

HUNTINGDONSHIRE BRANCH CONTACTS:

Branch Mobile **07724 400527**

Malcolm Ryman (Chairman) **07720 080749**

Ildiko Drexler (Treasurer) **07564880158**

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 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

Age UK

2 Victoria Street

Chatteris PE16 6AP

Helpline **0300 666**

9860

Monday to Friday 9.00 to 3.00

Disability Huntingdonshire

Pendril 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 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 principal support and research charity we're leading the work to find a cure.

PARKINSON'S^{UK}
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

[also, on Facebook](#)

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

Help when you need it

March 2022

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 provides local support through exercise and social activities for people with Parkinson's of all ages, their family and carers. For face-to-face social activities please check our website and newsletter. You are welcome to attend any other activity listed below:

Dates	Activity On-line
3 rd Thurs monthly	Branch Zoom Meeting 2 pm
Contact	Malcolm Ryman Tel: 07720 080749 email: malcolmryman1@btinternet.com
M, T, W, F 11am T 2.30pm	Kim Hall's Love to Move Online Exercise (Parkinson's specific Mon 10 -11.30am)
Contact	Tel: 07715081402 (Mon-Thurs) email Kim.hall@britishgymnasticsfoundation.org
Dates	Activity Face-to-Face
Friday weekly	St Ives Exercise Group with Becky Meets at the Crossways Centre
Contact	email beckyadamsrehab@gmail.com
Thursday weekly	St Neots Exercise Group with Gareth Meets at Pilgrims Hall, United Ref Church
Contact	email gaz_sutton89@hotmail.co.uk
Thursday weekly	Huntingdon Exercise Group with Sarah Huntingdon Methodist Church Hall
Contact	email sj-performing-arts@hotmail.co.uk
2 nd Mon Monthly	NEW Riverside Strollers Riverside Park St Neots, meet at the Ambience Cafe
Contact	Tel: 07724 400527 email Huntsbranchnews@gmail.com

Caring Together, our local Carers Support Organisation, also run a monthly carers group by Zoom. For more information contact Arda at Hello@caringtogether.org

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.

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

Parkinson's UK National Office 0207 318080
Email: enquiries@parkinsons.org.uk
www.parkinsons.org.uk

See also www.huntspds.org.uk