

OUR NEWS

Huntingdonshire Branch

June 2021

www.huntspds.org.uk



Thoughts of Chairman Malcolm

I wonder if we have now got light at the end of the tunnel with regards to the removal of restrictions in June. I was in London on May 21st, all masks were being worn on railways and the tube, but they were not very prominent in many pubs. As ever, the media is ramping up speculation, first one way then another, never the same story from one day to

the next. Given there are 300 variations now we could get locked into a cycle of never-ending fear. Fortunately, the vaccines are effective against the Indian variant. This brings me nicely to ponder the question as to when/if? We should attempt to start face to face meetings, where they should be held, and answer several other concerns people may have. Once the pronouncement has been made in June, we will get a clearer picture of what we can do. Parkinson's UK are supporting groups with a questionnaire, which can be modified, to ask as many of our members as possible what they think we should do, and when. This will be in the August edition of the Newsletter.

Some of us had a very enjoyable talk in the May monthly get together meeting, outlining help that is available for Carers, information and details are in this edition.

We have also had contact with Richard a Nordic Walking instructor who is currently arranging walks in Northamptonshire, who is willing to set up a group for us here. All interested, please make contact or let us know in the questionnaire. You do not need skis!

So, keep well everyone, I wait the outcome with bated breath!

Malcolm

Have Your Say!

Please look out for our Branch questionnaire in the next issue, so we can plan together for the future.

In the meantime, if you have an articles, pictures, poems or items of interest you would like to share, please send them to –

Huntsbranchnews@gmail.com

This Month and Next

Dates for your Diary...

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 3rd Monday of each month. Members from all our groups are welcome! Our next meetings are -

21st June, 2021

19th July, 2021

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Activity Dates

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

Dates	Activity	Contact
June 21st July 19th Third Monday of the month	Branch Zoom all group Meeting	David Rudd Tel: 01480474795 Email: dirrudd@talktalk.net
June 1st, 8th, 15th, 22nd, 29th July 6th, 13th, 20th, 27th at 11am Every Tuesday	Online Zoom Exercise Group with Sarah-Jane	Email Sarah-Jane at Sj-performing-arts@hotmail.co.uk
June and July Monday, Tuesday, Wednesday and Friday at 11am Thursday 2.30pm Monday to Friday	Kim Hall's Love to Move Online Exercise Groups	Telephone 07715081402 (Mon-Thurs) or email Kim.hall@britishgymnasticsfoundation.org
June 4th, 11th, 18th, 25th July 2nd, 9th, 16th, 23rd, 30th at 7.30 pm Every Friday Night	Invite to Dave's Friday Night Quiz – invitation from Peterborough Branch	Email Ruth Brinkler-Long at ruthbrinker@hotmail.com (See also joining details Page 4)
June and July Monday (Pilates) and Thursday (Keep Fit) 2.00 – 3.00 pm	Anita Barker Exercise Groups – (Maternity Cover for Hannah at Home) Peterborough Branch Invite	Use Zoom log in for all sessions https://us02web.zoom.us/j/83999004446?pwd=MU00NU1qdUQybWZqMWkra2RZYW5DQT09 Meeting ID: 839 9900 4446 Passcode: 184894 (See info Page 4)
June 11th and 25th July 9th and 23rd 10.30 – 11.30 am 2 nd and 4 th Friday of each month	Cuppa and Cake Zoom Meeting – Cambridge Branch Invite	Email Keith Howlett keithparkinsonscambridge@gmail.com
Monthly Meeting	Carers Zoom via Caring Together Carers Support	Please contact Arda at Hello@caringtogether.org">Hello@caringtogether.org

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 soon as it is safe to run them. Not Zoomed before or want more information? The charity has guidance on how to Zoom [here](#).

Professor Roger Barker Cambridge Branch Talk

On Friday 23 April Cambridge Branch held a Cuppa and Cake Zoom meeting, with a talk from Professor Roger Barker who is their Honorary President. For those who do not know him, Professor Barker is Professor of Clinical Neuroscience and Honorary Consultant in Neurology at the University of Cambridge and Addenbrookes Hospital. His talks are always informative and inspiring, whilst being delivered in his own natural and entertaining style.

The talk was seen at the time by over 60 people logging in, potentially over 100 people, from various local branches. **Don't miss out, watch it here** <https://youtu.be/B7iCj6XpP04>. (55 minutes long with Q and A's). Thanks to Cambridge Branch for sharing this information.

