

# OUR NEWS

Huntingdonshire Branch  
2024

February 2025

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



## Thoughts of Chairman Malcolm

I do wonder why January seems to be the longest month of the year. Perhaps the Christmas and New Year celebrations bring us down to earth with a bang, certainly the atrociously bad weather we have been experiencing lately does not help.

Welcome to the first Newsletter of 2025, please remember we are always hoping you will help to contribute to it, by offering articles for inclusion.

**Malcolm**



## This Month and Next

### Dates for your Diary...

Huntingdon Café  
4<sup>th</sup> February, 4<sup>th</sup> March

St Neots Winers and Diners  
18<sup>th</sup> February, 18<sup>th</sup> March

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## Donations Appreciated

We want our newsletter to go out to as many people as possible to keep you informed on the Branches activities and items that we think you will be interested in. Most people like their newsletter sent by email, but for some, it is easier to read when it is a printed copy.

With the cost of postage with Royal Mail having increased, we would welcome any donations to help with these costs. To find out more, please contact Malcolm on 07720 080749 or email

[huntsbranchnews@gmail.com](mailto:huntsbranchnews@gmail.com).

## We Have a New Look!



On 15<sup>th</sup> January, Parkinson's UK changed their branding with a whole new look. The original tulip is back, a new font, and a new strapline 'For Every Parkinson's Journey' has been chosen to represent the charity's commitment to be there for everyone.



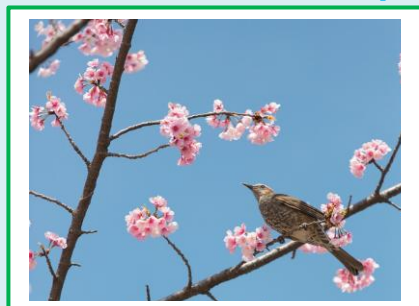
## Parkinson's UK Activity Dates

(Please check with organiser if any changes)

### Face to Face Activities

Date	Activities	Contact
<b>18<sup>th</sup> February</b> <b>18<sup>th</sup> March</b> <b>1.00 – 3.00 pm</b> Lunch and Chat 3rd Tuesday of the month	<b>St Neots</b> <b>Winers and Diners</b> Buffalo Restaurant 22 Huntingdon Street St Neots PE19 1BB	Malcolm Ryman Tel: 07720 080749 Email: <a href="mailto:malcolm.ryman1@btinternet.com">malcolm.ryman1@btinternet.com</a> or Marianne Fountain Tel: 0790 226 5615 <a href="mailto:malfountain@hotmail.com">malfountain@hotmail.com</a>
<b>4<sup>th</sup> February</b> <b>4<sup>th</sup> March</b> Coffee and Chat <b>10.30 am – 12.30 pm</b> 1 <sup>st</sup> Tuesday of the month	<b>Huntingdon Café</b> The Chase, Medway Road, Huntingdon PE29 1SF	Suzanne Ford Tel: 07592 639374 Email: <a href="mailto:suzanneford346@gmail.com">suzanneford346@gmail.com</a> Or Malcolm Ryman as above
<b>February and March</b> <b>11.00 am – 12.00 pm</b> Every Friday	<b>St Ives Exercise</b> <b>Group with Becky</b> Meets at the Crossways Church	Email <a href="mailto:beckyadamsrehab@gmail.com">beckyadamsrehab@gmail.com</a>
<b>February and March</b> <b>11.00 am – 12.00 pm</b> Every Thursday	<b>St Neots Exercise</b> <b>Group with Daniel</b> United Reformed Church, High Street, St Neots, PE19 1BN.	Email <a href="mailto:danielgodward14@gmail.com">danielgodward14@gmail.com</a>
<b>February and March</b> <b>1.30 – 2.30 pm</b> Every Tuesday (except Third Tuesday 11.30 – 12.30pm ) Every Thursday	<b>Huntingdon Exercise</b> <b>Group</b> MS Therapy Centre, Bradbury House, Huntingdon PE29 1UL	Email <a href="mailto:sj-performing-arts@hotmail.co.uk">sj-performing-arts@hotmail.co.uk</a> Mob: 0771 265 8001  03307260077 Monday to Friday
<b>February and March</b> Last Saturday in the month Various Venues	<b>Young and Active</b> <b>Parkinson's Group</b> <b>(YAPA)</b>	Julie Wilson Email <a href="mailto:jmwilson@parkinsons.org.uk">jmwilson@parkinsons.org.uk</a> Tel: 0300 123 3675
<b>February and March</b> First Monday of the month <b>3.00 - 5.00 pm</b>	<b>Bedford Group Boccia</b> MS Therapy Centre 155 Barkers Lane Bedford MK41 9RX	Currently for men but partners and carers welcome if space. £1 suggested donation per session. Please contact Karen at MS Therapy Centre 01234 325781
<b>February and March</b> Weekly every Tuesday <b>2.00 – 4.00 pm</b>	<b>Bedford Support</b> <b>Group Ping Pong</b> Church Lane Community Centre Bedford MK41 0PW	Play or observe, £3 to play or £1 to watch. Tel: Sue Kiddy 07944 695917 Email: <a href="mailto:bedfordparkinsons@gmail.com">bedfordparkinsons@gmail.com</a>

