

# Leeds Tremor Support Group

**September 21<sup>st</sup>**



## A full house

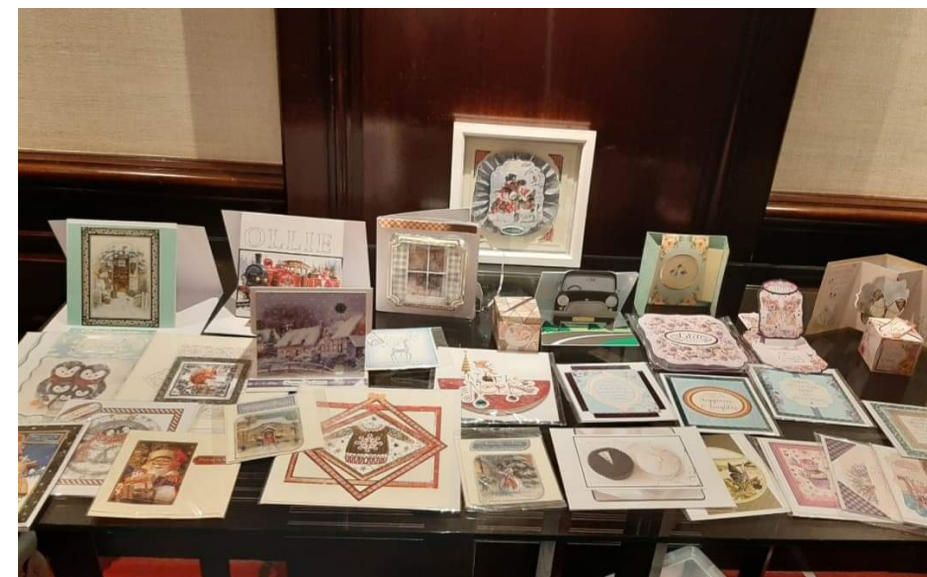
What a fantastic meet up its great to see all the new faces. A massive thank you to the staff at Leeds Marriott Hotel and everyone in the group, for being so patient and helping to re-arrange the room to accommodate the large attendance. I think it might be time to look for a larger room. Thank you to everyone who helped with signing everyone in and providing refreshments and organising top up's for everyone.

It's good to see the leaflets in the neurology clinics at hospital paying off, as some people attended after the Consultants told them about the group.

With a jam packed meet up, not just with people. It was great to see everyone chatting and mingling.

## Hand made crafts and gifts

We had some lovely displays of crafts and gifts by people from the group. If anyone still wishes to order or purchase anything but didn't get a chance. Chris Knowles, Jo Ward and Jo Squires will be at the Sheffield Group launch, and the next Leeds meet up in November.





## Neurophysiotherapy

Suzanne Froggett a Specialist Neurophysiotherapist joined the group to learn more about Essential Tremor, explain what neurophysiotherapy is, and the different ways it can help people with tremors.

A very informative talk, with lots of involvement from the group asking questions and sharing their experiences.



## Nordic Walking

Phill Alcock is a British Nordic Walking instructor who specialises in modified forms of Nordic Walking for anyone with mobility issues and seniors. Phil talked about the benefits of Nordic walking and demonstrated the correct position for using the Nordic walking poles. Before giving everyone who wanted to a chance to try using the poles.

It was great sight to see so many people walking up and down the hotel corridor practicing with the poles.



## Launch of Sheffield Support Group

**Saturday 19<sup>th</sup> October** is the launch of the Sheffield Support Group.  
12:45 – 16:00 @ Ponds Forge International Sports Centre, Sheaf Street, Sheffield, S1 2BP

Ann Collins has organised a fantastic event with guests from Gyrogear, Jackie Farrell the support group co-ordinator for the NTF and local hero Tony Foulds. Refreshments, handmade crafts and gifts, raffles and of course a chance for a friendly chat.

Please pop along to support this new group.

## Date of next Leeds Meeting

**Sat 23<sup>rd</sup> November 1pm – 16:00**

Leeds Marriott Hotel – 4 Trevelyan Square, Boar Lane, Leeds, LS1 6ET

For more information about the Leeds and Sheffield Group details please email [lands@tremor.org.uk](mailto:lands@tremor.org.uk)