



Ninja News

MAY 2024

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Hello Ninjas,

We decided that the best way to keep everyone informed about news, classes, funding and other matters was in a newsletter. We will aim to issue one each half term, but if there's more news to share, they may be more frequent.

This is your newsletter, so if you have any news to share, whether it is useful information, a fundraising success or something more personal, please contact Eleanor with the details.

Welcome to our new members!

Zoltan and the team would like to welcome all those new members who have joined us this year.

Hello to Sonia, Graham, Jann, Philip, Margaret, James, Jane, Pat, Peter, Sue, Helen and Gillian.

You are all very welcome.

Get well soon Tony

We'd all like to say a massive thank you to Tony for sharing his DBS journey.

Thanks Tony, your vlogs have been so informative and helpful and we all want to wish you all the best for a very speedy recovery and look forward to seeing you back at the sessions very soon.



Term Times & Grading Dates

Summer Term 2024

Free Tuesday classes for the more active, run through until 21st May and classes start back after half term on 4th June

Free Thursday classes which can also cater for all mobility levels, run until 23rd May and start back after half term on 6th June

Summer Term 2024

Our pay-as-you-go Saturday classes for all abilities, which cost £10 per session, will run through until 27th July

Please note there is no class on 22nd June Due to Taekwondo grading sessions

Fundraising News

Thank You To Netty! We would like to say a massive thank you to Zoltan's colleague, Netty, who has been working for us for four hours a month giving Zoltan some very welcome, and much needed support. Netty is a professional fundraiser, and has been submitting applications for funding grants for us. Unfortunately, due to unforeseen circumstances, Netty is sadly unable to help us any longer and this will leave us in need of some assistance.

Grant applications

Netty had been providing some much needed help to Zoltan, who has been spending many hours trying to source funding to allow us to continue running the free Tuesday and Thursday sessions. We hope to have some funding news to share with you in the next few weeks, so watch this space.

Can you help? Do you, or anyone you know, have any experience with making applications for funding grants? Would you be able to devote a few hours a month to preparing

and submitting applications for grant funding? Or do you have any contacts with companies or organisations who have a grant funding budget, or who regularly make charitable payments to local charities or charitable organisations? Would you be able to help us approach them to apply for funding? If so, you could be just the person, or the people, we need! Please speak to Zoltan or Eleanor and let them know if you think there is some way you could help.

Thank you Asda Bromborough!

Netty's first success was in getting a very generous donation of tea, coffee, sugar and biscuits thanks to Asda Community Champion Helen.

Golf Fundraiser

Another of our newcomers, keen golfer Peter, is already on the ball (groan) as he's hoping to arrange a golf fundraiser for Parkinson's Ninja CIC! If you would like to be involved in some capacity, please speak to Peter.

Thank you Carol

Not satisfied with collecting tea money & subs, growing and selling strawberry plants, and the many other things she does for our benefit, Carol is already planning the next fundraising raffle.

If you have any items that may be suitable as raffle prizes, please could you pass them to Carol

Thank you Linda

We would like to say a big thank you to our new member Linda for bringing in the following two contributions:

The Irby Club have made a donation of £250. They are also planning to raise more money for us through the year as they have nominated us as their chosen charity, so watch this space!

Buckingham Chandos Masonic Lodge have also donated £250. Thank you very much to them.

Thanks to our new member Sonia whose family company, POG Building Contractors have kindly donated £100.

Voluntary £5 monthly membership fee

Following last year's member survey, it was agreed that in order to increase our regular income to allow us to cover things like bank, website and accounting costs, we would implement a voluntary monthly membership fee of £5 per member from January this year.

This relates only to people using the free Tuesday & Thursday sessions, but donations from others will also be most welcome.

Obviously the payment is voluntary, but we would like to encourage anyone who is able, to set up a regular standing order as this will give us a much better control of our budget.

For anyone who hasn't set up a regular payment, our bank details are: **Sort Code 30-96-26**

Account Number 78235460

Account Name Parkinson's Ninja Community Interest Company

Anyone preferring to pay cash, please could you pass your payment to Carol Marsh.

Thank you.

Thank you for taking the time to read this. Please let us know what you think of the newsletter and tell us what information you'd like to see in it. Any comments or ideas, please send a private message to Eleanor through WhatsApp. Please send an email to parkinsonsninja@gmail.com if you have any suggestions for fundraising.