

Huntingdonshire Branch Newsletter

January / February 2019

A Happy Christmas and a Merry New Year to all our members and associates.

From our correspondents

A THOUGHT-PROVOKING DAY by Roger Foulds.

When I was first asked if I would like to go to the AGM in Birmingham, I agreed. Originally there were four people from our area going, but on the day this dwindled down to two, Ian and myself. So it was the two of us headed off one Saturday morning for Birmingham.

It seemed a simple journey, surely any fool can get to Birmingham I thought, and indeed we did. It's finding your way once you arrive that can test you and after a second visit to Spaghetti junction I realised we were going in circles and stopped for an in depth study of the map and directions. Lo and behold we found Aston University.

A nice location where we were well catered for, the whole event was lightened by the humour of Paul Mayhew-Archer. Hearing what other parts of the

country were doing was interesting. I guess whatever facilities one has in whatever location you happen to be, they can always be improved in some way. I was particularly interested in something called 'Live Loud' as I am frequently told by my wife that I mumble and can be difficult to understand.

Hearing a rendition of the Beatles 'A Hard Day's Night' as Shakespeare was very interesting, the differences in voice and expression are endless.

Food at the lunch break was excellent: we both tucked into a curry which was just right as were the desserts.

All in all, a good day and I'm glad that I went.

[Roger lives in Buckden and attends the St Ives meeting

PARKINSON'S UK AGM & MEMBERS' DAY by Ian Mackintosh.

Happily the sun was shining which made travelling more pleasant. Despite warnings about the M6 we reached Birmingham with no hold-up. In this city one has only to miss one turnoff and one is plunged into an urban nightmare. My companion on this jaunt, Roger Foulds, was more than equal to the trouble we, of course, got into and we arrived at Aston University in good time.

Aston University is made up of BIG buildings but although my son was there, I did not recognise anything. Roger and I were checking our whereabouts when a nicely suited gent asked us if we were looking for the Parkinson's meeting. I wondered what may have made him think so: but never mind, we were there!

Registration first with smart new badges, then coffee. There were one or two stands in this room, one for Parkinson's charity Christmas cards. There were about 20 designs and I was informed by Sue Mills the

Product Manager that one of a robin on a log was the best seller. I thought she might say "Why aren't we selling theirs"? so I left mine in my pocket.

Then it was down to business and we took our places. I have yet to find another Parkie who finds it so difficult to stand up, and a wide variety of symptoms was on show. Chairs with arms were available, so no problem. The timing for the day was pretty tight and with items on 'Live Loud' and 'Working Together' taking approximately 45 minutes nobody got restless. Lunch was a very well ordered affair, with the queue moving smoothly. Roger and I both had the first thing on offer, a very good curry. I was pleased with the various disablements in the queue the girl dishing out the said curry took mine to the table for me! The sound of pill alarms going off reminded me where we were, and that I must get one!

After lunch while the top table people were re-assembling, I went to try to have a word with Paul

Mayhew-Archer. He is a humourist and I was just able to congratulate him on being able to link humour with Parkinson's, when Mark Goodridge (Chairman of Trustees), spotting my new badge, said "Hello Ian" and told me he lives in Hilton. I mentioned that I had done a card, but the afternoon session was kicking off so the moment was lost. Just as well perhaps: the cards were in my coat pocket.

The tea break was equally well organised, with cakes galore.

After tea break I went back to the coffee room to see if anyone from the Parkinson magazine was there. A young lady had taken up my case so diligently that Roger had had to go back into the assembly by the time she came back. The mag. had no-one there, but she insisted on taking my mobile number. I thought that would be the end of it.

The rest of the day proceeded smoothly, including a vote when we re-appointed the auditors. There were several earnest women who went on a bit too long about 'Working Together' while eating into the time for a humorous summing-up from Paul M-A. However it is a small complaint after an enjoyable and constructive day.

We were soon on our way – at a standstill on the M6. In this Roger remained his impressive self, unmoved and calm about our lack of forward motion, which seems to unhinge so many drivers. I owe my THANK YOU to Roger, without whom I would not have got there.

*[Ian lives in Buckden and is a committee member.
The magazine lady did phone back]*

[Any and all correspondence/articles will be gratefully considered for publication.]

Events' Calendar *Mark up your new diary for the year.*

*There will be no meeting at The Dolphin, St Ives in January or March.

*Third Monday of each month 2.00 pm (except June and December) at Old Market Court, Tebbutts Road, St Neots
St Neots & District support and social meeting.

*Tuesdays 11.00 am at Pilgrim Hall, United Reformed Church Moores Walk St Neots rear entrance.

Chair-based exercise with Gareth.

*Alternate Tuesdays at 1.00 pm at MS Centre, Mayfield Road, Hartford, Huntingdon

Beginning on 8th January, a **new group of singing therapy –'just for the joy of music'**- which we are invited to share.

*First Wednesday of each month at 2.00 pm except January and March, at Dolphin Hotel, St Ives

Huntingdon & St Ives support and social meeting.

*Second Wednesday each month, 2.00 pm at The Rainbow Centre, Ramsey.

Ramsey and District support and social meeting.

*Thursdays 1.30 pm at the Methodist Church, High Street, Huntingdon.

'Love to Move' with Kim: the special exercise programme devised by Kim and of proven value for Parkinson's people.

*Fridays 11.00 am at Crossways, Ramsey Road, St Ives

Chair-based exercise with Becky.

*Wednesday 6th March 2.00 pm at The Resource Centre, Hinchingsbrooke Park.

Branch Annual General Meeting. Free parking permits available.

*Monday 17th June

Branch Strawberry Tea

*Monday 16th December

Branch Christmas Lunch

CHAIRMAN Malcolm Ryman 07720 080749: VICE CHAIRMAN David Rudd 01480 474795:TREASURER Ildiko Drexler 07413 130161
COMMITTEE SECRETARY Sally Beaman 01480 462379 FUND-RAISING Elaine Bottom 07541 377391:
PARKINSON'S LOCAL ADVISOR Lisa Morton pro tem 0344 225 9852
NURSE APPOINTMENTS 0330 726 0077

Parkinson's Local Adviser update.

By now everyone will know that Marianne Fountain retired on 5th December. Her appointed successor will be Kelly Boulter. Kelly joins Parkinson's UK on 21st January 2019 but will need a few weeks of training before she is active in our community.

Meanwhile, Lisa Morton will be our point of contact, and will see that a Local Adviser from the East Team (our local area) will make contact as needed

Lisa's contact details are: 0344 225 9852 or lmorton@parkinsons.org.uk

She normally works Tuesdays 9.00 – 4.30, Wednesdays and Thursdays 9.00 – 2.00