

May and June

Forward Dates

Saturday 11th/Sunday 12th August. Huntingdon Carnival.

Tuesday 25th September St Neots & District Carers' Hub: River Trip (including fish & chip lunch)

Monday 17th December: Branch Christmas Lunch at Hemingford Abbots Village Hall

Taking part in research

Every research grant application is reviewed both by scientists and people affected by Parkinson's (called lay grant reviewers). The personal experience of Parkinson's is vital in helping to decide which grant applications to fund.

If interested in joining this team get in touch at researchapplications@parkinsons.org.uk George Higgins used to do this, but as far as I know no-one in our area is currently involved. It is an opportunity to share control, and see where the scientific community is focusing its attention. Is it going in a direction we would choose?

There are often opportunities to take part in research which is going on nearby. Such involvement may be just completing a survey questionnaire, or providing information during interview.

Social Calendar

Friday 25th May: Steve Ford, the Society's Chief Executive will be the speaker at Cambridge Branch meeting at David Rayner Building, Scotsdale Garden Centre, Gt Shelford CB22 5JT, Members of this Branch are invited to hear him.

The meeting is at 10.30 to 13.30.

Tuesday 29th May, 10.30: Carers' Hub at Marbrook Centre, Eaton Socon, This meeting will be about **Back Care**, as it occurs during 'Back Care Week'.

Saturday 9th June, Huntingdon Riverside Gala. We intend to have a stall at the Gala and offers to help will be appreciated.

Sunday 10th June (time tba): Hemingford Ladies' Choir concert at The Free Church, St Ives in aid of Parkinson's UK Please advertise this to your friends and 'Fly Me to the Moon' or 'Catch a Falling Star'. Tea and biscuits during the interval, retiring collection in aid of Parkinson's UK.

Monday June 18th at 15.00. Strawberry Tea at Waresley Garden Centre, SG19 3DB Cost £4.00 for members, £6.00 for others. Please note that *it is necessary to book* as numbers are required for catering purposes. Please book your place by phoning David Rudd (01480 474795) and leaving your name(s) on the answer machine if he is not available. *If on the day you find you cannot come, please find a replacement or send payment.*

Tuesday 26th June 10.30 Carer's Hub at Marbrook Centre, Eaton Socon, featuring Therapy taster sessions.

Monday 9th July 13.45 to 16.00. St Ives Rotary Club invites Parkinson's members to join them for a visit to Holt Island to stroll (or ride wheelchair) round the island and afterward to enjoy tea at the Methodist Church, St Ives. There will be no cost to members. If interested please contact John Hughes on 01480 498318 or 07956 1819

News



In May 2017 Janet White and David Rudd took a presentation about Parkinson's to Needingworth Over 60s Club. On 6th March 2018 they returned and were presented with a donation of £540 to be used for research. We are grateful to the Over 60s of Needingworth and Holywell for the first major donation of this year. Also Janet and David thank them for the friendly welcome given on both occasions.

The Branch Annual General Meeting was held at the Hinchingsbrooke Countryside Centre on 7th March.

Sharon Cade, Manager of Parkinson's Local Advisers represented Parkinson's UK.

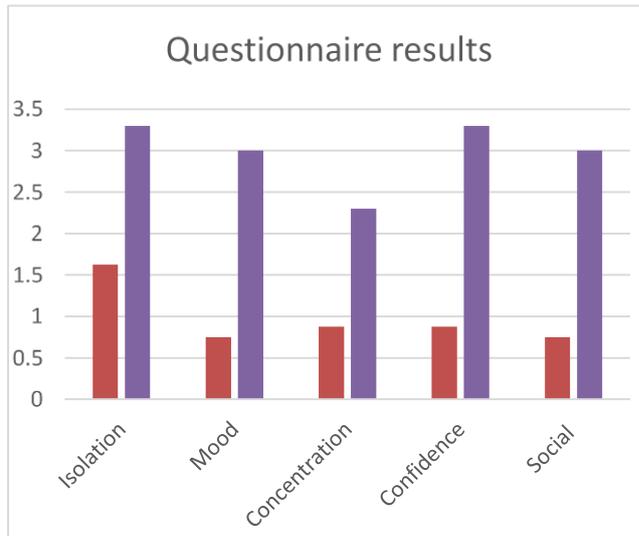
Only 19 members attended compared to 40 last year. Sharon talked about the service provided by the Local Advisers and Kim Hall explained the background and benefit of the 'Love to Move' programme of exercise.



Parkinson's Voice and Singing Group

MUSIC THERAPY

PARKINSON'S^{UK}



This graph shows some results taken from the questionnaire. The red bars are taken from the first week and the purple from the last.

Isolation – 0 (Very isolated) – 5 (Not at all isolated)

Mood – 0 (Low) – 5 (Good mood)

Concentration – 0 (Struggle) – 5 (No difficulties)

Confidence – 0 (Low) – 5 (High)

Social – 0 (Group has no impact on social elements) – 5 (High impact)

Some of the facts:

“Vocal and singing exercises with an emphasis on phonatory and respiratory efforts may have great potential to provide PD clients with stronger vocal projection, which enhances improvement in speech intelligibility. Vocal and singing exercises also may promote adherence to treatment and generalization from clinical settings to daily life”.

