

OUR NEWS

Huntingdonshire Branch

October 2021

www.huntspds.org.uk



Thoughts of Chairman Malcolm

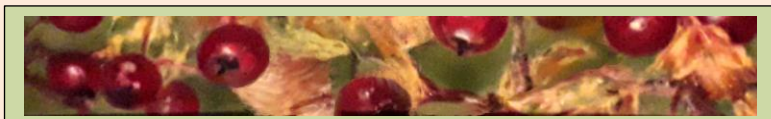
As the leaves lose their greenness, and shades of yellow, gold and red start to show through, unseasonably warm weather make it feel like it is Spring not Autumn. In some ways, it is indeed spring, as we start to get back to some degree of what we regarded as normality. Many of you have expressed a desire to meet face to face, especially for the exercise

classes. Part of this process is we need to carry out assessments of the premises to ensure Parkinson's UK insurance, and make sure our provider's contracts are up to date, for similar reasons.

We had a disappointing response to our questionnaire asking what you want from your committee. Out of 200+ sent our electronically or by snail mail, only 5 were returned and 3 verbally, making the results indecisive – we really do need your guidance here. The booster jab may help persuade more people to venture out and rekindle the friendship and companionship many find by meeting face to face.

As a committee, we had our first face to face meeting since March 23rd 2020, at the Eaton Oak, outside in their pergola, and very good it was to meet again, especially in the bright sunny weather we experienced.

Malcolm



Your Newsletter Needs You!

We are always looking for items for the newsletter. Could you write a regular or one-off or a regular article on something that other members may be interested in? Do you have any pictures, poems or items of interest you would like to share? If so, 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 -

18th October, 2021

15th November, 2021

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Parkinson's UK Activity Dates

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

Dates	Activity	Contact
October 18th Dogs for Good (Previously known as Dogs for the Disabled) Lydia Martin November 15th Caring Together (Carers Support) Update Becca Browne	Branch Zoom all group Meeting on the Third Monday of the Month at 2 pm	Malcolm Ryman Tel: 07720 080749 Email: malcolmryman1@btinternet.com
October 5th, 12th, 19th, 26th November 2nd, 9th, 16th, 23rd, 30th at 1.30pm Every Thursday	Online Zoom Exercise Group with Sarah-Jane	Email Sarah-Jane at Sj-performing-arts@hotmail.co.uk
October and November 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 See also next page for Kim's NEW Parkinson's Zoom Exercise Class
October 1st, 8th, 15th, 22nd, 29th November 5th, 12th, 19th, 26th 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
October and November Monday (Pilates) and Thursday (Keep Fit) 2.00 – 3.00 pm	Anita Barker and Hannah at Home Exercise Groups 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
October 8th, 22nd November 12th, 26th 10.30 – 11.30 am 2 nd /4 th Friday of each month	Cuppa and Cake Zoom Meeting – Cambridge Branch Invite	Email Keith Howlett keithparkinsonscambridge@gmail.com

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? Find out more here on [How to Zoom](#).

Caring Together, our local Carers Support Organisation, also run a monthly carers group by Zoom. For more information contact Arda at Hello@caringtogether.org

Activity Updates

As well our monthly Zoom, as a committee, we are trying hard to arrange opportunities to meet face to face. However, there is a process we need to undertake to ensure the safety of our members. We hope to arrange something in the near future, which may be before the next newsletter is circulated. To keep updated with any developments, please check our website www.huntspsds.org.uk, or check our Facebook Page [Parkinson's UK Huntingdonshire](#) (please like the page to get updates). If you are not already on our email list, please email huntsbranchnews@gmail.com to be added, or contact the branch phone on 07724 400527 to confirm you give your permission for us to email you, text or contact you by phone. Hopefully it will not be long before we can meet up safely again.

Parkinson's Nurse Tip

"EXERCISE – this is an important part of your daily living. This is important for your balance, mobility and your mental health."

Update on Parkinson's Nurse Team locally – both our new nurses, Aaron and Grace have now joined the team.

Becky Slimmon, Parkinson's Specialist Nurse



LOVE TO MOVE FOR PARKINSON'S

An engaging exercise programme specifically designed for those living with Parkinson's, to improve balance, co-ordination, strength, multi-tasking, speech and wellbeing. Physical and emotional benefits designed to get you moving more confidently.

Love to Move is the first cognitive enhancement exercise programme of its kind in the UK, based on scientific research.

