

# OUR NEWS

Huntingdonshire Branch

February 2021

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



## Thoughts of Chairman Malcolm

Welcome, everyone, to 2021. I hope you managed some cheer over Christmas and New Year 2020, this year has to be better, surely? By now, many of you will have had your first Covid Jab, certainly where I live, the doctors are starting on 65+ which suggests a significant number of high risk individuals have already have had the vaccination.

Oh! To be able to enjoy some of the freedoms we used to take for granted, a pint in a pub, a meal out, trip to the theatre or cinema, all seems to be distant memories.

Note I do not include shopping, this has always been an anathema to me!

Please try to join our monthly Zoom meetings, especially if you are feeling down, or simply fed up with the ongoing restrictions imposed on us, which seem to be never ending. Speakers are being arranged for some of them, but you are welcome to bring up any topic you desire, within the bounds of acceptability, of course!

**Malcolm**

## Please Share your Lockdown!

Many of our members are knitters, sewists, writers (some published!), poets, gardeners and hobbyists of all kinds. For some, the lockdown has opened up a new creative streak. **We would love to see a photo or hear your stories** of any lockdown adventures or creations you would like to share. As we can't meet up at the moment, our branch members would appreciate seeing what you have been doing and keeping in contact with you. And you may inspire someone else, too!

Please send photos, poems, stories or items of interest to –

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

## This Month and Next

### Meeting Dates

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

15<sup>th</sup> February, 2021

15<sup>th</sup> March, 2021

Now that your Committee have arranged an upgrade to Zoom Pro, we can now have longer meetings and invite speakers.

