

# OUR NEWS

Huntingdonshire Branch

December 2020



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



## Thoughts of Chairman Malcolm

This is the time I would normally be talking to you about the season of goodwill and family get togethers over Christmas, regrettably, we are all still facing the uncertainties of the

restrictions and worry about the pandemic. Fortunately, technology has helped many people stay connected to friends, volunteers, exercise classes and family, in a way which was not available to the general public as little as a year ago at a reasonable price. We in our Huntingdonshire group are purchasing a "full" Zoom package, which will enable many more people to join in to the meetings, coffee morning etc. which are being held, to keep in touch. If any of you would like any of us to ring you, please contact us on the numbers in this Newsletter, regrettably GDPR regulations forbid us to proactively approach you without this permission.

We are slowly starting a campaign on local radio and in local magazines and other publications, to make more people aware of the information and support we can give, if you know of anyone who may welcome some help, please get in touch with us.

In this Newsletter we have a **Christmas Quiz**, for which we will be offering a **Hamper** for the winner by joining in to our Group Zoom Meeting on **21<sup>st</sup> December**. Don't miss it!

I sincerely believe you will all make use of your intrepid resolve to make the most of the situation we find ourselves in, though please bear in mind that kissing under the mistletoe is banned in all Tiers! I hope you all have a good Christmas and a Happy and Prosperous New Year.

**Malcolm**

## Say Hello to Your Parkinson's Nurses

Becky Slimmon and new Parkinson's Nurse Preethi Biju will be joining us for our **21<sup>st</sup> December** Branch Zoom Meeting, and updating on their news. Join us (details on Diary Dates) or via email invite from David

## This Month and Next

### Dates for your Diary...

At present we are still not having group meetings, but you can join us virtually with an online meeting via Zoom the 3<sup>rd</sup> Monday of each month. Next meeting -

**21<sup>st</sup> December 2020**  
**No meeting January 2021**

Click on the link –  
<https://us04web.zoom.us/j/8028106999?pwd=SG4vYjhXcjFpY2M1WU10k1FTVzFudz09>  
**Meeting ID: 802 810 6999**  
**Passcode: XvNi68**

### New Online Exercise Group

The group will meet weekly by Zoom at 11am on Tuesdays from

**17<sup>th</sup> November 2020**

With Sarah-Jane who ran the Huntingdon group. For more information contact her on –  
[Sj-performing-arts@hotmail.co.uk](mailto:Sj-performing-arts@hotmail.co.uk)



## Branch and Group Updates

### Your Branch is Here for You!

Though we are not meeting face to face, we are still here to support you. Any member wanting to be contacted, please text or call the Branch mobile number on 07724 400527 and we will get back to you as soon as we can.

### Local Support Update

Jill Cockett has joined the East team and will be covering Cambridgeshire as our Local Adviser. Jill has worked for Parkinson's UK for nearly 4 years in the Central team and is a very experienced Local Adviser.

For any new referrals to the Adviser service please continue to contact the Helpline on 0808 800 0303 or [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk) in the first instance. The helpline will arrange a Local Advisor call back if local information or in-depth support is needed.

### Kim Hall's Love to Move Exercise Groups

Online Exercise groups to improve balance, flexibility, co-ordination and strength.

11am Monday, Tuesday, Wednesday and Friday, and 2.30 pm Thursday. For more details, contact Kim on -

07715081402 (Mon-Thurs)  
or email  
[kim.hall@britishgymnasticsfoundation.org](mailto:kim.hall@britishgymnasticsfoundation.org)



### Peterborough Group Invites

**Dave's Friday Night Quiz** 7.30 pm (no quiz 25<sup>th</sup> Dec, and 1<sup>st</sup> January)

Join here

<https://us02web.zoom.us/j/7888378160?pwd=ak5CTU12YjFBT0ppdkdOdEpiS.3VKdz09> ID 788 837 8160 Pass Code 140166

**Hannah at Home Exercise Groups** Twice Weekly Monday and Thursday

Keep Fit, Chair Zumba, Chair Yoga, Ballet and Barre, Pilates

<https://us02web.zoom.us/j/82816771213?pwd=dzE1clZOWEYxMmt2eW FqaHdGdkdjUT09> (Monday log in)

Meeting ID: 828 1677 1213 Passcode: 650842

<https://us02web.zoom.us/j/88344829403?pwd=bjIOUU9MYkM0YlhYaFF pUHcySzlxZz09> (Thursday log in)

Meeting ID: 883 4482 9403 Passcode: 470580

To find out more contact Ruth Brinkler-Long on [ruthbrinkler@hotmail.com](mailto:ruthbrinkler@hotmail.com)

### Parkinson's Nurse Tip

If you suffer with low blood pressure, have ½ pint of water before getting into bed.

**Becky Slimmon, Parkinson's Disease Specialist Nurse**



### To Zoom or not to Zoom?

As we cannot get together face to face at the moment, we are holding virtual meetings with Zoom (a video call system) every 3<sup>rd</sup> Monday of the month from 2pm. This is open to members of any of our groups – and we would really like you to join us.