Parkinson's Nurse Tip

Keep active as much as you can, this not only helps improve your overall appetite, but also improves your mental wellbeing. Go out and get some exercise, even a small amount, even just to be outside in your garden and appreciate the fresh air and see some nature and pretty flowers growing during the springtime.

Becky Slimmon, Parkinson's Specialist Nurse

Facebook Support

For those of you on Facebook, you may be interested to know there are a number of Parkinson's Support Groups that are becoming very popular and are a useful source of information and inspiration.

Parkinson's UK- Community Group is a group moderated by Parkinson's UK. Members post requests and information, and share topics of interest with 3.3K members. **The UK Parkinson's Support and Friendship Group** shares information about living with Parkinson's on a daily basis and has 2.9K members. **Positive About Parkinson's** is a group that focuses on positive posts, clips and information to motivate and make you smile, currently 350 Members. Finally, there is **Young Onset Parkinson's UK** a group for younger people. They have 118 members and advise their purpose is to share positivity and hope.

All are private groups that you can request to join if you have Parkinson's yourself, are a carer or are a family member or supporter.

And finally, there is your Branch Facebook page and Group – **Parkinson's UK Huntingdonshire** where we post to keep you up to date. Like our page and comment, we are always pleased to hear from you!



Dave's QUIZ NIGHT

All Welcome
Dave's Friday Night Quiz

Click the link below to join the Quiz
<https://us02web.zoom.us/j/7888378160?pwd=ak5CTUI2YjFBT0ppdkdOdEpiS3VKdz09>

Meeting ID: 788 837 8160 Passcode: 140166

There will be an interval
Please bring paper & pen and your Joker
Have your favourite tipples and nibbles ready to enjoy during the quiz



Welcome back Anita

Many of you will know **Anita Barker** who has been our experienced Pilates instructor and friend of the branch for over 20 years.

Last year Anita had decided to retire from the classes she took for our Peterborough members but with the pandemic taking over classes had to stop and everything was all left a bit in limbo

We are very lucky and delighted that Anita has agreed to cover Hannah's maternity leave and will be doing her usual pilates class and a general exercise classes. These will be the same days and times as Hannah's classes.



Parkinson's Support Charities

Hopefully, all of you will be aware of the information and support that Parkinson's UK offers, including your Branch, Parkinson's Local Advisers, the Helpline, Information Sheets, Fundraising and other activities. If you want to find out more, see our website [here](http://www.parkinsons.org.uk). (www.parkinsons.org.uk)

Other charities are also available, which may be of interest.

Cure Parkinson's Trust was set up by Tom Isaacs, Sir Richard Nichols, Air Vice Marshal Michael Dicken and Sir David Jones to specifically set out to find a cure or slow down, stop or reverse progression. In 15 years they have funded or secured funding for over 75 million of clinical trials by working with funders and other charities. To find out more click [here](http://www.cureparkinsons.org.uk). (www.cureparkinsons.org.uk)

Parkinson's Care and Support PCSUK is a newer charity that focusses on alternative therapies and non-pharmaceutical research. They provide free online exercise groups, respite for carers and information on health and positive wellbeing. Find out more [here](http://www.parkinsonscare.org.uk). (www.parkinsonscare.org.uk)

The Blackbird's Song

Oh! Heavenly sound that I recall
Of clear sweet notes with no repeats
And as I listen I grow tall
Drawn up to where that great heart beats.

The Thrush, whether speckled, brown or song
Or even Mistle needs careful and long
Searching in places hidden away
Making life live for another day.

The thrush is repetitive, the Blackbird is not
The Thrush sings its chorus as if a 'job lot'
The Blackbird has whistles and trills, some sublime
Dear Lord may this lovely bird exist for all time.

Philip B. Gibbs

Inspirational Quotes

"Never let the things you cannot do prevent you from doing the things you can" - **John Wooden**

"The grass is greener where you water it" - **Neil Barringham**

"We must accept finite disappointment, but never lose infinite hope" – **Martin Luther King Jr**

"Start by doing what's necessary; then do what's possible; and suddenly you are doing the impossible" – **Francis of Assisi**

"I can be changed by what happens to me. But I refuse to be reduced by it" – **Maya Angelou**

"When the unthinkable happens, the lighthouse is hope. Once we choose hope, everything is possible" – **Christopher Reeve**

"A good half of the art of living is resilience" - **Alain de Botton**

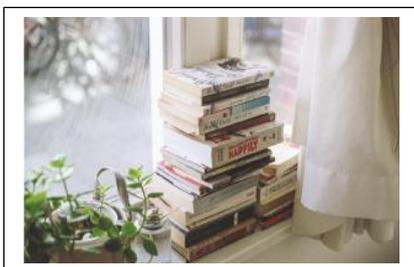


Poetry Competition

The Parkinson's Art Charity Poetry Competition is open for entries until 1st July 2012, the theme is "Vivid Dreams". Entries need to include the poem in written form together with a recording of the poet reading the poem (or appointed reader in case of speech problems), with a word count of 30 lines.

