

OUR NEWS

Huntingdonshire Branch

October 2020

www.huntspds.org.uk



Thoughts of Chairman Malcolm

Huntingdonshire Parkinson's Group Newsletter has once again been compiled by Marianne, many thanks to her and all our contributors.

I have delayed my opening notes until After the latest news regarding Covid.

We seem to be in a never-ending war against an unforeseen foe! Shades of 1984, when "War is Peace".

My glass remains half full, even though we seem to be with restrictions of some sort for the foreseeable future, at least until the introduction of a viable vaccine.

A year may seem a long time, but most of us have parents who sacrificed six years of their lives to fight another foe.

My intent is to continue shielding, it seems to be the safest option in the light of the advice.

Keep heart, there are always some who are worse off than us.

Malcolm

***** Make This Newsletter Yours! *****

Do you have a story or a poem you would like to share? Any news, photographs, articles, hints and tips or feedback? As we cannot meet face to face, keeping in touch makes all the difference!

Please send to: Huntsbranchnews@gmail.com

This Month and Next

Dates for your Diary...

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

19th October and
16th November 2020
Online meetings via Zoom
Every 3rd Monday at 2.00 pm

Click on the link –
<https://us04web.zoom.us/j/8028106999?pwd=SG4vYjhXcjFpY2M1WU10k1FTVzFuZz09>

Meeting ID: 802 810 6999
Passcode: XvNi68

We look forward to seeing you!

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We have also been invited to join Peterborough Branch Zoom meeting with Guest Speaker Stephanie Burton from the Fane Clinic (Podiatry, Chiropody and Injury Treatment)

20<sup>th</sup> October, 2020 3.00pm

Click on the link –  
<https://us02web.zoom.us/j/7888378160?pwd=ak5CTUI2YjFBT0ppdkdOdEpiS3VKdz09>

Meeting ID: 788 837 8160  
Passcode: 140166

## Branch and Group Updates

| St Neots News                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | Ramsey News                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
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| <p>We had a mixed group of friendly people. Friendly, chatty, Parkinsonian tea-drinkers. Then we all got Covidised. The best we could do was to run online meetings and although these were great for the few who joined in, most seemed to not want them. The next meeting at 2.00 pm on Monday 19th October will welcome anyone affected by Parkinson's from anywhere in Huntingdonshire.</p> <p><b>Becky Slimmon, PDSN</b> lead will do her best to be there to explain the current situation from her point of view. Joining info for the meeting will be found on the branch website and Facebook page. Hoping to see you there. <b>David Rudd</b></p> | <p>Hello everyone, hope you are staying safe, well and socially distanced?</p> <p>We are a small group meeting in the community room at the Rainbow Centre Ramsey. We offer friendship and share experiences over a cup of coffee, with a quiz or speaker for variation.</p> <p>As with all of us the Covid virus has put things on hold for the time being and I am sure you are all like me missing planned holidays, family time and hugs! I should have been in Spain on the back of my husband's motorbike this week, a trip which we obviously had to cancel. Hope to be able to do it next year PD permitting, I am fine when I am on the bike but the getting on and off is rather ungainly and amusing!</p> <p>Missing the support of the group and the exercise classes but am thankful for remaining well and virus free so far. Fingers crossed that we see an improvement soon and move on without all the doom and gloom in the news at present.</p> <p>Take care one and all and get planning for better things to come. best wishes, <b>Julia Hurford</b></p> |

### Parkinson's Nurse Tip

Technology offers us so many routes to be together while socially isolating. We can do virtual chats, or we can just pick up the phone. But making that contact with our friends and loved ones is vital to keep us "connected" and prevent loneliness, isolation, and depression. It is amazing how a little chat can lift our spirits.

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

### Exercise Group – Kim Hall's British Gymnastics Foundation Love to Move

Love to Move is a seated exercise programme to improve balance, flexibility, co-ordination strength and cognition to improve your physical and emotional wellbeing. Whilst Covid restrictions are ongoing, the groups are now online so you can join from the comfort of your own home.

To book a space their friendly Zoom Groups or find out the latest information please contact Kim Hall on 07715081402 (Mon- Thurs) or email [kim.hall@britishgymnasticsfoundation.org](mailto:kim.hall@britishgymnasticsfoundation.org).