Please contact David Rudd to receive an invite and passcode to the meetings.

~~~~~  
For other opportunities to keep mentally and physically active safely during lockdown and reduced social activity measures, please see page 2 for Activity Dates in February and March 2021.



## Activity Dates

(Please check before joining with the organiser that they are going ahead, due to current changeable circumstances)

| Dates                                                                                                                                                                                              | Activity                                                                                                                          | Contact                                                                                                                                                                       |
|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| February 15 <sup>th</sup><br>March 15 <sup>th</sup> at 2pm<br>Third Monday of the month                                                                                                            | Branch Zoom all group Meeting                                                                                                     | David Rudd 01480 474795<br>Email <a href="mailto:dirudd@talktalk.net">dirudd@talktalk.net</a>                                                                                 |
| February 2 <sup>nd</sup> , 9 <sup>th</sup> , 16 <sup>th</sup> , 23 <sup>rd</sup><br>March 2 <sup>nd</sup> 9 <sup>th</sup> , 16 <sup>th</sup> and 23 <sup>rd</sup> at 11am<br>Every Tuesday         | Online Zoom Exercise Group with Sarah-Jane<br>(See Kath and Ivan's Poem on the next page)                                         | Email Sarah-Jane at <a href="mailto:Sj-performing-arts@hotmail.co.uk">Sj-performing-arts@hotmail.co.uk</a>                                                                    |
| February and March<br>Monday, Tuesday, Wednesday and Friday at 11am<br>Thursday 2.30pm<br>Monday to Friday                                                                                         | Kim Hall's Love to Move Online Exercise Groups                                                                                    | Telephone 07715081402 (Mon-Thurs) or email <a href="mailto:Kim.hall@britishgymnasticsfoundation.org">Kim.hall@britishgymnasticsfoundation.org</a>                             |
| February 5 <sup>th</sup> , 12 <sup>th</sup> 19 <sup>th</sup> , 26 <sup>th</sup><br>March 5 <sup>th</sup> , 12 <sup>th</sup> , 19 <sup>th</sup> , 26 <sup>th</sup> at 7.30 pm<br>Every Friday Night | Invite to Dave's Friday Night Quiz – invitation from Peterborough Branch                                                          | Email Ruth Brinkler-Long at <a href="mailto:ruthbrinkler@hotmail.com">ruthbrinkler@hotmail.com</a>                                                                            |
| February and March<br>Monday and Thursday                                                                                                                                                          | Hannah at Home Exercise Groups – Peterborough Branch Invite                                                                       | Email Ruth Brinkler-Long details as above                                                                                                                                     |
| February 12 <sup>th</sup> and 26 <sup>th</sup><br>March 12 <sup>th</sup> and 26 <sup>th</sup> 10.30 – 11.30 am<br>2 <sup>nd</sup> and 4 <sup>th</sup> Friday of each month                         | Cuppa and Cake Zoom Meeting – Cambridge Branch Invite                                                                             | Email Keith Howlett <a href="mailto:keithparkinsonscambridge@gmail.com">keithparkinsonscambridge@gmail.com</a>                                                                |
| February 3 <sup>rd</sup> @ 7pm                                                                                                                                                                     | Ending Parkinson's Disease an Online Evening with Authors Bastiaan Bloem MD PhD and Ray Dorsey MD – Invitation from Oxford Branch | For more details and online registration click here – <a href="https://oxfordparkinsons.org.uk/events/20210203-epd/">https://oxfordparkinsons.org.uk/events/20210203-epd/</a> |

For full information on how to join Zoom Meetings, please see our December/January Newsletter article. As not everyone can or wishes to Zoom, we hope to list face to face activities as it is safe to run them.

### Parkinson's Nurse Tip

"Keep active and keep moving". Try if you can to go for a walk each day early in the morning or during less busy times. If however you can't go out, then set a time each day to do some movement. Try and keep to a daily routine with your exercise.

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



**Congratulations** to Brenda Kimpton who won our Christmas Quiz competition. Brenda was very pleased with the Waitrose Gift Card she received, which she preferred to the hamper.

### Parkinson's UK Exercise Information

With so many of us during the Pandemic having to stay at home, Parkinson's UK have produced an exercise video that you can access online.

The video can be seen on this YouTube link here [Stay Active At Home](#), and the accompanying exercise leaflet is [here](#).

## Branch AGM

Parkinson's UK Board of Trustees have agreed that outstanding 2019/2020 AGMs and forthcoming 2020/2021 AGMs do not need to take place due to the COVID-19 pandemic. They have authorised the Branch Committees to agree and appoint an independent examiner for the accounts (if required) without a membership vote in 2021.

Instead, Branch Committees are to produce and send the required minutes and 2020 annual reports to all members by email - or post to those members who do not have an email address. All members will receive these by 31 March 2021.

## Huntingdonshire Branch Need You as a Volunteer!

We are looking for volunteers to fill committee and non-committee positions. Please consider supporting your local branch, and let your family and friends know as they may also be interested. Please contact - [Lisa Lowe on 0344 225 3614](tel:03442253614) or email [lhowe@parkinsons.org.uk](mailto:lhowe@parkinsons.org.uk)

### Branch Membership Secretary

Join us to help keep the branch organised and running smoothly.

In this committee role, you will handle information relating to our membership and be a vital link between the group members, the activities the group offers and the wider Parkinson's Community.

Find out more about the role [here](#).

### Branch Fundraiser

As Branch Fundraising Volunteer, you will coordinate local activities and raise funds in support of Parkinson's UK's work.

You will help research and organise new fundraising events, locally liaising with Parkinson's UK staff and volunteers.

Find out more about the role [here](#)

### Branch Volunteer

Help us by being a local volunteer – this is a non committee and flexible role. You could be helping at the groups when they restart face to face, give a warm welcome to new group attendees, or help making sure the group activities run smoothly. All activities are open to you too, and you can fit in with the time you have to give.

Find out more [here](#)

### In the Year 2020! By Sally Beaman

2020 vision is perfect eyesight  
So the year 2020 meant everything bright  
But things didn't work out quite that way  
We didn't see we would stop work and play  
Churches closed, pubs closed, play grounds too  
We were limited to what we could do  
All caused by a thing so miniscule  
Children could not even go to school  
This wasn't an ordinary flu epidemic  
But a dangerous, catastrophic viral pandemic

But all the same -  
This year has been filled, not just with boredom and gloom,  
But learning the workings of Skype, Teams and Zoom  
And the wearing of masks lent an air of mystery  
While we can estimate 2m with extreme accuracy  
The Postmen and Dustmen keep us in contact and clean  
And researchers continue to work on a vaccine  
We've learnt the value of Teaching and NHS staff  
And we've all found occasions to cry, smile or laugh

And in 2021  
We're still a bit shaky as we start a new year  
But the vaccine is starting to control our fear  
And one day again we'll all gather together  
Inside or outside whatever the weather  
And do again what we now really miss -  
Shake hands, tweak noses, have hugs and a kiss!

### Sarah's Tuesday Move Day by Ivan and Kath Ward

When it comes to moving, we are hot, but Anton Du Beke we are not  
Tuesday morning is our time, so find a chair & you'll be fine  
What we do is good for your mind and body too we think you'll find  
Warm up gently, breathe deeply too, stretch and reach, so good to do  
Make silly faces to help the muscles stay in great shape and be more supple  
Sarah guides us for just a while, an hour, to give us time to smile  
And have a laugh together too while working off the Lockdown Blues  
She gently puts us through our paces helping us to banish traces  
Of aches and pains that hold us back and of course, the lucky knack  
Of feeling able once again to deal with life in better frame  
Do join us if you can and though at present it's online  