If you have not used Zoom before, don't be put off, it is very straightforward and well worth doing. It will keep our groups together until we can meet again, you will be able to access all the online exercise classes and other online events, and is also handy for having video calls with friends and family!

The charity have information on how to Zoom [here](#). Please let David know if you are not on his email list for the group meetings, and he will send invites to you. Alternatively click on the links in this newsletter for other events.

Happy Memories - here are some pictures of past Christmas dinners and we look forward to hopefully getting together again next year



### In the meantime....

December is going to be different this year, but here is a way that we can stay in and still have a good time. Join Parkinson's UK at our Festive Night In this Christmas on 10<sup>th</sup> December 2020 at 8pm, for musical performances, festive readings, dancing and possibly even cocktails.....

There will be a host of celebrity guests to help you to celebrate including Parkinson's UK President [Jane Asher](#), Strictly Come Dancing's [Neil Jones](#), Chef [Dipna Anand](#), artist and concert soprano [Emily Haig](#), pianist [Isabelle Fisher-Michalakis](#) and a special video message from [Harry Styles](#). More line up announcements are due to be added soon.

Why not set up a group WhatsApp or Zoom call and watch together with friends and family wherever you are in the world, without leaving the comfort of your front room?

[Buy your tickets now](#)

Tickets are £20 per household. You'll be sent your link in the run up to the event.



## Christmas Quiz by Paul

Join our Group Zoom Meeting December 21<sup>st</sup> at 2pm with your answers, as we are offering a Prize Hamper for a lucky winner!

1. Which Essential Christmas classic stars James Stewart as George Bailey?
2. In what decade did Coca Cola start using Santa Claus in advertisements at Christmas?
3. In which country did the custom of putting up a Christmas tree originate?
4. In the song "Twelve Days of Christmas" what is given on the 7<sup>th</sup> day?
5. How many mince pies does the average Brit eat over the Christmas period – 7, 7, or 27?
6. What name is given to small chipolata sausages wrapped in bacon?
7. What colour are the berries on Mistletoe?
8. Widow Twankey traditionally appears as a character in which panto?
9. What well known Christmas song became the first ever to be broadcast from space in 1965?
10. Which of Santa's reindeer is named after another animal?

## The Mountain

If the Mountain seems too big today  
then climb a hill instead.  
If the morning brings you sadness  
it's OK to stay in bed.  
If the day ahead weighs heavy  
and your plans feel like a curse,  
There's no shame in rearranging,  
don't make yourself feel worse.  
If a shower stings like needles  
and a bath feels like you'll drown  
If you haven't washed your hair for days,  
don't throw away your crown.  
A day is not a lifetime  
a rest is not defeat,  
don't think of it as failure,  
just a quiet, kind retreat.  
It's OK to take a moment,  
from an anxious, fractured mind,  
the world will not stop turning  
while you get realigned.  
The mountain will still be there  
When you want to try again,  
You can climb it in your own time,  
Just love yourself till then

Laura Ding-Edwards

## Research Update

**Research into Compassionate Care CCARE** - An opportunity for people with and without Parkinson's to take part in some research looking at compassionate care practices by Ellen Huish, a trainee Clinical Psychologist at the University of Bath. The research is based on a new questionnaire to identify healthcare experiences and improved services and patient care. If you have had a health appointment in the last month (face to face, video or phone call) they would like you to complete an online questionnaire.

For more information, please read the [information sheet](#), and if interested complete the [online questionnaire](#). If you have any questions or problems accessing the questionnaire, please contact Ellen via email on [eh301@bath.ac.uk](mailto:eh301@bath.ac.uk) or phone 07815657139 before 31 March 2021.

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**Visual Perceptions and Parkinson's** – An opportunity for people with Parkinson's to take part in some research looking at visual perceptions by Megan Readman, a PhD scholar at Lancaster University. She is investigating perceptions of body proportions and changes that may be related to Parkinson's, and how they may influence daily experiences and activities. They are looking for 30 people with Parkinson's who can walk independently to take part in a 30 minute one off face to face session via Zoom.

For more information, please contact Megan via email ([m.readman1@lancaster.ac.uk](mailto:m.readman1@lancaster.ac.uk)) or phone (01524 592947) before 7 July 2021.



## A Tale of Ice and Snow – A True Story

It was about 1958 plus or minus a year. I was drifting around Europe at Easter with a group of students, and we had arrived in Switzerland: possibly it was near Lauterbrunnen. The local sketch map showed a café high up at the end of a mountain path.

“Yes” said the lady at the inn, “But the path isn’t open yet. The café proprietor and his son-in-law who is a mountain guide went up to clean the café this morning, and when they come down we shall know whether the path is safe to be opened”.

