

# OUR NEWS

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

**October 2024**



## Thoughts of Chairman Malcolm

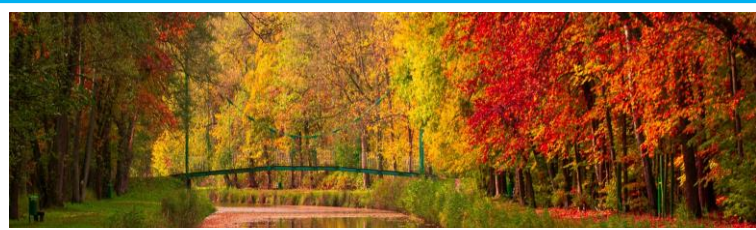
I am lucky enough not to be in the UK as I write this, it does seem from news and friends comments that near Biblical amounts of water have fallen upon our green and pleasant land!

I sincerely hope none of you are subject to the flooding which appears to be happening.

As we pass into Autumn, I for one enjoy the season immensely, no hay fever with the advent of the beautiful colours of leaves. The downside being the oncoming winter!

I am unclear if Parkinson's UK have a website to object to the removal of the winter fuel allowance, if we find out, we will inform you.

**Malcolm**



## New Parkinson's Adviser

In this issue we are pleased to introduce you to our new Parkinson's Adviser Becky on Page 3. If you have any queries or issues about your Parkinson's, you can contact the Helpline on 0808 800 0303 and they will refer to Becky if you need more local or in-depth support. We are very pleased to welcome her and have her help and support.

## Donation Thank You

The Branch would like to thank The Strangward Charitable Trust, for their kind donation of £2,000.

The donation will be put towards activities the branch runs, including Huntingdon Café. The donation is most appreciated and will help our members locally.

## This Month and Next

### Dates for your Diary...

**St Neots Winers and Diners**  
Buffalo Restaurant PE19 1BB  
**15<sup>th</sup> October, 19<sup>th</sup> November**

**Huntingdon Café**  
The Chase, Huntingdon, PE29 1SF  
**1<sup>st</sup> October, 5<sup>th</sup> November**

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# Parkinson's UK Activity Dates

(Please check with organiser if any changes)

## Face to Face Activities

Date	Activities	Contact
<b>15<sup>th</sup> October</b> <b>19<sup>th</sup> November</b> <b>1.00 – 3.00 pm</b> Lunch and Chat 3 <sup>rd</sup> 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>1<sup>st</sup> October</b> <b>5<sup>th</sup> November</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>October and November</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>October and November</b> <b>11am – 12 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>October and November</b> <b>1.30 – 2.30 pm</b> Every Tuesday (except Third Tuesday 11.30 – 12.30pm ) Every Thursday Meets in the coffee bar first	<b>Huntingdon Exercise</b> <b>Group</b> Cambs 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>October and November</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

### Parkinson's Nurse Tip

Parkinson's affects the nervous system and can therefore make you feel more sensitive to feeling hot and cold.

Now we are entering Autumn, remember to wrap up warm and keep hydrated. Being cold can make your physical symptoms appear worse. When you are out and about, be sure to wear layers which can easily be removed if you begin to feel hot.

Keeping up the exercise and being active also helps prevent you feeling cold.

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





## Huntingdon Café

Are you looking for a chance to connect with others in the Parkinson's community? Come along and join us for a friendly get together on the first Tuesday of the month at 10.30 at The Chase in Huntingdon.

It's a great opportunity to meet new friends and share experiences, fostering connections between like minded people. We are a lovely friendly group and it has been heart-warming to see the friendships that have been made already.

Refreshments are provided by the kindness of The Chase, which has facilities like a 5-star hotel.

We hope to see you there – contact me for more information on [suzanneford346@gmail.com](mailto:suzanneford346@gmail.com) or phone 07592 639374. (See also details on Page 2)

## Exercise Group Offer

If you have not been to one of our exercise groups at St. Neots, St Ives or Huntingdon before and would like to give one a try, the Branch would like to offer you **two free weeks** (subject to availability). It is a really good way to get regular exercise and to make new friends.

Exercise can be so beneficial in keeping you as active and mobile as possible, and help both your mind and body. Our groups are £5 a session, and all are welcome!

If you would like to know more about the groups, see more details on Page 2, with contact information.

## Welcome – New Parkinson's Adviser Becky Linnell



Hi everyone!

I'm Becky the new Parkinson's Adviser for Cambridgeshire.