### Parkinson's Nurse Tip



News – Parkinson's Disease affects the nervous system which is responsible for managing temperature such as feeling hot and cold. Keep wrapped up in these cold months as this can affect your physical symptoms such as your tremor, so keeping warm is important when you are in and outside.

Warmer days are coming and Spring is on its way.

**Becky Slimmon**  
**Specialist Parkinson's Nurse**

## Waresley Cream Tea 27<sup>th</sup> March



It's time again for our ever-popular Cream Tea at Waresley!

Join us on the 27<sup>th</sup> March for a 2.30 pm start at Waresley Garden Centre, Gamlingay Road, Potton, Waresley, Sandy SG19 3DB.

Previous Cream Teas have always been popular, and as usual the Branch will be subsidising the cost of the Tea. Book your place by contacting Malcolm on 07720 080749 or emailing [huntsbranchnews@gmail.com](mailto:huntsbranchnews@gmail.com).

## New Year's Lunch

On January 9<sup>th</sup>, we met up at the Exhibition in Godmanchester for a New Year Lunch. Fortunately, the weather held, and there were 18 of us all together. No set meal, but people chose from the wide menu, and the Branch contributed to the cost.

It was commented that January was a good time for a meal as not so much happens in that month, so it was something to look forward to.

It was a good opportunity to get together with members from across Huntingdonshire, and hopefully we will do this again next year.



## Winers and Diners Christmas Meal



Every third Tuesday of the month the St Neots Winers and Diners group meet up at The Buffalo Restaurant, Huntingdon Street, St Neots. December was no exception, and we met and had another lovely meal there, and two new members called in to say hello.

We had a free raffle, and there were lucky winners of wine and chocolates.

If you have not joined us before, please come along to one of our next meetings (see details on page 2). All are welcome, we look forward to seeing you.

## Prize Giveaway of Medikidz Illustrated Parkinson's Book

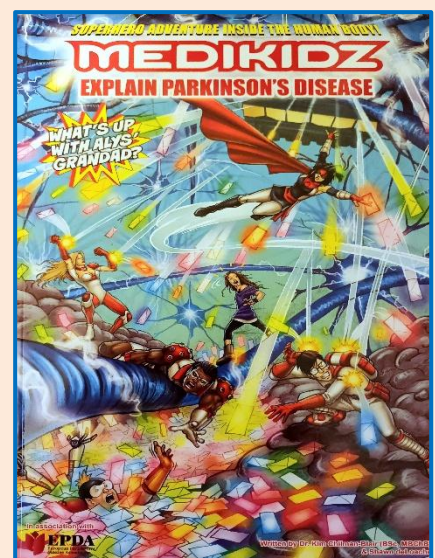
Medikidz is a global initiative set up by doctors to explain medical information to children in a way they can understand, and we have one copy on Parkinson's to give away!

The booklet is A4 sized and is colourful and beautifully illustrated, and is appropriate for 10-14 years or any age that appreciate graphic art.