Quotes from group members:

“I was dubious about coming in the first place, but it’s been really great fun. Nice People, good fun. It has encouraged me to use my voice more”

“These exercises need to be pre-emptive, I need to work on them now to help me in the future. It has been a good mix of theory and fun”

“The friendships and supporting each other has been so important. We have gelled as a group”

The Parkinson’s singing and music group offers a relaxed and enjoyable environment in which to exercise your voice and your mind. There is no requirement of previous experience or ‘to be able to sing’.

The addition of questionnaires on this project has allowed us to look specifically at which areas to focus on and inform further research.

Run by an experienced Music Therapist on a weekly basis, the group focuses on specific vocal exercises that work on projection, breath control, posture and articulation. Half-time break is very important; tea, coffee, biscuits and a chat gives people a chance to get to know one another and build relationships whilst getting the opportunity to share experiences, knowledge and advice. This is followed by singing; we sing well - known music chosen by the group members or therapists – and these are constantly updated and added to when requested.

What we have learned:
These sessions have been helpful, improving mood and confidence. To retain these benefits, we should maintain a regular environment- persistence, commitment and enthusiasm are key!

The previous page, prepared by Alison Shaw who leads our own singing group, lists the benefits recorded in a carefully monitored experimental group in Cambridge, as part of the work being done by Anglia Ruskin University.

Have you registered a **Lasting Power of Attorney** between 1st April 2013 and 31st March 2017?
If so, you are owed a refund of between £18 and £54 whether the LPA is for property or finance. If it is for both, the amount of refund will be double. There should be a payment of 0.5% interest in addition.
Claim should be made to the Office of the Public Guardian (who created your LPA).
You will need the donor's UK bank account number and sort code (for direct payment) and a copy of the LPA.
Email: poarefunds@justice.gsi.gov.uk or phone 0300 456 0300 and choose option 6. This refund has not been widely advertised. You have until 31st January 2021 to claim.

Invitations from our neighbours, the Cambridge branch. Caroline Bent writes:

27 April, 11am: Speaker will be Haiyan Zhang, Director of Innovation at Microsoft Research in Cambridge. She invented a device like a wristwatch to suppress a Parkinson's tremor being suffered by graphics designer, Emma Lawton. (Remember seeing this on TV?)

25 May 11am: Speaker: Steve Ford, Chief Executive of Parkinson's UK.

These two are speaking during our Branch meeting at the David Rayner Building of Scotsdale's Garden Centre in Great Shelford CB22 5JT. Just come along. Meetings usually 10.30 to 13.30 including opportunity for lunch.

25th July we are taking a coach to the Sandringham Flower show and would be happy to welcome some members from other Parkinson's groups.

This would need to be booked through Margaret Steane margaretsteane1@gmail.com and landline 01223 860128.

Exercise and other Therapies.

Reflexology by Vanessa. Phone 01480 435718 for appointments.

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

Parkinson's Dance with Kim at 15.00 on May 3rd, 17th, 31st, June 14th, 28th at StageWorks, Buckden Towers.

(Balance, Mobility, Posture).

Sing for Parkinson's with Alison at 14.00 on May 10th, 24th, June 7th, 21st at MS Centre, Mayfield Road, Hartford, Huntingdon. (Voice, breathing, facial muscles).

Love to Move with Kim, 13.30 at StageWorks, Buckden Towers on May 3rd, 17th, 31st, June 14th, 28th.

13.00 at MS Centre, Mayfield Road, Hartford, Huntingdon on May 10th, 24th, June 7th, 21st

Chair-based exercise with Becky: Fridays 11.00 at Crossways, St Ives.

Notice. There is room in our exercise groups for more people, and the committee is bewildered by the reluctance of people to join when the benefits are so well known and we are constantly told that exercise is of value in the treatment for Parkinson's and the well-being of pwp.. All our exercise groups are specifically targeted for Parkinson's. Now we have to consider USE IT OR LOSE IT. The Dance and Singing are both at risk of closure. If you prefer some other form of exercise, we will assess how it relates to Parkinson's and try to provide it. If the existing groups are in the wrong place in our wide-spread area, or if others are needed please tell a committee member. If transport is the problem we would like to know that.

The three parts of our monthly Branch meeting all at 14.00 hours.

Ramsey: May 9th, June 13th, a mutual support group at Rainbow Centre, Stocking Fen Road, Ramsey..

St Ives: May 2nd, June 6th, at Dolphin Hotel, Bridgefoot, St Ives. Speakers tba.

St Neots: May 21st, at Old Market Court, Tebbutts Road, St Neots. Speaker, Parkinson's Specialist Nurse

No meeting at St Neots in June (Waresley Garden Centre Strawberry Tea.)