I am so pleased to join an amazing organisation that has supported family and friends of my own and I will continue that fantastic support.

Prior to joining Parkinson's UK in April 2024, I worked for Carers First in Lincolnshire as a Carers support adviser working closely with carers and their families to give them support whilst caring for a loved one.

Outside of work I have a husband and two teenage daughters that keep me busy. I enjoy running and walking in my free time and have just signed up to complete the London Landmarks half marathon in April 2025 for Parkinson's UK! It's starting to feel real now I've said it!

I'm really looking forward to meeting you all and joining in with some of the fantastic groups and events.

**Becky**



## Recipe and Info from Stephanie



Well, Autumn/Winter has arrived so I am back making soup. I thought you might like to share this recipe, it is so easy to make, and cheap!

You need 1lb carrots, 1 clove crushed Garlic, 4oz washed red Lentils, 2pint chicken or vegetable stock, 2 onions, parsley, if available.

**Method:** Add 4oz (100g) washed, red Lentils to 2pt Chicken or veg. stock in a large saucepan/wok. Bring to the boil and simmer for 20 mins. In another saucepan heat 3 tbsp oil, sauté 2 roughly chopped medium onions for 5 mins, until soft. Wash and roughly chop 1lb (450g) carrots, add them with 1 clove Garlic, 1tsp fresh Parsley, the onions, salt & pepper to the lentils and stock. Cover & simmer for 30 mins. Cover and leave to cool slightly before pureeing with a hand held blender or liquidiser. If too thick add some more water and check for seasoning. Can be served with plain yogurt or toasted seeds. ENJOY.

I am enjoying my craft at the moment. I am restricted at times as my husband has Parkinson's, which means I spend a lot of time at home looking after him. I make Fidget Quilts for anyone who gets anxious, especially people with Dementia. I have sold several, and the money goes to Parkinson's. They measure approximately 2ft square.

If you would like to order one with your colour preference, you can get my contact details through Malcolm Ryman (details on page 8).

**Stephanie Garner**

## Good to Know Groups – Independent Age

Would you like to know more about things that affect people over the age of 65? Independent Age are offering free Good to Know groups, designed to share information that may be helpful over the age of 65. These groups are over the phone, in the comfort of your own home.

Over 200 people have joined the groups so far.

As well as the telephone groups, they also run webinar sessions. The sessions are run by a trained advisor, can give information based on their information guides and you can ask questions as you go along. They are for those over 65, family, friends, carers or anyone supporting an older person.



If you, or someone you know, would like to receive their regular Good to Know Groups programme by email or post, please call their freephone Helpline on 0800 319 6789 or email [telephone.services@independentage.org](mailto:telephone.services@independentage.org), and they can tell you about what they do. You can then choose which groups you are interested in joining that month, and give the team a call to book your place.

For more information they also have a website at [www.independentage.org/get-support/telephone-groups/good-to-know-groups](http://www.independentage.org/get-support/telephone-groups/good-to-know-groups), that also gives details of their information sheets.

## 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. Are you or anyone you know interested?

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 want.

If you would like to know more, please contact Lisa Lowe on 0344 225 3614 or email [lowe@parkinsons.org.uk](mailto:lowe@parkinsons.org.uk). Alternatively, contact our Chair Malcolm Ryman on 07720 080749 for an informal chat.

## Ting Bus and Community Transport



Would you like to join one of our local groups or another community activity, but do not have transport to get you there? If so, you may be interested in Ting, a bus service in Huntingdonshire.

To use it, you need to download the Ting App (Vectare DRP) on a smartphone, book your trip and the bus will pick you up at the chosen time. There is no specific timetable, but you can travel anywhere in the service zone for £2 for a single fare, £4 return - but if you have a concessionary bus pass, travel is free.

Ting trips can also be booked over the phone on 0115 7773187.

The service covers St Neots, Cambourne, Sawtry and surrounding villages, Huntingdon Bus and Train station, Hinchingsbrooke Hospital, Cambourne Morrisons and Thrapston Industrial estate.

The service operates Monday to Saturday 6am- 8pm, but not Sundays or Bank Holidays. To find out more you can [check the map here](#) or contact 01223 433 255.

There are also Community Car Schemes that run across Cambridgeshire. Most offer social and medical trips, some also hospital appointments. Each area has a different contact number and here are the main ones in our area.