Cost of entry is £8 per poem, or three for £20 for Open Entry, £4 per poem or 3 poems for £10 for Parkinson's Art Academy Member Entry. Entries are open from June 1st, and close July 1st. Prize for top three winners in each category will have their poem and film feature in the Vivid Dreams Exhibition at the OXO Tower in August, and the winner in each category will also win a cash prize equal to 50% of the ticket sales, the remaining 50% will go towards finding a cure for Parkinson's Disease. Winners will be announced on July 17th 2012 via the Parkinson's Art website. To find out more click [here](#).

Library at Home Service



If you have difficulty getting to the library due to your health or your caring responsibilities, the Library at Home Service may be able to help you by delivering books and audio books. The Library at Home team supports more than 300 volunteers across the county who select, deliver and collect books and audiobooks for avid readers and listeners.

When lockdown called for libraries to close their doors in March the Library at Home Service had to be suspended as well, but since May a revised service has restarted, prioritising those who have been isolating.

For many who have been shielding or self-isolating during Covid, not seeing friends and family has been particularly difficult. With this new revised Library at Home Service, customers aren't just able to receive new reading material but it also gave an opportunity to socialise briefly and safely distance on the doorstep.

For more information please contact Magda Kowalska-Cheffey who covers the service in Fenland and Huntingdonshire, at volunteers@cambridgeshire.gov.uk, or ring 0345 045 5225.

Photographs from the Vault – Can you remember where and when they were taken?



Nordic Walking

Some years ago, we had a Nordic walking instructor that ran weekly groups at Hinchingsbrooke Park. Unfortunately, the group came to a halt and we have not had a group running since. Now we are planning for the future, Nordic Walking may be one of the options that you may want again, so here is some information about it to help you decide.



Why Nordic Walking?

Before the 'why' and for the benefit of those unfamiliar with the term, what is Nordic Walking? Put very, very simply it's walking with the addition of two specially designed poles that enhance regular natural walking. It's a very accessible activity and can be shared by people of differing fitness, and has no age limits.

So - the question, why, and what are the benefits?

Well, it's a recognised fact that exercise does play an important role in slowing the effects of Parkinson's, and Nordic Walking has growing evidence of its suitability for both movement, stature, and boosting self-confidence.

From one who knows, the benefits have been impressive. It has increased my awareness when walking to use the whole body and improves my posture, keeping me up straight, and gives me a better stride (or gait) to my walking. For me, I found that within a short space of time I had developed a better awareness of my posture and walk even without the poles, a point noted by both family and friends.

So yes, I'm absolutely convinced it's a fun form of beneficial exercise which will get you off the sofa and with self-confidence to come into the big outdoors!

By **Richard Clifft**, INWA* Nordic Walking Instructor and Champion for Parkinson's UK
*International Nordic Walking Federation

Getting to Know You – Committee Chair Malcolm Ryman

Each issue of our Newsletter we would like you to get to know a member of the Committee a little better, and this issue we are putting the spotlight on your Branch Chair, Malcolm Ryman.

Born into a place called Acklam, south Middlesbrough in North Yorkshire, I was one of the last people to take the 11+ in the town, the exam being abolished by the Govt that year. Then formal education, at Acklam Hall Secondary Grammar School encompassed “O” and “A” levels followed by a course at the University of Birmingham, to read Pure Chemistry. Visit Secretary and Chairman of the Chemical Society left me with a proud boast of the greatest number of breweries visited in a year, something I believe still stands! Graduation, saw a place as a Graduate Trainee at Ford Motor Co., in what was then an unusual role, in manufacturing, making engines at the Dagenham Engine Plant, which, at the time was making 8,000 engines a day.

