

November – December 2018

Christmas Lunch information

As you already know, the lunch will be at Hemingford Abbots Village Hall on Monday 17th December. The doors will be open from 12.00 noon for lunch at 12.30. The price will be £21.50 for Parkinson's UK members able to quote a current membership number, and £23.00 for non-members. This is the main get-together for the whole Branch: too often we relate only to the social meeting we attend, if any. You have the option to choose whom you sit with, but I hope you will take the opportunity to mix. There are some wonderful people you rarely meet. Further information and booking form included with this newsletter.

More about cannabis.

Sajid Javid, Home Secretary, has announced that medicines derived from cannabis will be available on prescription from 1st November for specified conditions. There has been discussion in US and UK about whether cannabis can be beneficial in Parkinson's, but there seems to be no firm opinion from the medical profession. The jury is out. One of our members who is interested to find out for herself has found a supplier who sells cannabis extracts legally as a food supplement. Those products are expensive, but not as expensive as some of the Parkinson's usual drugs we are familiar with. I will stay in touch with the lady concerned, and if she agrees will report later.

News of Members

Sadly we record the passing of David Rose who died aged 80, having lived with Parkinson's for 28 years. I say he 'lived with' it because that is what he did. No song and dance about it, just got on with what he could do. Recently when I visited he was missing, and although his Parkinson's was advanced he was discovered in his overalls, working in the garage, strictly contravening instructions. Until recently he had a bicycle delivery round for these Diary Dates. He was a motorcycle man. He was a gentle man. He enjoyed the Parkinson's singing group. He loved going out with his daughters. He had a wonderful final year.

Maureen said she was surprised at the number of people who knew him and liked him: she should not have been surprised.

Fund raising

Amy Rose (David's daughter) has signed up with her friend to do a 100 mile sponsored bike ride in aid of Huntingdonshire Branch. This will be in May 2019. Please support her.

Margaret Brown's son and daughter-in-law have also signed up for a sponsored bicycle ride and will be glad of your support.

Everyone Health.

Everyone Health arises from a government initiative and is now nationwide. Locally it is run by a private company, but wholly paid for by the County Council. The aim is to support people with physical problems,. Of particular interest to us is the **falls prevention programme** which can be delivered in a group or one-to-one. And it is free. Contact 0333 005 0093

Social Calendar

Wednesday 7th November at 2.00 pm at The Dolphin Hotel, St Ives.

Speaker Mrs Erica Brown who works in support of blind people.

Wednesday 14th 2.00 pm at The Rainbow Centre, Ramsey.

Mutual support meeting.

Monday 19th, 2.00 pm at Old Market Court, Tebbutts Road, St Neots

Speaker, Chris Jones who has researched the former pubs of St Neots

Wednesday 5th December, 2.00 pm at The Dolphin Hotel, St Ives: Speaker or activity to be announced.

Wednesday 12th, 2.00 pm at the Rainbow Centre, Ramsey

Support meeting.

Monday 17th, 12.30 at Hemingford Abbots Village Hall. Branch Christmas Lunch

. *No meeting at Old Market Court*

Exercise and therapy

Tuesdays 11.00 am at Pilgrim Hall, United Reformed Church, St Neots

Chair-based exercise with Gareth.

Thursdays 1.30 pm at the Methodist Church, High Street, Huntingdon: 'Love to Move' with Kim

Thursdays November 1st, 15th, 29th, December 13th, 27th. 3.00 pm Ambulant 'Love to Move'

Fridays 11.00 am at Crossways, Ramsey Road, St Ives

Chair-based exercise with Becky.

Swimming

I have made an arrangement with the swimming pool at Hinchinbrook School. The pool does not belong to the school, but to Patsy Coleman who is an experienced teacher and coach. She was formerly coach to the British Paralympic Team. Our attendance would have to be on Wednesday evenings, 7.45 to 8.45 when there is an adult class with space for up to four of our members. A teacher is on duty in the water at that time, and a life guard is on the side. It is a heated 25m pool. Parking is adjacent to the pool, but a 50p coin is required to open the barrier. The cost is £14.00 per session, payable in full at the beginning of each term for the number of weeks in the term (i.e. £168 for a 12 week term). There is currently no possibility of a subsidy from the branch. Anyone interested please contact me in the first instance. David Rudd

Coming soon

A singing therapy group is being formed at the MS Centre in Maybury Road, Hartford, which we can join. Singing, guided by a qualified Music Therapist is excellent exercise for breathing and voice as well as being a fun occasion and giving a feeling of well-being. It will be at 1.00 to 2.00 pm probably on alternate Tuesdays. Start date to be confirmed.

Further information from David Rudd,(initially to former 'singers') as it becomes available.

You May Have Heard....

....that Marianne Fountain, who has been our Local Adviser for some years is retiring this year.

Marianne is well known to many people in the Huntingdonshire area, and is hugely respected. So many have benefited from her extensive knowledge, her skill and her determination when dealing with agencies on our behalf.

Thank you, Marianne.

For interesting stuff see the international online magazine www.parkinsonslife.eu and if you like it save the address. It is a monthly.