When?
LIVE Zoom sessions
Monday's 10.00am-11.30am

Where?
Online via Zoom

For more info:
Kim Hall 07715081402
kim.hall@britishgymnasticsfoundation.org

Sessions free of charge



Did you Join last Branch Zoom?

The Branch Zoom is open to all of our previous Huntingdonshire Groups, and all Cambridgeshire groups who would like to join us! You will be very welcome. We are arranging a variety of speakers, some for entertainment, some directly relating to Parkinson's, others to give information about local resources. We are getting good feedback on our speakers, and it would be good to have you join us on our next one! If you would like an invite, please contact Malcolm Ryman on 07720 080749, or email malcolmryman1@btinternet.com.

Website Hosting

We are pleased to advise that once again our Branch website hosting costs have been supported by www.34sp.com. The Branch would like to thank them for their help.

Donation Thank You

We wanted to send a big thank you to Hazel, John and the team of dedicated volunteers at the **Hospital Charity Shop in Ramsey**, for their ongoing support and most recent donation of £250 to help us provide local initiatives for people with Parkinson's. It is greatly appreciated!!

Caring Together – Carers News



New face to face meetings

Carers and the people they care for locally are enjoying meeting face to face again, although there are also digital meetings for those that prefer this. Afternoon and morning tea meet ups are being held to enable you to enjoy time with other people. [Find out more about the upcoming activities by clicking here.](#)



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



Personalised support for a healthier you

Supporting a family member or friend, it can be hard to prioritise to take care of yourself. But if you are a carer, doing so can make a big difference to you and the person you care for. Personalised support is now available to you in Cambridgeshire [Click here to find out how you can benefit from this.](#)

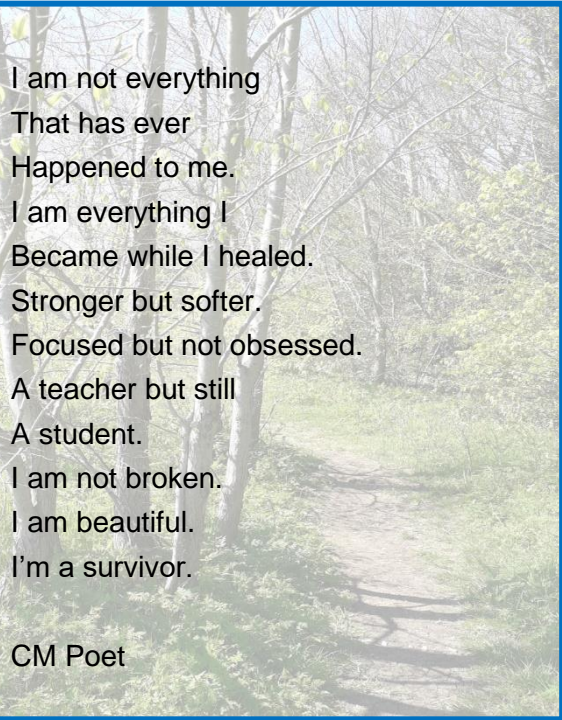
Please contact Caring Together on 0345 241 0954, or email hello@caringtogether.org to find out what support is available to you.

Are you **looking after someone** and want to **get healthier?**

Our **FREE 1:1 Health Trainer Service for Carers** can help you:

- eat healthier
- lose weight
- move more
- reduce stress

Are you a Carer?..
We can help. To find out more
Call **0333 005 0093**
or Text **healthyu to 60777**



I am not everything
That has ever
Happened to me.
I am everything I
Became while I healed.
Stronger but softer.
Focused but not obsessed.
A teacher but still
A student.
I am not broken.
I am beautiful.
I'm a survivor.

CM Poet



New T Shirts and Cushion

Parkinson's UK have joined forces with Next to produce a new children's T shirt and cushion – 100% of the profits go to Parkinson's UK. [Find out more about the range, by clicking here.](#)

Autumn Quiz

1. What is Autumn known as in North America?
2. Which English Romantic poet composed "To Autumn" after a walk near Winchester one autumnal evening?
3. Pumpkin fragments dated between 7,000 and 5,500 BC have been found in which country – China, Egypt, Germany or Mexico?
4. Bonfire Night takes place every November, but in which year did Guy Fawkes try to blow up Parliament?
5. What are hedgehogs' spines or quills made from?
6. In Australia, Autumn begins in which month?
7. Name the pigment which trees stop producing, thus causing leaves to lose their green colour?
8. The Oktoberfest is held annually in which German city?
9. Which celebration is influenced by the Celtic Autumn festival, Samhain?
10. In Britain, the autumn internationals or November internationals take part in which sport?