**Huntingdon Volunteer Centre** 01480 414766 – Covers Alconbury, Brampton and Buckden

**East Hunts Car Ride Scheme** 07964 346775 – Covers Somersham, Colne, Pidley, Bluntisham and Earith

**Highwayman Social Car Scheme** 07786 520540 – Covers Brington, Catworth, Grafham, Great and Little Staughton, Hail Weston, Kimbolton, Spaldwick and Perry

Have a good time getting out and about using these transport options, and we hope to see you at one of our groups if you have not been able to get to us before.

## Age UK Handyman Service

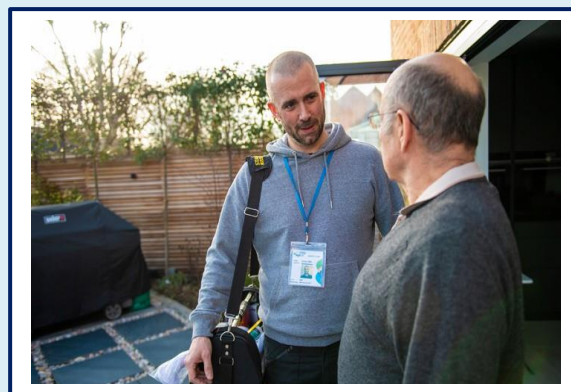
There are always jobs to be done around the home, and Age UK and Cambridgeshire and Peterborough may be able to help with their Handyman Service. The service supports disabled and older people in their own homes to live independently and safely. They offer a free home safety assessment, and can also assess, quote, supply and fit minor adaptations.

They have three assessors trained to DLF Trusted Assessor standard, and they can complete minor DIY tasks that you may feel you would be unsafe doing yourself now.

Work could include tasks such as building flat pack furniture, fitting curtain pole/blinds, changing lightbulbs (free if booked with assessment) changing taps, securing carpets, fitting rails and much more.

They charge £65 for Keysafes, and their Handyperson Works are charged at £30 an hour. This service is available to anyone in the Cambridgeshire and Peterborough Age UK catchment area.

They take referrals from professionals, friends and family, but you can also refer yourself. If you would like to discuss further please contact them on 01480 700205 or email [chp@ageukcap.org.uk](mailto:chp@ageukcap.org.uk).



## New Exercise Support at MS Therapy Centre Bedford

Bedford Group and Parkinson's UK nationally have been working with the MS Therapy Centre in Barkers Lane in Bedford to explore ways they can extend their support to people with Parkinson's. Following a generous grant from the Harpur Centre and a successful pilot, the Centre is now opening up more places for people with Parkinson's, and will be expanding its services to accommodate new people as availability allows.



The Centre is open Mondays to Thursdays, and there are a range of services and therapies available. These include a fully adapted gym, hydrotherapy pool, oxygen therapy, specialist Parkinson's exercise classes and one to one sessions with a physiotherapist and exercise therapist. You can also have access to massage, reflexology, Bowen technique and counselling. Members of the Centre can access all this support with a suggested contribution of £50 a month.

The expansion of services has been agreed for a three-year period, and will be reviewed each year. To find out more about the grant from the Harpur Trust, you can read more [here](#).



If you are interested in becoming a member at the Centre, you can add your name to the waiting list by calling the Centre on 01234 325781 or emailing [reception@mscentrebedsandnorthants.com](mailto:reception@mscentrebedsandnorthants.com).

You can also read more about the Centre and its services on its website <https://www.mscentrebedsandnorthants.com>.

Thank you to Bedford Group and Parkinson's UK for contributing financially to this project, to make this support available.

## Autumn Quiz (Answers Below)

1. What is Autumn known as in North America?
2. Which English Romantic Poet composed "To Autumn" after a walk near Winchester one autumnal evening?
3. Pumpkin fragments dated between 7,000 and 5,000 BC have been found in which country: China, Egypt, Germany or Mexico?
4. What are hedgehogs' spines or quills made from?
5. In Australia, Autumn begins in which month?
6. SAD is sometimes known as Autumnal depression, what do the initials SAD stand for?
7. The Oktoberfest is held annually in which German city?
8. What is the name for the species of tree that does not lose its leaves in Autumn?
9. Which Autumn festival is also known as the festival of lights?
10. What is the name of the full and bright moon that occurs at the start of Autumn?

## Autumn Quiz Answers

1. The Fall
2. John Keats
3. Mexico
4. Keratin
5. March
6. Seasonal Affective Disorder
7. Munich
8. Evergreen
9. Diwali
10. The Harvest Moon



## Carers Update from Caring Together

### Huntingdon Carers Hub

8th October, 12th November 10.30am – 12.30pm

Coneygear Centre, 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.