If you prefer to join in on your own or with a loved one at home you will find 4 pre-recorded video sessions online at

[www.britishgymnasticsfoundation.org/lovetomove](http://www.britishgymnasticsfoundation.org/lovetomove)

Or if you like the British Gymnastics Foundation Facebook page, turn on notifications, you can join our Facebook Live sessions and videos each weekday. Find the page at

[www.facebook.com/britishgymnasticsfoundation/](http://www.facebook.com/britishgymnasticsfoundation/)

**LIVE at:**

**11am  
Monday,  
Tuesday,  
Wednesday,  
Friday &  
2.30pm  
Thursday\***

**\*Days and  
times subject  
to change**

**Socially  
distanced 1:1  
private  
support also  
available**

## Art Competition

Time to get creative! Parkinsons Art is a website dedicated to promote the benefits of art for those with Parkinson's Disease. Art has many benefits – it lowers stress and helps to focus on something positive, and anyone can give it a try. They have lots of information, articles, videos and podcasts to inspire you, and they are always interested in new artists to help them raise awareness.

For those that have missed The Mervyn Peake awards that Parkinson's UK used to run, this may be the next opportunity for you, and although we have missed the deadline going to press for their Poetry Competition, this may be an opportunity for next year.

Their Art competition deadline is 1<sup>st</sup> November, 2020 and submissions are online. The winner will receive £250, the runner up £75 and there are also judges special awards. It is £8 per entry ticket.

If you want to know more the link to the website is here <https://www.parkinsonsart.co.uk/>

## LIVING WITH IT

**I knew nothing.** To me it is perfectly clear  
Of Parkinson's hurtfulness and raw-boned fear.  
Fear generated by lack of emotion.  
Falling down, getting up, what a commotion.  
Insidious happenings, tremors and drooling,  
Freezing and stiffness, these symptoms aren't fooling.  
The '**LIFE – SPARK**', rekindled by friends and relations  
Consultants and Research in so many nations,  
They are all there to help me, so why should I care  
When my love of life will beat every despair?

Philip B. Gibbs

## Research Update

**Edinburgh Parkinson's Lecture Invite** - A yearly event, this year the Edinburgh Parkinson's Lecture is being streamed online on Tuesday 6 October at 7:00pm. The subject is Genetic Factors in Parkinson's: Cause or Modifier, and the lecture will be given by the eminent neurologist and neuro-geneticist Professor Christine Klein, Director of the Institute of Neurogenetics at the University of Lübeck, Germany. You can reserve your free space on the group's [EventBrite booking page](#).

If you have any questions about the event, please contact Liz Nash, Research Support Network Manager, via email at [lnash@parkinsons.org.uk](mailto:lnash@parkinsons.org.uk) or phone 020 7963 9398.

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Watch a Research Video about Sleep and Parkinson's - Parkinson's UK [East of England Research Interest Group](#) have produced a video "A Good Night's Sleep: Parkinson's and Your Pillow", hosted Dr Guy Leschziner and Dr David Breen. The video gives an insight into sleep, its benefits, and the problems caused when we don't achieve it. To watch click [here](#)

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**Take Part in Improving Voice Recognition Research** – Project Euphonia are looking for people with Parkinson's with speech difficulties to take part in their research. Voice recognition systems can be very difficult to use if you have speech difficulties, so Project Euphonia, a Google Research Project, are working on improving these technologies. Find out more by [visiting the project website](#), and click [here](#) to fill in the online registration form. If you have any questions, please email [euphonia-project@google.com](mailto:euphonia-project@google.com).

## Fundraising News

Freddie Paine, a six-year-old boy from Eaton Ford St Neots is currently raising money for Parkinson's UK, having completed 210 km of exercise in August through cycling and walking.

He is raising money for the charity as his Grandmother Jean has Parkinson's, and his Grandmother May also had the condition.

Freddie has raised £608 through his GoFundMe page, and £708 through Facebook Fundraiser. His original target was £250, so the fundraising has exceeded expectations.

To donate visit Freddie's Go Fund me page at - [www.gofundme.com/f/freddiep](http://www.gofundme.com/f/freddiep)



Bernadette England, a local member, has been fundraising for Parkinson's UK by creating face coverings, and has currently raised £1,343. Her original target was £100, so a great achievement.



Bernadette's face coverings are in two styles, pleated and shaped, and in two sizes L for ladies, and XL for men. They are two layered and have a metal strip to shape around the nose and in a wide range of fabric colours and patterns. Face covering donations are for a minimum of £4 each, plus postage. To find out more please see her Just Giving page –

<https://www.justgiving.com/fundraising/bernadette-england?fbclid=IwAR1Vx4VRKNXFwOx4N9HOyqgb6zVWulFigAuN3nC2sVyOz84mDImRoJ98DT0>

## Branch Christmas Cards 2020

Another opportunity this year to buy an original Christmas Card created and designed by Branch member Ian Mackintosh (Mack) ©

Card Inside reads –

**Wishing you a Merry Christmas and a Happy New Year**

**£4 per pack of 10**

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



## Useful Contact Numbers

**BRANCH CHAIR** Malcolm Ryman  
**VICE CHAIR** David Rudd

**07720 080749**  
**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**