(Answers at bottom of page)



David "Kid" Jensen and Jools Holland to Host Concert for Parkinson's

David "Kid" Jensen is putting on an evening of music and memories on 11th October, all profits going to Parkinson's UK. David has been diagnosed with Parkinson's since 2018, and is a fundraiser and supporter of the charity.

The concert called "A tribute to Kid Jensen" will feature Jools Holland, and is hosted by Chris Tarrant. Special Guests are Jane Asher (Parkinson's UK President), Singer Songwriter Esme Bridie, John Lodge of the Moody Blues, and Blues Award winner Dom Martin and band. Others to be announced. It will be held at historic Cadogan Hall in Chelsea, and supported by Jazz FM. [Click here to find out more about the event and buy tickets.](#)

Autumn Quiz Answers

1. The Fall, 2. John Keats, 3. Mexico, 4.1605, 5. Keratin, 6. March, 7. Chlorophyll, 8. Munich, 9. Halloween, 10. Rugby Union (Thanks to FreePubQuiz.co.uk)

Social Prescribing

Social Prescribing is part of the NHS Long-Term Health Plan. Social Prescribing Link Workers (SPLW) give people time and focus on what matters to the person as identified through shared decision making or personalised care and support planning.

Social prescribing empowers people to take control of their health and wellbeing through referral to non-medical 'link workers' who give time, focus on 'what matters to me' and take a holistic approach, connecting people to community groups and statutory services for practical and emotional support. Link workers support existing groups to be accessible and sustainable and help people to start new community groups, working collaboratively with all local partners.

Social prescribing can help to strengthen community resilience and personal resilience, and reduces health inequalities by addressing the wider determinants of health, such as debt, poor housing and physical inactivity, by increasing people's active involvement with their local communities. It particularly works for people with long-term conditions (including support for mental health), for people who are lonely or isolated, or have complex social needs which affect their wellbeing.

Social Prescribers are based in a number of GP surgeries. [Patients can contact their surgery to ask whether they have a Social Prescriber attached to the surgery and ask to be referred onto the worker.](#)

But what does Social Prescribing look like?

A day in the life of a Social Prescriber

My name is Yvonne Herbert and I work across three GP surgeries, Monkfield Medical Practice (MMP) in South Cambridgeshire and Great Stoughton and St Neots surgery, which are based in St Neots Cambridgeshire. The surgeries come under the St Neots Primacy Care Network (PCN).

I start my day by reading the referrals I have received from GP's, nurses, pharmacist, and reception staff. One referral highlights a son is in crisis. He provides an informal caring role for his mother, and he feels overwhelmed. I call the son and arrange a home visit. We discuss their concerns and I make a referral onto Caring Together, for a Carers Assessment and a Carers Prescription, which enables the son to have a break from the caring role. His mum is mourning the loss of her independence. I refer her onto the Occupational Therapy Team who provide aids and adaptations, which enable her to safely get in and out of the bath. I also support her to contact Cruise, to talk about the grief of losing her husband.

During the morning I refer a lady onto a befriender scheme. She feels lonely and isolated and says her quality of life is poor. We talk about the local groups available in the community, but she has lost the confidence to attend. I offer some initial support to introduce her to a group. During a telephone call a gentleman tells me that he is living in debt and unsuitable housing. He feels that his life is hopeless. With some encouragement and support, he takes the brave step to call a debt charity and sets up a repayment plan. We call the CAB who talk through his entitlement to Attendance Allowance, a disability benefit that is non-means tested. We also talk about his housing options and together we contact the housing department at the council.

Towards the end of the day, I respond to emails and write up my notes, care plans and reviews. I receive a call from the local vicar who wants to discuss starting up some groups specifically aimed at men. I talk about the concept of a man and a shed group and offer to give a talk at the men's breakfast club.

As I close down my computer, I reflect on my day and the how privileged I feel doing this job. Patients and families share their stories, hopes, dreams and aspirations. They also share their fears and worries. They can feel daunted when faced with navigating health and social care systems and when accessing information and advice. The Social Prescribing role enables me the time and space to really ask 'what matters' to you' and 'what do you want to achieve'.

