

# OUR NEWS

**Huntingdonshire Branch**

**August 2020**

[www.huntspds.org.uk](http://www.huntspds.org.uk)



## Thoughts of Chairman Malcolm

We are living in times unprecedented in our history, the pandemic is changing our perception of what normality is. The uncertainty brings fear and unpredictability especially so to many of our members who are in susceptible groups. Your committee has made available online a 28 page

leaflet detailing Parkinson's UK considered advice to people living with Parkinson's, and we have mailed a printed version to all our members who are not contactable electronically. One positive which has come about is that many people have discovered how to use the likes of Zoom, enabling them to contact family and friends who may well be in far flung parts of the globe, never mind living some distance away in the UK.

We regret that the therapeutic classes many of you have enjoyed considerably have had to be stopped. PUK has given us advice to do so, and there would consequently be no insurance against accident should we run them. As soon as felt possible, assuming you feel confident to attend, we will restart them.

We are attempting to run Zoom meetings, and our web master, Dave Mansfield has sent joining instructions to potential attendees to enable you to voice concerns, should you have them, and generally talk to others, as lockdown and shielding can be very lonely. Please join in if you can, they will evolve as time goes on. I feel we have a long way to go until everyone feels the time is right to start meeting face to face.

I would like to urge you all to think positively, adopt a "glass half full" mentality, which will, I believe, maintain our health and sanity until we come out of the present situation.

**Malcolm**

## THIS MONTH AND NEXT

### Dates for your Diary...

**At present we are still not having group meetings, but you can join us virtually**

**3rd, 10th, 17th, 24th and 31st August Online meetings via Zoom Every Monday at 2.30 pm**

**Click on the link –**

<https://us04web.zoom.us/j/8028106999?pwd=SG4vYjhXcjFpY2M1WU10k1FTVzFudz09>

**Then add the details**

**Meeting ID: 802 810 6999**

**Passcode: XvNi68**

## We Need You!

Please send your stories, pictures, articles of interest and feedback for the newsletter to -

[Huntsbranchnews@gmail.com](mailto:Huntsbranchnews@gmail.com)

In your next newsletter we will have a write up from each of the groups to help keep you in touch. In the meantime, here are some pictures of meetups in the past to take you down memory lane!



## Parkinsons Nurse Tip

It's more important than ever to find new, engaging ways to stay active. Pick something that will lift your spirits, and something that will improve your quality of life as we are spending more time at home than ever before.

**Becky Slimmon, Parkinsons Disease Specialist Nurse**

## Support for Carers – Caring Together

If you are looking after or supporting someone with Parkinson's, a local organisation can provide help for you. Support ranges from -

- [Emergency planning – What If? Plan](#)
- [Family Carers' Prescription](#)
- [Family carers hubs](#)
- [Young carers & young adult carers](#)
- [Cambridgeshire & Peterborough Carers Magazine](#)
- [Listening ear service](#)

You can find out more about what is available to you by calling their specialist carer advice line on 0345 241 0954 or you can email [hello@caringtogether.org](mailto:hello@caringtogether.org).

## The St Neots Chasse

The murder of Thomas Becket, Archbishop of Canterbury, in 1170 is one of the best-remembered events of English history. The murder caused a wave of horror and anger across Europe. Becket's body was buried in Canterbury Cathedral and an elaborate jewel-encrusted shrine built over his grave which instantly became a centre of pilgrimage.

The St Neots Chasse, now known as the Becket Casket was found when a medieval mansion in Church Street, St Neots was demolished in about 1770. It had been hidden from the iconoclasts of the Reformation (probably under Edward VI) and forgotten. Between 1770 and 1930 it had several owners but was bought at Sotheby's in 1939 by the Victoria & Albert Museum for £4,800. Now it can be seen in the Medieval and Renaissance Room 8, case 20.

Size? It would fit inside a shoe box with spare space at the end. It came from one of the famous Limoges workshops between 1180 – 1190 and may be the finest example of Becket relics to have survived. The enamels are on copper plates, held in place by the tiniest of nails. In its museum case, it glows.

**David Rudd**



The St Neots Chasse

## PARKINSON'S AND YER POSITIVE MENTAL ATTITUDE – A Poem

Balance? Tumbly  
Speech? Mumbly  
Walking? Stumbly  
Eating? Crumbly  
Buttons? Fumbly  
Tidy? Jumbly  
Philosophical? Grumbly  
My Advice? Humbly  
Don't give in! Succumbly  
Busy Be! Bumbly  
Works for me. Upthumbly

By Martin McGeehan

## Thinking of finding out more or taking part in Research?

If you haven't done so, take a look at Parkinson's UK Take part Hub and see what Research is happening in your area. Also sign up to Our Research Support Network - it helps you get connected, take part in and have your say on Parkinson's research. Join to receive local opportunities straight to your inbox.

<https://www.parkinsons.org.uk/research/take-part-research>

## We are Undefeatable

We are Undefeatable is a new campaign for people with long term conditions to empower them to take more exercise and get active. The latest TV advert includes Paul who has Parkinson's. Watch the advert and get updates on the Parkinson's UK website. The campaign is also featured on Channel 4's Sunday Brunch where Jo Yaldren who also has Parkinson's, demonstrated yoga. If you have any questions contact [adodge@parkinsons.org.uk](mailto:adodge@parkinsons.org.uk)

More on exercise follows.

## Exercise is Good for You!

Especially if you have Parkinson's. 2.5 hours exercise a week can help you manage and slow the progression of your symptoms, help with fatigue, sleep, mood and mental health, and can be as important as medication in helping you manage your Parkinson's.

### If you have mild symptoms

- Focus on vigorous exercise for your whole body to improve strength, balance, posture and flexibility.
- Try gym sessions (when they are open!), running, cycling, tennis or other high energy programmes or classes.
- If you already exercise, keep going and try to do a little more.

### If your symptoms are progressing

- Focus on exercise that takes effort and pushes you – for example a 20 minute walk.
- Target your symptoms, and take exercise that will help such as Yoga, Parkinson's exercise classes, Pilates, or dance to help with movement, balance and flexibility.

### If your symptoms are more complex

- Focus on everyday activities. Supported workouts help you stay confident.
- Try chair based exercise, or standing up holding on to something sturdy.

It's never too late to start, or push yourself to do more! Talk to a physiotherapist who knows about Parkinson's for advice, especially if you are just getting started, or a health professional involved in your care.

To access the online British Gymnastics Love to move website with an exercise lesson with Kim Hall click on the link here

<https://britishgymnasticsfoundation.org/take-part-love-move-online/>

To access a downloadable exercise sheet on how to stay active whilst at home, a link is here

<https://www.parkinsons.org.uk/information-and-support/exercise>

## Useful Contact Numbers

<b>BRANCH CHAIR</b>	Malcolm Ryman	<b>07720 080749</b>
<b>VICE CHAIR</b>	David Rudd	<b>01480 474795</b>
<b>PARKINSON'S UK CONFIDENTIAL HELPLINE</b> (Also access to Parkinson's Local Adviser)		<b>0808 800 0303</b>
<b>PARKINSON'S DISEASE SPECIALIST NURSES</b>		<b>0330 726 0077</b>
<b>BRANCH MOBILE</b>		<b>07724400527</b>
<b>Facebook Page</b>	<b>Parkinson's UK Huntingdonshire</b>	