The book is endorsed by the Parkinson's Disease Nurse Specialist Association, Cure Parkinson's Trust, and the European Parkinson's Disease Association, so it contains information you can trust.

The normal selling price is £8.99.

To be in with a chance to win this book, please contact Malcolm on 07720 080749 or [huntsbranchnews@gmail.com](mailto:huntsbranchnews@gmail.com) by 30<sup>th</sup> February, and a name will be drawn for the lucky winner, who will be sent a copy in the post.



## Recipe from Stephanie



### Summer Pea and Bacon Quiche

My family visited on December 27<sup>th</sup> and I was asked to just make a quiche. They supplied all the other food.

I have decided to make a large one as follows.

If you want to make it Vegetarian, just leave out the bacon. It is really tasty.

### Ingredients

500g pack shortcrust pastry  
 25g unsalted butter  
 1 onion, sliced  
 200g pack unsmoked back bacon, chopped  
 150g frozen peas, defrosted  
 150g frozen broad beans, defrosted  
 3 medium eggs  
 100ml semi skimmed milk  
 100ml single cream  
 50g Extra mature cheddar cheese, grated

### Method

Pre-heat the oven to 200C gas mark 6 and place a baking tray in to warm.  
 Roll out the pastry on a floured surface and line a 23cm deep quiche tin/dish. Prick the base with a fork and chill for 15 minutes. Line with scrunched up baking parchment and/or fill with baking beans.

**Stephanie**

## Sudoku (Answer on Page 8)

	6	5			9		1	
						5		
	4					9		2
4					6			5
6			3	4	5			7
1			2					3
3		2					6	
		6						
	7		9			3	2	



## Trivia 12 Quiz (Answers Page 8)

1. Steeplejack Fred Dibnah was born and bred in which town?
2. What is the famous motto of the British SAS?
3. Clark Kent worked as a reporter for which newspaper?
4. Kirsch is a colourless brandy made from which fruit?
5. Which Apollo mission landed the first men on the moon?
6. What is the colour of the aircraft flight recorder known as a black box?
7. Which is the nearest planet to Earth?
8. What was the nationality of William Tell?
9. In the UK we get water from a tap – what do Americans call a tap?
10. What sort of tax was introduced by Henry VIII in 1535?
11. In Cockney rhyming slang, how much is “a pony”?
12. The shape of which chocolate bar, with rounded ends and three chevrons on top was registered as a trademark in 2003?

## The Pub in the Gap

It must have been in the early 1950s when I lived in the area. I wasn't there but the story was passed round locally for some time. It was the little pub on the edge of the tiny village, Colwall, in the gap between the two graceful Malvern Hills. At that time, before most pubs served a proper menu, it had a good reputation for food and people travelled from as far as Worcester to dine there. There was no electricity supply: winter heating was by oil, lighting and cooking by a noisy diesel generator.

One Friday, they had the usual number of weekend bookings and the generator failed. The publican thought he would have to phone his clients to apologise and cancel. His chef, who had been an army cook and prepared food in several difficult situations, said he would 'cook up something', no need to cancel.

He dug a pit in the garden, begged a barrow-full of sand, tipped it in the pit and soaked it with some sort of oil. As the diners arrived, the situation was explained to them and they all stayed to see what would happen. Chef had cooked a meal over his homemade barbecue. There was a jollity in the pub that night: the guests had enjoyed their meal and called the chef to receive a standing ovation.

The pub is still there, tidied up, the inside modernised, still popular but no longer distinctive, with a typical pub-grub menu. Like so much else in the previous century or so: changed, but whether it is improved is questionable.

David Rudd

## The Benefits of Gardening



Spring is just around the corner, and it is good to see the bulbs beginning to flower with a promise of warmer weather to come.

Many of us like to garden, whether it is a window box or on a bigger scale. There have been many articles about how gardening can improve cardiovascular health, builds strength, helps balance, reduces stress, helps fight disease by boosting the immune system, improves mental health and helps with sleep, but did you know that it may also potentially keep your brain healthy as you age?

