as always, if you'd like to join us, please let Sylvia know... We can't wait to see you!

Karen xx

As always beverage served after our talk and time for a chat.

NLive Radio Interview

Our secretary and trustee Karen took part in a live radio broadcast this past month for Parkinsons awareness week on local station NLive. It's fair to say she was extremely nervous before doing this, but we've been invited back! We now have a monthly slot on the radio show (undiscovered Northampton) to help spread the word on what we offer and how we can help people with the services we provide. If you'd like to listen back to this, please type this link into your internet browser, the talk starts after Dire Straits at around 1hr, 3 minutes... Or enjoy the whole show! Our next slot is Thursday 8th May at 10:30

<https://player.autopod.xyz/872402>

Here is the lovely Karen 😊



Anyone Interested in Walking Football?

Northamptonshire Sport are looking at setting up a new weekly session for anyone living with Parkinson's; no experience is necessary.

It will aim to improve muscle strength, balance, coordination, mental health

and well-being. The sessions will take place in an Indoor Sports Hall in Northampton, which has a cafe on the same ground floor as the activity.

If you are interested, please contact Matthew Peleszok so he can gauge interest. His email address is matthew.peleszok@northamptonshiresport.org

This is the venue where it will take place <https://soccershack.co.uk/>



Mayor's walk

We are all a little star struck following our (VIP) visitor to one of our walks this month! As some of you may know, Jan and Tony Skelton, who are active with our charity, are related to the Mayoress of Northampton and as such had kindly put us in touch with the Mayor's office. Mayor Cllr Paul Joyce and Mayoress Mylissa Joyce had previously expressed a wish to join us for one of our events, so we thought why not and quickly set to arranging it. The Mayor Paul and his driver Dave joined our Abington Park walk on the 26th of April and were an absolute joy to have with us. Dave happens to have PD and is part of our NYPD group. What a small world it is, but goes to show we're making a difference and helping in the local community. Everyone had a great time and enjoyed coffee and a chat after the walk... We even roped in trustee Barry's friend to be our professional photographer for the day! (Those photo's will be available next month) A huge thank you to Paul and Dave for joining us and please look out for the Mayor's social media pages which we will be featured in.

Here are a few pictures from the morning's walk, thanks Dave for forwarding them to us.





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 12:00noon – 2:00pm

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 – 6th May 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 – 13th May 2pm ~ 4pm Olde Cobbler, Acre Lane/Welford Road, Kingsthorpe. NN2 8BN.

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

Partners Group

We are having a Partners Meeting on 20th May at 10:30am in Morrisons Café, Victoria Promenade. NN1 1HB

This meet up is for partners, family or carers of people with Parkinson's, sorry not anyone diagnosed with PD. It is a chance to chat, share ideas, hints and tips. To support each other and have a break. If we get enough interest, we will make this a regular meeting.

For more info please call: 01604 244 444 or email:

angela.jeffery@northantsparkinsonspeople.uk

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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