Passing around Block, Head, Camshaft, Crank and miscellaneous machining, I ended my time there as a Superintendent, in charge of the OHC engine assemble line producing 133 engines per hour, or one every 27 seconds! I managed to get on their Professional Management course, to get an MBA, at Henley School of Management, by distance learning. No internet in those days!

I left to go to Mars, the joke then being I could eat any scrap, and not far enough away for some! Here, I was production manager at a place called Mars Electronics, an incredibly fast-moving environment. Everyone was paid weekly, and clocked in every day, getting a 10% good timekeeping bonus by doing so on time. A great leveller, especially when you could see the MD sprinting across the car park to get there on time!

The Mars philosophy was enlightening, everyone referred as an associate, not staff and hourly paid, full private health care, paid by the Company and retirement at 60.

Living in a beautiful place called Marlow, my now wife pointed out a job advert in the Times, looking for someone to join a firm called Linx Printing Technologies as Manufacturing Director, in St Ives, with an equity stake in it, purchased by mortgaging our house to the hilt. No children, much younger, we felt it was one of those rare opportunities in life to amass some money, after all, if it all went badly, we could start again.

Fortunately, it all went very well, and though a “minnow” we floated the Company on the London Stock exchange for 12 years until purchased by an exceptionally dynamic USA firm called Danaher.

I was by this time M.D Linx UK and managed to increase gross and net margin well enough to be asked to become M.D of a small division in Birmingham and its environs. We had just managed to get our elder daughter into Kimbolton School, my wife did not wish to move to Brum, so we bought a flat to which I used to leave on a Monday and come back home on a Friday, sometimes weeks later if trips abroad were happening.

Following the 2008/9 crash, Danaher joined with Cooper Tools to form a new company, named Apex which enabled DHR to get out of tool making/metal bashing and re-establish itself as a science and technology group. This was subsequently sold to Bain Capital which had billions of assets under management, including, at the time, Burger King and Staples. After several years with them, the usual US Venture Capitalist cull came, and I was given a Compromise Agreement to leave.

Bored witless, I started to work at the Green Man in Leighton Bromswold following a chance conversation with Bill Bennet where I met George an exceptional character, who was Parkinson’s UK Huntingdonshire Chairman prior to me. Since then, I am a trustee of Huntingdon Mencap and bought a small business in Kings Norton Brum.

Sometimes I think I am working more now than when I was in full time employment!

Malcolm

World Parkinson's Day



In our last issue we invited you to join Parkinson's UK on 11th April for World Parkinson's Day, the theme being Together Apart.

Over 30 Scottish landmarks, including Edinburgh Castle (pictured) showed their support by lighting up in Parkinson's UK colours. Many people visited, so this was a very successful way of raising awareness for Parkinson's -the fastest growing neurological condition in the world.

Parkinson's UK's YouTube Videos

Did you know Parkinson's UK are producing videos? They are producing regular videos covering subjects such as life with Parkinson's, Parkinson's Research, Raising Awareness, Community Videos and Staying active at home. Here is an earlier video called 21 minutes of Parkinson's Tips, where people share their diagnosis and useful hints and stories.

<https://m.youtube.com/watch?v=pnBL9b09cdA>



Donation and Fundraising News

Michael Wilson was a lovely man who sadly passed away recently. With the Pandemic taking over, the funeral had to have restricted numbers. However, there was still a collection of over £500 raised for Parkinson's UK research and for some to go to the local branch for a social gathering of friends and family as this is what Michael would have enjoyed.

In addition to this, his grandson Joshua, intends to raise money through sponsorship by taking part in the Parkinson's UK cycle ride, and his daughters hope to do the Walk for Parkinson's. They are determined to complete these challenges despite COVID and wait to hear what Parkinson's UK guidelines are for these events. Whatever this outcome is, they will find ways of doing the challenges, e.g., Joshua may use a static bike at home and complete the distance that way; the walkers may do similar with a treadmill.

Once they get the OK from PUK, they will set up a 'Just Giving' page or similar, so watch this space!

Sally Deamer

Carers Updates Carers Week and Support



We provide information and advice, run services in our local communities and campaign for carers' rights.

caringtogether.org



Carers Week is Monday 7th to Sunday 13th June this year, and it has the main theme of making caring visible and valued. Caring Together, our local Carers Support organisation, are holding workshops and trips for young carers, wellbeing sessions for adult carers and awareness training for professionals. To find out more, see www.caringtogether.org/carersweek.