Recent studies carried out by Edinburgh University in 2024 tracked hundreds of people and their lifestyles over many decades, concluded that gardening may contribute to better brain function in later life than those who do not. The results identify new studies may be helpful in understanding the factors that impact on positive cognitive ageing.

Individuals tracked from between 11 and 70 were given an intelligence tests to see the progression of cognitive function. Of the 467 people tested, 31% had never gardened, 43% did regularly. Those that gardened had better cognitive ability as pensioners than they did when 11, the non-gardeners had a lower score than when they were children. This link held even after adjusting for education, social class, health factors and overall physical activity.

Dr Janie Corley (School of Psychology and Language Sciences Edinburgh University, commented on the study. "Identifying lifestyle behaviours that facilitate healthy cognitive ageing is of major public interest for the prevention of cognitive decline and dementia. Gardening is a key leisure activity in late adulthood. Engaging in gardening projects, learning about plants, and general garden upkeep, involves complex cognitive processes such as memory and executive function. Consistent with 'use it or lose it' framework of cognitive function more engagement in gardening may be associated with a lower risk of cognitive decline" (see more on their website link [here](#)).

It is good to know there are many positive outcomes to your gardening hobby, but the main thing is to enjoy it.

If gardening is not for you, brain health is also influenced by exercise, a balanced diet, social engagement and mental stimulation, so other activities can also help your cognitive function, health and overall wellbeing in the long run. Do what you enjoy, and you may find it does you good!

## TIGER on Demand Transport



We are pleased to let you know there is a new alternative for travelling door to door by minibus – TIGER on Demand covering West Huntingdonshire. It's a flexible way to travel, you will not be restricted to specific routes and at particular times, as long as you are travelling within the operational zones using any of the virtual bus stops.

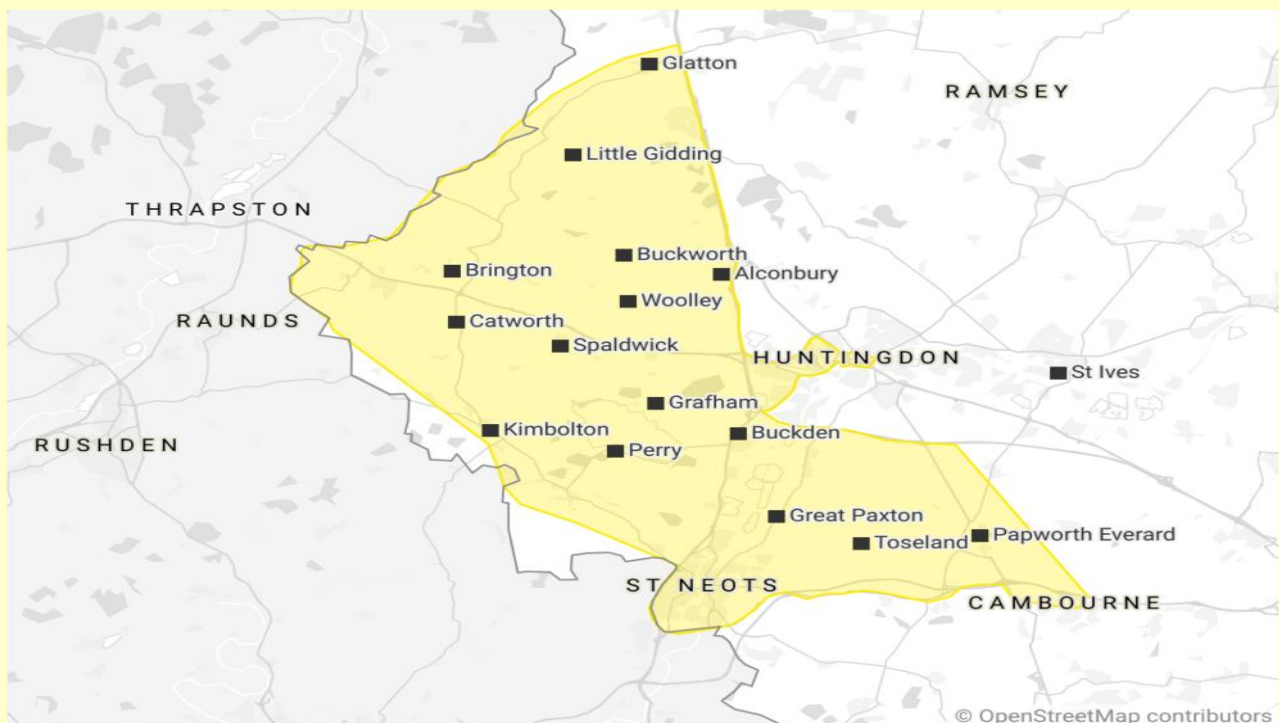
You can travel Monday to Saturday from 6.30am to 7pm, no service on Sundays or Bank Holidays, and you can make bookings over the phone. Just call 01480 595 440 Monday to Saturday from 6.00am – 7.30pm.


