

December 2017

The Branch officers and Committee wish all our members a Happy Christmas.

Social etc

*Did you enjoy the Christmas lunch? That is always our biggest social event, attracting over sixty people each year. This year we had a different venue and different caterer: if you have any comments please don't keep them to yourself, make sure a committee member hears them.

*Another social opportunity! The Parkinson's Pals Lunch will be at the Royal British Legion Hall, High Street, Somersham at 12.00 for 12.30 on Tuesday 5th December. Fish & Chips, Chicken & Chips, Sausage & Chips or Pizza will be delivered to your plate. Please phone Janet on 01487 840346 to book a place and your menu choice. There will be a charge only to cover the cost of food.

This event is being arranged by Janet (White) and Richard (Gregory).

*Have you seen 'Parkinson's Life? It is an international online magazine which has a variety of interesting articles in English, all related to Parkinson's. It can be seen at its website <http://parkinsonslife.eu/>.

Parkinson's Specialist Nurses.

Two nurses have recently left the PDSN service and it takes time to recruit replacements. People will be followed up as usual but there may be delays in clinic waiting times for the time being. Some South Cambs clinics will be covered by Peterborough-based nurses for a short period. Amanda and Lorna are still at Cambridge. Please try to be understanding.

There is a change to the telephone service: please take note. The new number to dial is 0330 726 0077 which takes you to the county-wide admin hub *during office hours*. You will hear a message "Thank you for calling CPFT NHS Community Services. Please press button 2 for Huntingdon, button 3 for Ely and Fenland, button 4 for Peterborough and button 5 for Cambridge". There is no answering machine to leave a voice message. The call-handler will take the call and direct the message to the appropriate team to request a call back. All calls will go through this route: there are no direct lines to the nurses.

['Office hours' in this case is likely to mean 8.00 am to 8.00 pm. The generic email address which is checked every day should still work: cpm-tr.parkinsons@nhs.net Most of our Branch members will press button 2 for Huntingdon area, but those in the Ramsey area may have to press button 3.

I have asked which villages are concerned, but have not yet had a reply. I assume it is those which usually have nurses from Peterborough. David Rudd]

Exercise and Therapy

Reflexology by Vanessa by appointment. Phone 01480 435718

Tuesdays 11.00 am Chair-based exercise with Gareth at Pilgrim hall, United Reformed Church, St Neots.

Thursday 14th 1.30 to 2.30 at StageWorks, Buckden Towers, PE19 5TA

'Love to Move' exercise with Kim followed by refreshments

3.00 TO 4.00 at StageWorks, Buckden towers

Parkinson's Dance with Kim, preceded by refreshments.

Thursdays 7th, 21st 2.00 to 4.00 at MS Centre, Mayfield Road, Hartford, Huntingdon

Parkinson's Singing exercise with Alison

Fridays 11.00 am Chair-based exercise with Becky at Crossways, Ramsey Road, St Ives.

A new initiative between Cambs C C Community Care and Spinney Surgery, St Ives.

Most people want to avoid formal social care, and want to make their own decisions as to how they live their lives. Where they do require support they want localised care that reflects and meets their individual needs, and is delivered to them by people they know, in places they find familiar.

We recognise that something needs to change

The Neighbourhood Cares Team will build stronger, more connected communities by helping people to have the support they need: allowing them to live the lives they want to.

Rather than simply signposting people to existing services, we will go a step further by working with local people and communities to develop services that are locally led and locally delivered

Neighbourhood Cares St Ives, Broad Leas Centre, Norris Rd, St Ives, PE27 5QB

Phone: 01480 379680

Email: neighbourhood.cares-stives@cambridgeshire.gov.uk

While this only benefits patients of the Spinney Surgery at present, the intention is to spread it to others.

What does it mean in practice? The CCC Community Care and Surgery staff will work together for the best outcome for people who need support.

(Two agencies working together? Almost unheard of!)

The United States Food and Drug Agency has approved the use of a slow-release form of amandadine called GOCOVRI to treat dyskinesia, the involuntary movements which sometimes develop in Parkinson's, particularly with long-term use of levodopa. The dose is one pill a day, taken at bedtime. We wait to see if it is approved for use here.

Wonderful News.

The *King of the Belgians* Main Road, Hartford, Huntingdon which has supported us well in previous years has donated £2010.00 to the Branch. Our sincere thanks to all who donated – remembering particularly Hugh who had his hair shaved off in the cause.

N.B. Have you noted the new nurse number? And deleted the old one?