We think you'll surely benefit from having a good time.

[Sarah-Jane's online Zoom exercise classes are held every Tuesday, please see previous page headed Activity Dates for more details](#)

## An insight into the Internet and the World Wide Web (WWW) By David Mansfield

### Introduction

It really is no surprise that everyone is using the Internet in some way. It has revolutionised the way we communicate with others and the way that we access information of all kinds.

### What is the Internet?

The Internet is made up of interconnected computer networks all over the world that send, receive and store information. An individual with a computer and the relevant communications equipment can gain access to this network by subscribing to Service Provider (SP) so that he or she can connect to the Internet as often or as seldom as he or she likes (or can afford).

### What is the Web?

The World Wide Web (WWW or web for short) is one of the services run on the Internet. (Email is another one). It contains millions of websites (Think of these as an enormous Library) - linked pages of words that sometimes include pictures, sounds and graphics. You can explore all these sites using a web browser (application software designed to view websites on the Internet.) The main web browsers have names like Microsoft Edge, Google Chrome, Mozilla Firefox, Apple Safari, there are others. Web pages contain hyperlinks which automatically links to other web pages and other websites so that users can navigate their route through depending on their area of interest. Moving through sites on the web in this way is known as surfing.

The number of websites is growing at a phenomenal rate. Each website is created and managed either by an organisation or an individual and each has its own unique address so that you can locate it. Websites are constantly being updated. As a result, what you see on a site could be quite different even a few minutes later. To refresh the webpage you are viewing, click on the  symbol or the F5 keyboard key.

### Terms

- The first page you see is the Homepage (You can set this to your own preference).
- Every web page has a unique address which is known as URL (Uniform Resource Locator).
- Addresses usually start with <http://www> ([http](http://www) stands for HyperText Transfer Protocol) ([www](http://www) stands for World Wide Web).

### Security

When using a website that asks for personal information, check that it is a secure web page, make sure the padlock icon  at the beginning or end of the address bar is shown, and the web address (URL) starts with [https](https://) (the s means secure).

- As most browsers today have the <http://> stored you can miss this out when typing the Web Address into the Address Bar.
- Note - dots, uppercase and lowercase letters and any slashes are important as they form an integral part of the web address.

### Copyright

Remember that copyright legislation applies to website content too, so you must adhere to copyright rules if re-using any web material.

### Finally

Why not look at the Huntingdonshire Branch of Parkinson's UK website [huntspds.org.uk](http://huntspds.org.uk)  
The branch tries to keep all information up to date, if you find an error then contact the Branch Webmaster on [web.huntspds@gmail.com](mailto:web.huntspds@gmail.com)



I've always written poetry and had some of it published; a fairly predictable pastime for a literature graduate and English teacher. But I only started painting in January 2018, when it became too cold to garden and to avoid the death of the soul (in my very biased view) that is daytime television. I'd had to retire from my university post shortly after diagnosis in May 2016. After a lifetime devoted to education – secondary teacher, school improvement adviser and then leading initial teacher training in a Leeds university - I no longer had the stamina for the long days nor could I drive safely anymore. At 60, my first thoughts were "is that it", closely followed by "what next then?"

I've never been one to stay staring at the unchangeable; I couldn't change that I had the condition but I could take charge of how I lived with it. Painting and poetry gave me a new sense of purpose and it began to offer unsought benefits when people began to want to buy the work; financial benefits but also psychological. Meaning had returned to a life turned on its head by Parkinson's Disease. I decided that if life had thrown me Parkinson's, it had also brought increased creativity and the time to indulge that. It was also important that I used poetry and painting to raise awareness of Parkinson's Disease amongst the wider community but also to develop that same sense of joy and fulfilment amongst others living with the condition.

In 2019, I helped a member of the support group I run for people with Parkinson's set up a writers' forum. Barry was a keen writer and the group attracted a handful of others interested in writing and sharing their work in a supportive environment. When Jennifer became a member, she and I began to think we should publish a book of our writing to raise funds for Parkinson's UK. And so it was that "Jigsaw" was born. Jennifer and I were the co-editors and all the proceeds would be donated to PUK. It was published in September 2020 and has raised over £600 already. Writing is cathartic – the group has grown a little but remains quite small so it can be enabling and feel safe to share. We don't just write about Parkinson's – we write about life as we see and experience it and our lives are about far more than PD. I regularly publish my work nowadays – I have the time now.

The painting took me totally out of my comfort zone though, and it has been the most exciting thing to happen in a long, long time. My journey has taken my work in to three UK city centre art exhibitions, one joint exhibition with my husband and carer, and one New York gallery, with "Emergent" winning the Curators' Award. My work has been purchased by buyers across the northern hemisphere and is now contained in three private collections.

I began the Facing Parkinson's series in May 2018; I wanted to track the emotional journey through a series of faces, not portraits. Through this, I became involved in the research project based at the John Radcliffe hospital - running painting workshops for people with Parkinson's to support them but also to allow clinicians working with patients to better understand how to help them; how the reality of life lived with Parkinson's might well differ from that explained in the text books. I've been working with this project for two years now and we are moving into the next phase in 2021 with international on-line sessions professionally produced. It seems that having seen the videos made of the first two workshops, people are keen for more. The fact I haven't the artistic theory or language means I don't intimidate; I taught myself through playing with paint and that's the approach I take – "Let's play but once we've talked together about what having the condition means to you, and you ..... Tremendously important work, very exciting work but I do wish the camera didn't notice all my chins.



Emergent by Jan Sargeant

I have no grand theories to share, no grandiose statements to make. In my work, poetry and paintings, you can see my heart, my fears and my dreams. If it's not something that's comfortable, I don't apologise. Neither is living (now very disabled) with Parkinson's. Understand that and then know that, nonetheless, there is celebration and joy and feeling alive. Enough for a new launch pad.

Jan Sargeant will be exhibiting her work in the **VIVID Dreams** Exhibition 10-21<sup>st</sup> February at the OXO Tower in London. It features 45 artists and poets living with Parkinson's. The Exhibition is also online at [vivid – Parkinson's Art - Centre of Creativity](http://vivid-Parkinson's Art - Centre of Creativity)



## Need Support?

Parkinson's UK have a free, confidential helpline that is available for anyone affected by Parkinson's across the UK. The Helpline and Adviser team includes a Specialist Nurse, Benefits Advisers and access to your Parkinson's Local Advisers, and they can be contacted on **0808 800 0303**.

The helpline opening times are Monday-Friday: 9am-7pm, Saturday: 10am-2pm (Closed Sundays/bank holidays). You can also email on [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk), or write to - Helpline, Parkinson's UK 215 Vauxhall Bridge Road, London SW1V 1EJ.

The helpline can get very busy at times, but if you can't get through, please leave a message with your name and phone number. Unfortunately, they can't return calls to numbers that bar withheld or anonymous numbers. If you contact by email or online, they will get back to you within 5 working days.

## Research Update

**An Observational Study into the effect of Social Isolation on People with Parkinson's in Lockdown** – Take part in research at Kings College Hospital looking into non-motor symptoms and specifically at quality of life, to improve understanding about loneliness within the Parkinson's Community. They are looking for 100 people aged over 18 with Parkinson's, comfortable with using a digital device, and 25 people who do not have Parkinson's. Study involves completing a survey or online questionnaire taking 30 minutes. To take part contact Pavlos via email ([p.zinzalias@nhs.net](mailto:p.zinzalias@nhs.net)) or phone 020 3299 7189. Deadline 5.7.22.

