

HUNTINGDONSHIRE BRANCH CONTACTS:

Branch Mobile **07724 400527**

Malcolm Ryman (Chair) **07720 080749**

Ildiko Drexler (Treasurer) **07564880158**

MEMBERSHIP

You are welcome to join the National Charity. There is no membership fee, just a donation of your choice

Call Parkinson's UK on 020 7932

1344 or visit

www.parkinsons.org.uk/join or

ask a Branch officer for a form.

OTHER LOCAL SERVICES

Caring Together, our local Carers Support

Organisation, run a monthly meeting, 2nd Tuesday of the month, at the Coneygear Centre, Huntingdon

PE29 1PE. For more information contact 0345

2410954 or hello@caringtogether.org

Address : Unit 4, Meadow Park, Meadow Lane, St Ives PE27 4LG

Age UK

2 Victoria Street,

Chatteris PE16 6AP

Tel: 0300 6669860

Monday to Friday 10.00am to 4.00pm

Disability Huntingdonshire

The Maple Centre, 6 Oak

Drive, Huntingdon. PE29 7HN

Monday to Friday 9:30am to 2:30 pm

Tel: 0330 3553256

e-mail: info@dish.org.uk

For more information about Parkinson's, visit our web site www.parkinsons.org.uk and click on Information and Support

Everyone's experience of Parkinson's is different. We have a lot of information on topics relating to living with Parkinson's

Parkinson's UK finances research into finding better treatments and ways to improve the quality of life for people with Parkinson's. As the UK's principal support and research charity we're leading the work to find a cure.

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Huntingdonshire Branch

Registered Charity No. 258197

Make sure you know the answers when you ask yourself the following key questions:

- *Who knows what pills you take and when?*
- *Do you carry a Parkinson's Alert Card?*
- *Do you carry an up-to-date (and dated) drug card, showing the / drug brand and type / dosage / time of day taken and the regularity?*

Always carry this information with you

If you have an accident and go into hospital, they need to know what medication you need and when you take it.

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An introduction to

Parkinson's UK

Huntingdonshire Branch

www.huntspds.org.uk

[also, on Facebook](#)

For people with Parkinson's in Huntingdonshire, their Families, Carers and Friends

Help when you need it

April 2024

WHAT IS PARKINSON'S?

It is a progressive, neurological disorder that occurs when 80% of those brain cells which produce dopamine are lost. A great deal of research is being undertaken to find a cure, some of which is funded by Parkinson's UK.

Parkinson's is named after Dr James Parkinson (1755-1824), who provided the first clear description of the main features of Parkinson's.

There are three main symptoms of Parkinson's:

Shaking ('tremor') – it usually begins in one hand or arm. Handwriting often becomes a problem.

Slowness of movement – walking or “getting going” again after stopping may become more difficult

Stiffness ('rigidity') – stiffness in muscles, problems turning around, getting out of a chair, fastening buttons.

Who is affected?

Around 153,000 people in the UK have Parkinson's, expected to rise to 170,000 by 2030, every hour 2 more people are diagnosed, 18,000 a year. Of this 1.2% of those diagnosed are under 50.

It is estimated that there are about 600 people with Parkinson's in Huntingdonshire, with a new diagnosis about once a week.

Treatment:

There are a wide range of treatments available to help control the symptoms of Parkinson's and maintain quality of life. These include drugs, physiotherapy, speech and language therapy, occupational therapy, exercise and surgery.

Drugs are the main treatment for Parkinson's and are prescribed to suit the needs of individuals, which vary.

LOCAL BRANCH: What's on offer?

The Huntingdonshire Branch provides local support through exercise and social activities for people with Parkinson's of all ages, their family and carers. Please check our website and newsletter for any updates, you are welcome to attend any activity listed below:

Dates	Activity Face-to-Face
2.00 – 4.00 pm 3rd Tuesday of the month	St Neots Café Coffee and Chat The Priory Centre Priory Lane PE19 2BH (Alternative venue to be used when Priory Centre closes for refurbishment)
Contact	Malcolm Ryman Tel: 07720 080749 Email: malcolm.ryman1@btinternet.com
10.30–12.30pm 1st Tuesday of the month	Huntingdon Café Coffee and Chat Cambs Therapy Centre, Bradbury House, Huntingdon PE29 1UL
Contact	Suzanne Ford Tel: 07592 639374 Email: suzanneford346@gmail.com Or Malcolm Ryman as above
11-12am Every Friday	St Ives Exercise Group with Becky Meets at the Crossways Centre
Contact	email beckyadamsrehab@gmail.com
11 – 12am Every Thursday	St Neots Exercise Group with Daniel United Reformed Church
Contact	Email danielgodward14@gmail.com
1.30 – 2.30 pm Every Tuesday and Thursday (except 3rd Tuesday it is 11.30 – 12.30)	Huntingdon Exercise Group with Sarah Cambs Therapy Centre, Bradbury House, Huntingdon PE29 1UL Meets in the coffee bar first
Contact	Email sj-performing-arts@hotmail.co.uk
Last Saturday in the month	Young and Active Parkinson's Group (YAPA) Various Venues
Contact	Julie Wilson Email jmwilson@parkinsons.org.uk Tel: 0300 123 3675

MANAGING YOUR PARKINSON'S

Your GP should refer you to a Neurologist or Geriatrician with expertise in Parkinson's for diagnosis and reviews. These Clinics are at Hinchingsbrooke Hospital, Huntingdon or Addenbrookes in Cambridge.

In addition to the hospital clinics, there are also **PDSN led Clinics:** These are held locally at:
Huntingdon – Hinchingsbrooke Hospital
(next to rehab unit)

St Ives – St.Ives Clinic,
St Neots - Dumbelton Medical Centre,
Ramsey - The Rainbow Surgery,
Cambourne - Cambourne Medical Centre, Sawtry – Wellside Surgery

To contact the PD Specialist Nurse or make an appointment at a local clinic: call **Phone 0330 726 0077 (8.00 to 5.00) Prepare before ringing:** state nature of the problem and say how urgent it is.

Parkinson's UK National Freephone Helpline and Peer Support 0808 800 0303
(Mon-Fri: 9am to 8pm)
(Saturday 10am to 2pm)
hello@parkinsons.org.uk

Parkinson's UK National Office 0207 931 8080
Email: hello@parkinsons.org.uk
www.parkinsons.org.uk

See also www.huntspds.org.uk