In the meantime, they are continuing to offer a range of activities for adult and young carers. Those of you who attended our May Branch Zoom and saw the talk from Karen Leete, were interested to hear the level of support that Caring Together offers our carers. They are there as a listening ear, offer Carer Group hubs as a way of connecting carers together, GP Prescriptions (to give carers breaks), Emergency Planning and What If Cards, therapeutic sessions and care support. They have also now introduced free counselling from qualified counsellors.

Many carers feel they have worries, pressures and anxiety that affects them, so it is important that as a carer you have good support yourself for your own mental and physical wellbeing.

Please call them on 0345 241 0954, email them on hello@caringtogether.org or visit their website at www.caringtogether.org to find out how they can help.

Research Opportunities

Validating a Scale to Evaluate how People in the UK Live with Long Term Conditions

Research from the University of Southampton is evaluating a scale LwLTC (Living with a Long Term Condition) previously used in Spain and South America. They are looking for 275 people who are fluent English to answer some questionnaires. These will be either posted or emailed to you, and will take no more than 40 minutes to complete. As a thank you, you will receive a £10 voucher.

Participation Information Sheet [here](#), and to take part and for more information contact Nestor and Kelly via email on ltcstudy@soton.ac.uk or phone 07880 27868. **Deadline - 30.9.21**

The Relationship Between Feelings of Control, Low Mood and Taking Medication in People with Parkinson's

Research by Nick Zarotti a trainee Clinical Psychologist at the University of East Anglia, is looking at how feeling in control can impact on mood and taking of medication.

He is looking for 500 people who are taking Parkinson's medication who are able to go online to complete a questionnaire via PC, tablet or phone. They are also looking for 25 people who do not have Parkinson's. The questionnaire is a one off, and should take approximately 30 minutes to complete.

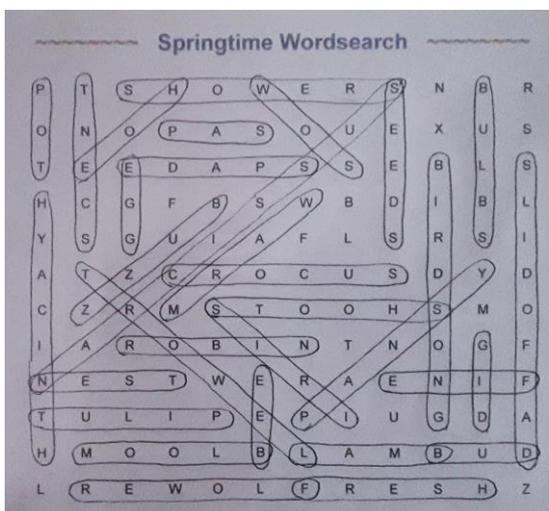
Participation Information [here](#) or more information contact Nick via email at n.zarotte@uea.ac.uk or phone 07922 330167. **Deadline - 31.7.21**

Time Perception in People with Parkinson's and the Older Population

Lily Su a D Phil Student at the University of Oxford, is interested in how time perception is altered by people with Parkinson's. She is looking for 4000 people, either diagnosed or connected to someone who has been diagnosed, over the age of 18 but primarily they are looking for people over the age of 50. You need to have access to a computer, tablet or smartphone with a speaker. It involves completing a one-off questionnaire which includes images and sounds, lasting about 30 minutes.

For more information contact Lily via email zi.su@ndcn.ox.ac.uk or phone 01865 234728
Participation sheet [here](#) . **Deadline 14.10.22**

Wordsearch Answers from April Issue



Next Charity Merchandise

Still time to buy! Next have teamed up with Parkinson's UK to produce T Shirts and 100% Cotton bags for life. All profits go to the charity. The T Shirt says "If nothing else be yourself" and comes in blue and white, for men and women and cost £20. The bag says "You are someone's reason to smile". It was designed by Genna, who herself has Parkinson's. To find out more, click [here](#), and to buy, click [here](#).

Useful Contact Numbers

BRANCH CHAIR Malcolm Ryman

07720 080749

VICE CHAIR Vacant

PARKINSON'S UK CONFIDENTIAL HELPLINE

0808 800 0303

(Also access to Parkinson's Local Adviser)

Email: enquiries@parkinson's.org.uk

PARKINSON'S DISEASE SPECIALIST NURSES

0330 726 0077

BRANCH MOBILE

07724 400527

Facebook Page

Parkinson's UK Huntingdonshire

Branch Email

Huntsbranchnews@gmail.com