Yvonne Herbert

Getting to Know You –

Each issue of our Newsletter we would like you to get to know a member of the Huntingdonshire Branch Committee a little better, and this issue we are putting the spotlight on David Rudd.

I was born on Boxing Day, a fact I regretted because I only got one celebration each year, everything rolled into Christmas. Born in St Neots, raised in Eaton Ford, I went to Eaton Socon County Primary School, which I hated: but am grateful for the avoidance techniques I learned there. By some fluke I passed the scholarship exam and got a place at Bedford Modern School (this of course well before 11+ and all that). Since it was wartime and the school premises were shared with an evacuated school, there was plenty of opportunity to judiciously personalise the timetable!

For National Service I was drafted into a hospital where I quickly discovered I was there to do the dirty jobs the nurses didn't want. After that I worked as a labourer on an airfield construction site. I was moved into 'the lab', probably because I was useless in a concreting gang, so I spent time measuring the moisture content of aggregate and competing with the engineers to see who finished the Telegraph Xword first. Next job was as booking clerk for British Rail just as steam was giving way to diesel.

None of those felt like a lifetime's work for me, but I am grateful for the extravagantly varied experiences. Few people have had the opportunity to work in such a variety of environments. So, I got a place for teacher training in Worcester linked to Birmingham University. After teaching in Shropshire and Herefordshire I came back to Eaton Socon where I married and raised two daughters. The University of Worcester, (the little college having grown up) graciously awarded me an Honorary BA two years ago. Something must have gone well!

When I told my wife I had thought of retiring she said "Then I shall retire too. You can't have all the fun". Fun it was. We already had contacts with French and German teachers through exchanges, so we spent a lot of time in Europe, or California where older daughter lives. I spent time on the appeal to establish a museum in St Neots, which was successful. Then Ann, my wife, was diagnosed with Parkinson's. She discovered there was a small support group in St Ives and attached herself – and me – to it. She then set up a St Neots group, and the two little groups together became the Huntingdonshire Branch of Parkinson's UK. The rest is known to many who read this.

David

Join us as a Volunteer!



Committee Meeting at the Eaton Oak at St. Neots

Each edition of the Newsletter we have been sharing with you the stories of the current members of Huntingdonshire Branch Committee, so that you can get to know them. As you will have read, the Committee come from all walks of life, and they are a very welcoming group!

We still need a Vice Chairman and a Membership Secretary for the Huntingdonshire Group Committee. Could it be you?

As we are tentatively opening up and considering other opportunities for the Branch, we are also looking for general volunteers. Now is the perfect time to join us, as we plan for the future. If you or someone you know can help or wish to join us, please contact Lisa Lowe on 0344 225 3614 or email llowe@parkinsons.org.uk.

Benefits Update

Are you finding that managing daily personal care tasks are difficult, you are needing someone to help you with tasks or someone to watch over you to see you are safe? If so, it is worth thinking about claiming either [Attendance Allowance](#) or [Personal Independence Payment](#) if you have not done so before, and you are not claiming Disability Living Allowance already. Both Attendance Allowance (AA) and Personal Independence Payment (PIP) are non means tested, so regardless of your income or savings you may be eligible for these benefits if you meet the criteria. These benefits can help with the additional costs of needing more help, and maintain your independence.



Attendance Allowance - If you are over Pension Age

Whether you live alone or with other people, Attendance Allowance is based on the help you need, not on the help you currently get. You are eligible if you are over state pension age, have had care or supervision needs for the last 6 months (qualifying period), you have been living in the UK for two of the last three years (habitually resident), you are terminally ill or you satisfy one of the disability tests. The tests are that you need help from someone several times through the day - for example getting in/out of bed, getting dressed/undressed, washing, medication

or being checked on regularly, and/or at night need help with personal care twice or more for 20 minutes, or someone to ensure you are safe at least three times for 20 minutes. The current rates if you meet the criteria are **£60.00 a week** if you need care or supervision throughout the day or night, **£89.60 a week** if you need care and supervision as above day and night.

Please read further important details and how to claim in our [Attendance Allowance Factsheet here](#), or by calling our Helpline on **0808 800 0303** to have a copy sent to you. To claim, you can download the Attendance Allowance claim form AA1 at www.gov.uk/attendance-allowance/how-to-claim or request the form by calling the Attendance Allowance Helpline on 0800 731 0122 (Textphone 0800 731 0317). You need to return the form within 6 weeks if it is dated.