You can also book through the Tiger on Demand App, that you can download on your smartphone, or on the website at [www.tigerondemand.co.uk](http://www.tigerondemand.co.uk).

The cost for adults is £2 per journey, concessionary Bus Pass Holders and Disability Buss Pass holders travel for free, please choose senior or person with disability fare option when booking, and show the pass to the driver. For Tiger pass holders the cost is £1 per journey. You can pay by credit card when booking, drivers are not able to accept cash or card payments.

The map below shows the area that TIGER on demand is available, and there will be new areas covered in the near future, including Fenland, East Cambridgeshire and South Cambridgeshire.

You can also find out more on their website at <https://transport.cambridgeshirepeterborough-ca.gov.uk/buses/tiger-on-demand/>.



 Tiger on Demand - West Huntingdonshire

Created with Datawrapper

## Volunteer and Help us Grow!

We are still on the lookout for new volunteers, either to join us on our Huntingdonshire Branch Committee or to help with groups and events. With your help we can sustain what we currently do, add on more for our members, and extend our reach. You can help with as much or as little as you can. You could make all the difference!

Contact Lisa Lowe on 0344 225 3614 or email [lowe@parkinsons.org.uk](mailto:lowe@parkinsons.org.uk), or contact our Chair Malcolm Ryman on 07720 080749 for an informal chat.

## Carers Update from Caring Together

### Huntingdon Carers Hub

11<sup>th</sup> February, 11<sup>th</sup> March 10.30am – 12.30pm

Coneygear Centre, Buttsgrove Way, Huntingdon PE29 1PE

2nd Tuesday of the month



Please join the Huntingdon Carers Hubs they are a really good way to meet other people also caring for others, meet one of the Caring Together Advisors, join in relaxing activities and get information and advice.

The February session will have a talk from Buckles Solicitors on legal matters – Wills, Power of Attorney etc to help you be more informed on processes, and the benefits of differing legal support.

In March, there will be a Benefits overview session from Cambridgeshire County Council, to help you understand financial support that may be available.

**If you would like more details** on how to join these sessions, or would like to know more about carer support locally, please contact one of Caring Together's care advisers for help and advice, by emailing them at [hello@caringtogether.org](mailto:hello@caringtogether.org), or by phone on 0345 241 0954.

They can give information on a range of useful topics, including Carers rights, Carers Assessments, Carers Allowance, financial support and benefits, information on managing energy costs, hospital admissions and discharge planning and the Care Act. Please consider making use of their support, to ensure that you and the person you care for are getting the help you need.



Do you struggle to prepare meals? Camms Meals on wheels deliver nutritious meals to your door by a DBS checked driver, who can also provide a welfare check.

They deliver to Cambridge City, Fenland, East Cambridgeshire, South Cambridgeshire and Huntingdonshire Monday to Friday between 11.00am and 2.00pm, and Monday to Sunday 11.00am to 2.00pm (Cambridge City only)

They offer a choice of 2 course lunch (a hot meal and a desert, or a soup and a main meal) out of 4 mains and 4 desserts (or a soup) choice every day that repeats every 4 weeks with a flexibility of menus for differing dietary needs.