If you would like more details on carer support locally or their activities, 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 also help with

- Emergency Planning – the What If? Plan
- FREE Caring Magazine
- Email newsletter for carers, those who support carers, and everyone that has an interest in ensuring that carers are recognised and supported
- Help to attend your own medical appointments, or in time of crisis through the Family Carers' Prescription
- Carers Hubs
- Carers Card
- Education and Social Sessions
- Homecare
- Helping you enjoy activities in the community
- Information on Carers' Assessments

They provide a lot of information and support, if you are caring for someone it is worth contacting them. For more information you can also see their website at [www.caringtogether.org](http://www.caringtogether.org).



Do you or someone you know have a paid carer that comes into the home to support with one or more of the following?

- Mental health
  - Learning Disabilities
- or
- You/they are aged 65+



We are holding meetings and workshops with Cambridgeshire County Council to enable you to feed back what works well and what could improve. (August, September and October)

Your experiences and ideas are helping the council better understand what is needed. You will be paid for your time.

If you'd like, to be involved or have your say please contact Lois on:

Email: [Lois.Sidney@sunnetwork.org.uk](mailto:Lois.Sidney@sunnetwork.org.uk)

Call, WhatsApp or text 07712 358 172

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



## FAMILY CARER DAY

29th Nov 10.30-2.45pm

Braza Club, Elm Road, March, PE15 8NZ

Free to attend, lunch provided.

Come along to find out about help and support you can receive as a carer for someone living with Parkinson's, and have your say in what help and support you'd like.

There will be live well sessions, information stands, and a chance to talk to others in a similar position. You can bring the person you care for and they will have activities to take part in. Free parking, and close proximity to train station.

Book your free place through [eventbrite](https://www.eventbrite.com), or email Julie Wilson: [jmwilson@parkinsons.org.uk](mailto:jmwilson@parkinsons.org.uk)



Scan or click me to book!

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (259197) and in Scotland (SC037554). © Parkinson's UK. Created in RightMarket 8Carve

## Free Event on latest Inflammation Research

Do you want to find out the latest findings in our researchers' inflammation research? And how this could help in the understanding and treatment of a range of health conditions that result when inflammation goes wrong?

Make a date in your diaries and book your places now for a **free** public open afternoon and evening on Thursday 10th October, at the Frank Lee Centre (Hexagon Room) on the Cambridge Biomedical Campus, where you'll hear from our researchers **Dr Bina Patel, Prof Menna Clatworthy** and **Prof Clare Elizabeth Bryant** as they discuss some of their latest research in inflammation.

### Choice of sessions

There is a choice of two sessions – either in the afternoon (4-5pm) or evening (6-7pm).

Whether you choose to come for the afternoon or evening talks, you are welcome to spend the hour from 5-6pm chatting to our researchers about their work and view the research posters on display.

Interested? Find out more and book your ticket on [Eventbrite](#).

You can also share the X tweet: <https://x.com/CambridgeBRC/status/1831697395073040741>.

## Parkinson's UK Investing in New Drug with Acurex Biosciences



Parkinson's UK are investing 1.6m through the Virtual Biotech programme, to move forward development of a molecule that may potentially slow or stop Parkinson's. They are working with Acurex Biosciences, a US company, to develop a molecule (CU-13001) with a view to progressing to clinical trials.

CU-13001 is showing potential to protect brain cells, by targeting an enzyme called 15-lipoxygenase, that research is suggesting is part of the process that causes the death of dopamine cells in the brain.

The molecule CU-13001 has the properties required to get into the brain and protect brain cells.

To test this hypothesis, essential preclinical trials are needed, before it can be given to patients for the first time. This process will look at potential side effects and drug interactions with common medications, and will identify how the molecule is distributed and processed in the body. New drugs need to be tested for their safety in two animal species first, and if successful, the next stage will be human clinical trials.

The partnership between Acurex and Parkinson's UK will accelerate this interesting potential new treatment, that may represent a new and exciting way of slowing or stopping the death of brain cells in Parkinson's.

Arthur Roach, Virtual Biotech Director at Parkinson's UK said "This is what we created the Virtual Biotech programme to do, apply support from the Parkinson's Community to accelerate bold new research to create potentially life-changing new therapies.

We look forward to working with Acurex to advance CU-13001 towards clinical trials".

We will keep you updated with any developments as we hear them.

## 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