~~~~~

**Predict PD** – A study by the Predict PD Team of 10,000 people aged 60-80 years who DO NOT have Parkinson's to identify who in the population may be likely to develop Parkinson's in the future. To take part register on the website and read the information sheet, then complete the online questionnaire that will take approximately 30 minutes. Trial website details <https://predictpd.com/en> information sheet is [here](#). Deadline 1.6.21.

~~~~~

**Understanding Speech Changes in Parkinson's** – Research by Queen Elizabeth University Edinburgh to identify two vocal markers to understand the difference in changes in people who have Parkinson's and those without. They are looking for 40 people with Parkinson's over 35 years of age and speak fluent English, who have changes in their speech and access to a smartphone or laptop with speaker and video function. Also 40 people who do not have Parkinson's to act as a control group, over 35 years of age, and have access to a smartphone or laptop. Taking part involves completing a wellbeing questionnaire and taking part in an online video call. You will be asked to complete the same activities 6 months after the first session. If you would like to take part contact Mridhula on email [mmurali@gmu.ac.uk](mailto:mmurali@gmu.ac.uk) or phone 07716516201. Deadline 31.3.21.

## Useful Contact Numbers

**BRANCH CHAIR** Malcolm Ryman

**07720 080749**

**VICE CHAIR** David Rudd

**01480 474795**

**PARKINSON'S UK CONFIDENTIAL HELPLINE**

(Also access to Parkinson's Local Adviser)

**0808 800 0303**

**PARKINSON'S DISEASE SPECIALIST NURSES**

**0330 726 0077**

**BRANCH MOBILE**

**07724400527**

**Facebook Page**

**Parkinson's UK Huntingdonshire**

**Newsletter Email**

**Huntsbranchnews@gmail.com**