It was a lovely day. The silver birches glowed in the sun, Spring flowers showed between the remaining patches of snow accompanied by bird-song and the gentle tinkling of the little snow-melt stream amongst the stones. Who could resist it? Without discussion we all set off up the path, open or not. A few minutes up the path and we were in snow. A half-hour and the snow was ankle deep and firm. That was when it happened. With no warning the ground broke away and I was sent face down, feet first down a 30 degree slope which led in about 10 metres to a vertical drop. Every part of my body became an anchor. I dug in my toes, knees, belly, arms, fingers, even chin as hard as I could knowing that if I didn’t stop the slide I would die.

They say that facing death your whole life passes before your eyes. Not so. All I could think was ‘I wonder who will tell my mother and how will they do it?’ (She had no idea where I was and probably pictured me in the snug security of the college library).

Then the slide stopped and I lay there in the snow. If I tried to move the slide might continue and I would go over the edge. Or was the lot ready to turn into an avalanche and carry me with it? So I lay there. I remember looking up and seeing a row of white faced young men pressed back against the rock, staring down at me.

Eventually I had to move and risk it: there was no alternative. Gently I raised one foot a few inches and dug it in again. No slide. Very gently I moved one limb at a time and slowly, so slowly began to drag myself upwards. This part was more frightening than the fall, knowing that with one clumsy move I could ensure my own death. At last, at the top, two large Welsh rugby players leaned over and grabbed me and I was on the path. My death had been postponed. After a pause during which we were all breathing rapidly with hearts racing, we went on up. I had been walking on a snow overhang which had given away.

At the top we found the café. The proprietor was cleaning windows; his daughter was cleaning the glass cases which in a few days would contain sandwiches, cakes and pastries for tourists; his son-in-law, the guide, was just finishing clearing snow from the patio. He saw us first and his jaw dropped, so surprised was he to see people: clearly idiots.

The only refreshment they could offer was bottles of fizzy pop which had survived the winter in store. The son-in-law brought a table out and chairs and we drank from the bottles. It was then that Dez said “Jeez, mate, we thought you were a gonner!” No one else wanted to comment.

The guide told us we should hurry down because as the sun set the path would freeze again and become treacherous and we were not equipped for it. So we left. He was right on both counts. At the bottom our thoughts turned to dinner and our steps to the inn. Next morning we heard that the path would not be opened for tourists.

I have forgotten the names of most of my companions, but still remember those horror-bleached faces looking down at me. **David Rudd**

## Are you Getting your Parkinson's and Progress Magazine?

Some of our members have found they are not getting their Parkinson's Magazine quarterly, or the Progress research Magazine as they used to. To ensure that you are getting yours regularly if you have missed any copies, please contact Parkinson's UK Supporter Care on 0800 138 6593 or email them on [supportercare@parkinsons.org.uk](mailto:supportercare@parkinsons.org.uk). They can also advise on any other membership issues.



## First Parkinson's UK Advertisement in 10 Years

Across November and December, Parkinson's UK are running a new campaign - **Time for Can**. The campaign will show that life with Parkinson's can lead to a lot of 'can'ts, but that we're closer than ever to research that can change lives. The campaign aims to raise £1million for Parkinson's UK research and help people understand what life is like to live with Parkinson's. If you haven't seen it, here is the link

[https://www.youtube.com/watch?v=wuF\\_KdGcq64&feature=youtu.be](https://www.youtube.com/watch?v=wuF_KdGcq64&feature=youtu.be)

## Parkinson's UK Campaigns Update

Earlier this year the charity asked members what you thought were the **most important issues** for us to campaign on through our 'What matters most?' survey and our coronavirus poll. In total almost 2,300 people responded to both surveys, and here are the results that people want us to focus on for our campaigning over the **next four years**:

- High quality **health and social care**.
- Having access to the **right treatments at the right time**.
- Being able to access **financial benefits**.
- Getting **medication on time** in hospital or a care home.



You can read the full report here.

## Branch Christmas Cards 2020

Still time to buy an original Christmas Card created by Ian Mackintosh (Mack) ©



**£4 per pack of 10**

Available from Malcolm Ryman at [malcolm.ryman1@btinternet.com](mailto:malcolm.ryman1@btinternet.com)  
Or branch mobile 07724400527



Earlier this month, Paul Mayhew-Archer was named in the Queens Birthday Honours List. Since then, he has been overwhelmed with messages from friends, colleagues and the Parkinson's Community. Awarded an MBE for Service to people with Parkinson's and

cancer, Paul says the response to his honour 'has been amazing'. Some of our members saw Paul in his one man show in Cambridge, or you may have seen the documentary The Funny Side of Parkinson's. Paul is Patron of The Cure Parkinson's Trust.

## Useful Contact Numbers

**BRANCH CHAIR** Malcolm Ryman

**VICE CHAIR** David Rudd

**PARKINSON'S UK CONFIDENTIAL HELPLINE**

**PARKINSON'S DISEASE SPECIALIST NURSES**

**BRANCH MOBILE**

**BRANCH NEWSLETTER EMAIL**

**Facebook Page**

**07720 080749**

**01480 474795**

**0808 800 0303**

**0330 726 0077**

**07724 400527**

**Huntsbranchnews@gmail.com**

**Parkinson's UK Huntingdonshire**