Personal Independence Payment – If under Pension Age

Personal Independence Payment (PIP) is a benefit you can claim if you need help with day-to-day activities or have trouble getting around (it has a mobility component). You are eligible if you are 16 or over and under State Pension Age. If it is awarded, you can stay on PIP past State Pension Age. You need to normally live in the United Kingdom, and must meet the disability conditions, based on your daily living and mobility needs, worked out by the PIP assessment.

You must have had these needs for at least 3 months, and these needs must be likely to continue for a period of 9 months in the future. PIP comprises of two components, Daily living and Mobility. They are both paid at 2 different rates, standard and enhanced, depending on your needs which are tested under the PIP Assessment. If you qualify for the enhanced rate of Mobility, you may be able to join the Motability scheme, and would automatically qualify for the Blue Badge. The assessment for daily living activities covers 10 types of daily activity, and the mobility covers 2. Activities are scored from 0-12 points depending on the difficulty or help you need to complete tasks, then added, to calculate your benefit award. The standard rate for daily living component is **£60.00 a week**, and enhanced rate **£89.60 a week**, Mobility component standard rate is **£23.70 a week**, the enhanced rate **£62.55**.

Please read further important details by [checking our website here](#), or [downloading our Supplementary Guide here](#), or ringing our Helpline on **0808 800 0303** for a copy. To claim call 0800 917 7777 (Textphone 0800 917 7777).

If you feel you would be eligible for either of these benefits, you can get further information and support with the process by contacting our Helpline on **0808 800 0303**.

Locally, we also have Disability Huntingdonshire (DISH) on 0330 3553 256, (info@dish.org.uk) and Cambs County Council Welfare Benefits on 01353 612926 (welfare.benefits@cambridgeshire.gov.uk). You can also check benefit entitlements generally on the [Turn2Us benefits calculator here](#).

Research Opportunities

Capturing Compassionate Care Practices

Research by Ellen Huish trainee Clinical Psychologist from the University of Bath is looking for 300 people who have attended a healthcare appointment in the past month, face to face or via phone or video call. The purpose of the study is to evaluate the Compassionate Care Measure (CCR) a new questionnaire to improve services and patient care. The study requires a one-off online questionnaire to be completed, that should take 10-15 minutes. For more details see their [information sheet](#), their [online questionnaire](#), or contact Ellen via email on eh301@bath.ac.uk or phone 0781 5657139.

Deadline -1.2.22

PD Frontline – Identifying Genes in People with Parkinson's

Research by Professor Anthony Schapira at Queens Square Institute of Neurology UCL are looking for 1,000 people diagnosed with Parkinson's in the UK. They are looking to identify a large number of people who may have changes in their genes such as LRRK2 or GBA known to be associated with Parkinson's, so they can take part in future research trials and genetic sequencing to personalise and improve future research. You will need to register on the PD Frontline website, complete an online consent form and a 10 minute survey. You will then be sent a saliva sample kit with return pre-paid packaging. **Please note**, if you are already on the RAPSODI trials you do not need to register, as they are linked research trials. For more details go to the [PD Frontline Website](#), but if you have any problems accessing the website, please contact the research team via their email on pdf frontline@ucl.ac.uk or phone 0208 016 8413.

Deadline – 1.2.22



Get Active. Any time - Any place - Anywhere

Parkinson's UK are holding a free online workshop event on Tuesday 5th October between 7.00- 8.30 pm. Join the workshop to understand why taking 2 hours and 30 minutes of physical activity a week can help you live well with Parkinson's.

Physical activity, movement and exercise is an important part of Parkinson's treatment. This doesn't only mean you have to go to the gym or exercise classes, but this workshop will show how you can keep fit and well any time, any place and anywhere, that works for you and fits in with your lifestyle.

If you want to know more about booking on the workshop, please contact [Julie Wilson](#) on jmwilson@parkinsons.org.uk, or click on the link here [Get Active](#). You will be sent the Zoom link one week before the event takes place. The event will be filmed, but you can choose to leave your camera off for the session. It is being filmed so that other people can be offered this by their healthcare professionals at a later date.

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@parkinsons.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

PARKINSON'S UK WEBSITE

www.parkinsons.org.uk

This Newsletter is compiled to the best of our knowledge from information available at the time of publication.