

September 2017

Christmas Lunch

Arrangements this year are in the capable hands of Julia Lain and Marianne Fountain to whom any questions should be addressed (though for administrative convenience orders and money are to be sent to David Rudd).

Information and order forms are sent with this mailing. If you receive it by email and would like a paper copy of the order form, please contact David Rudd.

Membership

Welcome to recent and new members: Alexander Lees (Eaton Socon), Sally Beaman (Needingworth), Elsie Draper (Eynesbury) and Rodney Sutherland (Ramsey).

Exercise and Therapy

Remember that as much exercise as you are comfortable with is an essential for Parkinson's. Because of its importance the Branch provides three kinds, each to target an area of need in Parkinson's.

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

Thursdays 2.00 pm on 14th and 28th. Sing with Alison at MS Centre, Mayfield Road, Hartford, Huntingdon

Thursdays 1.30 pm on 7th and 21st. "Strictly Parkinson's" – Parkinson's Dance with Kim at Stageworks, Buckden Towers, Buckden.

Fridays 11.00 am Chair-based exercise with Becky at Crossways, Ramsey Road, St Ives. (Please note that this is FULL and new members can only be accepted if they have been diagnosed with Parkinson's)

Reflexology is available from Vanessa by appointment. Phone 01480 435718

The Social Calendar

Wednesday 6th, 2.00 pm at Dolphin Hotel, Bridgefoot, St Ives PE27 5EP

A presentation on RELAXATION by Helen Bottom

Wednesday 13th, 2.00 pm at the Rainbow Centre, Stocking Fen Road, Ramsey, PE26 1SA

Informal mutual support meeting for anyone affected by Parkinson's, including carers and family members.

Monday 18th, 2.00 pm at Old Market Court, Tebbutts Road, St Neots PE19 1RQ

Kevin Varty will present 'Sweet Memories' the story of sweets and chocolate.

Candy Stokes our Local Advisor also expects to be present.

Tuesday 26th, 10.30 am. Café Neuro at Marbrook Centre, Eaton Socon, PE19 8EP (Behind the Crown public house)

A welcoming place for carers (and those they care for) with refreshments provided.

Ever get Computer-itis? Ever have problems with smartphone, iPad, laptop, tablet? Make a note of the problem (be as specific as you can, with details). Scott Parkinson will come to the St Ives meeting in November to advise.

There are many households with two Parkinson's members. If you receive two mailings of 'The Parkinson' and other material but only need one, a note to 215 Vauxhall Bridge Road, London, SW1V 1EJ to say "One copy of publications to this address please" will prevent waste and save postage.