Menus are provided by drivers on a regular basis to order every fortnight, the first order must be completed over the phone or email so they can register you on their system.

Their two course set meals are £8.50, and you can pay by bank transfer, card payment over the phone, or by cheque. They do not take direct debit or cash payments.

You can order as many meals as you like per week, and you can cancel at any time.

To find out more and register, please contact them by telephone on 01223 314288 ore email them at [enquiries@cammsmealsonwheels.org.uk](mailto:enquiries@cammsmealsonwheels.org.uk).

## Research News

### Pills for Blood Pressure May Help with Tremors

Tremors affect many, but not all, people with Parkinson's, and they can get worse when under stress. Levodopa can unfortunately be less effective at these times.

A study by researchers at Radboud University in Holland, gave Parkinson's patients Propranolol – a beta blocker that inhibits stress hormones, with a follow up MRI to map brain activity.

The trial was a small one of 27 patients, but it was noted that Propranolol reduced tremors for all patients in both restful and stressful situations.

Dr. Rick Helmich, a Neurology Professor at Radboud advised 'We know that abnormalities in systems like the dopamine system cause tremors. Based on our study, we think the stress hormone noradrenaline acts as an amplifier, which increases tremor intensity in the brain's movement area. Propranolol inhibits this amplifying effect and thus reduces the symptoms'

Propranolol is a medication that can be prescribed for patients with irregular heartbeat and for essential tremor – a tremor with no other neurological symptoms. But as it reduces high blood pressure, it is likely only to be recommended for people with Parkinson's if Levodopa is not helping with their tremors.

Dr Helmich is also looking at lifestyle changes that may reduce symptoms, by reducing the stress response. They are investigating mindfulness, as this may potentially influence the stress system.



## Sudoku Solution

2	6	5	7	3	9	4	1	8
7	9	1	4	8	2	5	3	6
8	4	3	6	5	1	9	7	2
4	3	7	8	1	6	2	9	5
6	2	9	3	4	5	1	8	7
1	5	8	2	9	7	6	4	3
3	1	2	5	7	4	8	6	9
9	8	6	1	2	3	7	5	4
5	7	4	9	6	8	3	2	1

Thanks to [www.sudokuoftheday.com](http://www.sudokuoftheday.com)

## Did you Know?

Parkinson's UK moved address. Their new address is –  
Parkinson's UK, 50 Broadway, London SW1H 0DB.

The Helpline number is still the same on 0808 800 0303 and it is still open from 9am to 6pm Monday to Friday, and Saturday 10am to 1pm. Use this number for immediate support for your Parkinson's, to access a Specialist Nurse and your local Parkinson's Adviser. Advisers can help with medical issues, emotional support, benefits and employment information, health and social care, local activities and signposting to other local areas of support.

For fundraising, donation and membership queries the number is 0800 138 6593, open Monday to Friday, 9am to 5pm.

## Trivia 12 Quiz Answers

1. Bolton
2. Who Dares Wins
3. The Daily Planet
4. Cherries
5. Apollo 11
6. Orange
7. Venus
8. Swiss
9. Faucet
10. Beard Tax
11. £25
12. Bounty (Thanks to [Freepubquiz.co.uk](http://Freepubquiz.co.uk))

## Useful Contact Numbers

**BRANCH CHAIR**

Malcolm Ryman

**07720 080749**

**VICE CHAIR**

Vacant

**PARKINSON'S UK CONFIDENTIAL HELPLINE**

**0808 800 0303**

(Also access to Parkinson's Local Adviser)

**Email: [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk)**

**PARKINSON'S DISEASE SPECIALIST NURSES**

**0330 726 0077**

**BRANCH MOBILE**

**07724 400527**

**FACEBOOK PAGE**

**Parkinson's UK Huntingdonshire**

**BRANCH EMAIL**

**[Huntsbranchnews@gmail.com](mailto:Huntsbranchnews@gmail.com)**

**PARKINSON'S UK WEBSITE**

**[www.parkinsons.org.uk](http://www.parkinsons.org.uk)**

This Newsletter is compiled to the best of our knowledge from information available at the time of publication