

DIARY DATES, HUNTINGDONSHIRE BRANCH, PARKINSON'S UK

August 2017

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Parkinson's UK self-management programme

A Path through Parkinson's is designed to help you think about and plan how you want to navigate your life with Parkinson's. It is free to attend. It brings together 8 – 12 people affected by Parkinson's for six sessions of discussion, activity and self-reflection. The course is led by trained volunteers who have first-hand experience of Parkinson's. Julie, who attended a course in Derby said *"The self-management programme is unique. It brings together different types of people who are in different types of situations, but with an understanding of each other. It helped me get over some of the little demons inside my head – it's a reality check. The group is beneficial to people of any age, at any stage and at any time. I would recommend it to everybody – it was the best six Mondays I've had and it will stay with me forever"*.

Branch Christmas Lunch

The lunch this year will be at **Hemingford Abbots Village Hall on Thursday 30th November**.

Please note the date in your diaries.

Further information and booking forms for the three-course lunch plus mince pie, will be available with next month's Diary Dates.

A request from London:

'We're working on ways to make it easier for people to find out about local activities and connect with other people affected by Parkinson's, and we'd really appreciate your help! We're looking for people who can give us 10 minutes to take a short survey about how they **search for information online**. Your answers will shape the way you find the information you really want on the Parkinson's UK website in future, and help us better meet the needs of all those living with Parkinson's across the UK.

All responses are anonymous and will really help us to improve the way we help people to find the information they want. To access the survey, please use this link <https://www.surveymonkey.co.uk/r/P2J5ZGQ>
Thank you'.

The Social Calendar

Tuesday 25th July 10.30 am Café Neuro at Marbrook Centre, Eaton Socon PE19 8EP (Behind The Crown pub) Joseph Matthews from Everyone Health will be present.

A welcoming place to meet other carers. Refreshments provided.

Please note that there will be no Café Neuro in August. Next one 26th September.

Sunday 30th July 11.00 – 2.00 at Hinchingsbrooke Country Park. Health and Wellbeing Festival arranged by HDC to exhibit local sports and health organisations.

Wednesday 2nd August 2.00 pm at Dolphin Hotel, Bridgefoot, St Ives PE27 5EP

Speaker: Ivan Ward on Fencing (No not that sort! Bows and arrows)

Wednesday 9th 2.00 pm at the Rainbow Centre, Stocking Fen Road, Ramsey PE26 1SA

Informal mutual support meeting for anyone affected by Parkinson's.

Monday 21st 2.00 pm at Old Market Court, Tebbutts Road, St Neots PE19 1RQ

Speaker : Mrs Jane Munt, subject: 'Ely Cathedral' This is an interesting and most unusual presentation.

Exercise and therapy

Reflexology by appointment £15. Phone Vanessa on 01480 435718

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

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

Thursdays 3rd and 17th Parkinson's Sing with Alison at MS Centre, Mayfield Road, Hartford, Huntingdon.

Thursday 10th August 1.30 pm. 'Strictly Parkinson's' Parkinson's Dance with Kim

at Constellations Dance, Unit 4, Grove Business Centre, Warboys Road, Old Hurst PE28 3AG

CHAIRMAN Malcolm Ryman 07720 080749: VICE CHAIRMAN David Rudd 01480 474795:TREASURER Ildiko Drexler 07413 130161

FUND-RAISING Elaine Bottom 07541 377391: PARKINSON'S LOCAL ADVISOR Candy Stokes 0344 225 3618:

NURSE APPOINTMENTS Neuro Administrator 01223 723014