

## WHAT IS PARKINSON'S?

It is a progressive, neurological disorder that occurs when 80% of those brain cells which produce dopamine are lost.

A great deal of research is being undertaken to find a cure, some of which is funded by Parkinson's UK.

Parkinson's is named after Dr James Parkinson (1755-1824), who provided the first clear description of the main features of Parkinson's.

There are three main symptoms of Parkinson's:

**Shaking ('tremor')** – it usually begins in one hand or arm. Handwriting often becomes a problem.

**Slowness of movement** – walking or "getting going" again after stopping may become more difficult

**Stiffness ('rigidity')** – stiffness in muscles, problems turning around, getting out of a chair, fastening buttons.

### Who is affected?

In the UK around 145,000 individuals have Parkinson's. Of the 10,000 people in the UK diagnosed each year, one in 20 is under 40 years of age and one in seven is under 50.

It is estimated that there are about 600 people with Parkinson's in Huntingdonshire, with a new diagnosis being made about once a week in our district.

### Treatment:

There are a wide range of treatments available to help control the symptoms of Parkinson's and maintain quality of life. These include drugs, physiotherapy, speech and language therapy, occupational therapy and surgery.

Drugs are the main treatment for Parkinson's and are prescribed to suit the needs of individuals, which vary.

## LOCAL BRANCH: What's on offer?

The Huntingdonshire Branch has three local Support Groups that each meet monthly for people with Parkinson's of all ages, their family and carers. You are welcome to attend any of and the groups:

– **St Ives & Huntingdon: meet on the first Wednesday** of each month at The Old Ferry Boat Inn, Holywell Front, Holywell, St Ives, PE27 4TG from 2pm to 4pm

– **St Neots: meet on the third Monday of each month** at Old Market Court, Tebbutt's Road, St Neots PE19 1RQ from 2pm to 4pm.

– **Ramsey: meet on the second Wednesday of each month** at The Rainbow Resource Centre, Stocking Fen Road, Ramsey PE26 1SA from 2pm to 4pm.

These are informal gatherings, for a chat with a cup of tea or coffee. We organise speakers on a variety of different subjects, including items that relate specifically to Parkinson's. We also arrange outings, social gatherings and provide information.

Why not try the following? - "good for Parkinson's"  
**Exercise Sessions:**

**St Ives** – at Crossways,, Fridays  
from 11.00am to 12noon. Tel: 07928 026509

**St Neots** – at The United Reformed Church Hall,  
Tuesdays from 11.00am to 12.00noon.  
Tel: 07702 285840

**Singing Therapy Group:** Bradbury House, Mayfield Road, Hartford, Huntingdon PE29 1UL alternate Tuesdays (check with centre to confirm) 11.30 am to 12.30pm Tel: 07936 191655

**Parkinson's 'Love to Move'** Thursdays, 1.30 pm  
The Methodist Church, High Street, Huntingdon  
(Between St Mary's church and Godmanchester Bridge)

## MANAGING YOUR PARKINSON'S

Your GP should refer you to a Neurologist or Geriatrician with expertise in Parkinson's for diagnosis and reviews. These Clinics are at Hinchingsbrooke Hospital, Huntingdon or Addenbrookes in Cambridge and should take place within 6 weeks of seeing your GP.

Subsequent check-ups are recommended with a Neurologist, or Parkinson's Disease Specialist Nurse (PDSN) every 6 to 12 months.

In addition to the hospital clinics, there are also **PDSN led Clinics:** These are held locally at:

**Huntingdon – Hinchingsbrooke Hospital**  
(next to rehab unit)

**St Ives – St. Ives Clinic,**  
**St Neots - Dumbelton Medical Centre,**  
**Ramsey - The Rainbow Surgery,**  
**Cambourne - Cambourne Medical Centre, Sawtry – Wellside Surgery**

To contact the PD Specialist Nurse or make an appointment at a local clinic: call **Phone 0330 726 0077 (8.00 to 5.00) Prepare before ringing:** state nature of the problem and say how urgent it is.

**Parkinson's UK National Freephone Helpline and Peer Support 0808 800 0303**

(Mon-Fri: 9am to 8pm)  
(Saturday 10am to 2pm)

Email:

[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

**Parkinson's UK National Office 0207 318080**

Email: [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk)  
[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

See also [www.huntspsds.org.uk](http://www.huntspsds.org.uk)

## HUNTINGDONSHIRE BRANCH

### CONTACTS:

Malcolm Ryman (Chairman) **07720 080749**  
David Rudd (Vice-Chairman) **01480 474795**  
Ildiko Drexler (Treasurer) **07413 130161**

### MEMBERSHIP

You are recommended to join the National Charity. There is no membership fee, just a donation of your choice  
Call Parkinson's UK on 020 7932 1344 or visit [www.parkinsons.org.uk/join](http://www.parkinsons.org.uk/join) or ask a Branch officer for a form.

### OTHER LOCAL SERVICES

Carers Trust Cambridgeshire  
4 The Meadows, Meadow Lane, St Ives PE27 4LG  
**Tel: 0345 2410954**  
[care@carerstrustcambridgeshire.org.uk](mailto:care@carerstrustcambridgeshire.org.uk)

Age UK  
2 Victoria Street  
Chatteris PE16 6AP  
Helpline **0300 666 9860**  
Monday to Friday 9.00 to 3.00

Disability Huntingdonshire  
Pendrill Court, Papworth  
Everard, Cambs CB23 3UY  
**Tel: 01480 748168**  
**e-mail: info@dish.org.uk**

For more information about Parkinson's, visit our web site [www.parkinsons.org](http://www.parkinsons.org) and click on 'our publications'

Everyone's experience of Parkinson's is different. We have a lot of information for people with Parkinson's, their family, friends and carers on topics relating to living with Parkinson's

Parkinson's UK finances research into finding better treatments and ways to improve the quality of life for people with Parkinson's. As the UK's principle support and research charity we're leading the work to find a cure.

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

## Huntingdonshire Branch

Registered Charity No. 258197

**Make sure you know the answers when you ask yourself the following key questions:**

- *Who knows what pills you take and when?*
- *Do you carry a Parkinson's Alert Card?*
- *Do you carry an up-to-date (and dated) drug card, showing the / drug brand and type / dosage / time of day taken and the regularity?*

***Always carry this information with you***

***If you have an accident and go into hospital, they need to know what medication you need and when you take it.***

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**An introduction to**

**Parkinson's UK**

**Huntingdonshire Branch**

[www.huntspds.org.uk](http://www.huntspds.org.uk)

[also, on Facebook](#)

**For people with Parkinson's in Huntingdonshire, their Families, Carers and Friends**

**Help when you need it**