

Our News

Huntingdonshire Branch

www.huntspds.org.uk

October 2025



Thoughts of Chairman Malcolm

Well the warm weather seems to have now deserted us, leaving us on the wrong side of winter. Things are not too bad though, with the cream tea we had on 30th September, and a potential visit to Parkinson's UK headquarters being arranged in the future.

The Huntingdon dining club has made a good start at the Blue Diamond Garden Centre, and your committee is at the embryonic stages of planning a "taster session" showcasing everything we do, in June 2026.

In the meantime, we have an extra venue as a one off on Tuesday 28th October at 1 pm at the Highwayman Cookhouse and Pub, and Trevor's "Soup in a Basket" for group members at his home on 3rd December 11am – 1pm.

For more details on these and our regular groups, please see our Activity Dates and information on page 2 and 3.

Malcolm



Donations

A big thank you to Trevor Mortimer for his very kind donation of £300.

The donation is really appreciated, and the Branch will be putting this towards a special event during Parkinson's Awareness week next year.

We would also like to thank the Strangward Charitable Trust, for their generous donation of £3,000 to be spent locally on therapy instructors.

Both donations enable us to provide more support for our members, and we thank you both for enabling us to do this.

Dates for your Diary...

Huntingdon Café

7th October, 4th November

St Neots Winers and Diners

21st October, 18th November

St Ives Lunch Club

13th October, 10th November

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Parkinson's UK Activity Dates

(Please check with organiser if any changes)

Face to Face Activities

Date	Activities	Contact
21st October, 18th November Lunch and chat 3rd Tuesday of the month	St Neots Winers and Diners Buffalo Restaurant 22 Huntingdon Street St Neots PE19 1BB	Marianne Fountain Tel: 0790 226 5615 malfountain@hotmail.com Please contact to book your place
7th October, 4th November Coffee and Chat 10.30 am – 12.30 pm 1 st Tuesday of the month	Huntingdon Café The Chase, Medway Road, Huntingdon PE29 1SF	Suzanne Ford Tel: 07592 639374 Email: suzanneford346@gmail.com
13th October, 10th November 12.30 – 2.30 pm 2 nd Monday of the month	St Ives Lunch Club Blue Diamond Garden Centre, Banks End, Wyton, Huntingdon PE28 2AA	Suzanne Ford Tel: 07592 639374 Email: suzanneford346@gmail.com
October and November 11.00 am – 12.00 pm Every Friday	St Ives Exercise Group with Becky Meets at the Crossways Church	Email beckyadamsrehab@gmail.com
October and November 11.00 am – 12.00 pm Every Thursday	St Neots Exercise Group with Daniel United Reformed Church, High Street, St Neots, PE19 1BN.	Email danielgodward14@gmail.com
October and November 1.45 – 2.45 pm New time Every Tuesday (except Third Tuesday 11.30 – 12.30pm) Every Thursday	Huntingdon Exercise Group MS Therapy Centre, Bradbury House, Huntingdon PE29 1UL	Email sj-performing-arts@hotmail.co.uk Mob: 0771 265 8001 0330 7260077 Monday to Friday
October and November Last Saturday in the month Various Venues	Young and Active Parkinson's Group (YAPA)	Julie Wilson Email jmwilson@parkinsons.org.uk Tel: 0300 123 3675
October and November Speakers and Refreshments 3 rd Wednesday of the month 2.00 - 4.00 pm	Biggleswade Café St Andrews Masonic Centre, St. Andrews Street, Biggleswade	Julie Wilson Email jmwilson@parkinsons.org.uk Tel: 0300 123 3675

Parkinson's Nurse Contact Information



Patients can contact us Monday to Friday 8.30am – 4.30pm, there is one of us clinicians on the phones daily. You can contact us on **0330 726 0077** if it is in regard to any Parkinson's symptoms you may have concerns about.

You will be advised by the admin our call back may not be on the same day, as all calls are triaged by the clinician accordingly. Safety net advice is always given by the admin team when you call, so that if necessary you can contact your GP and the out of hours service.

Becky Slimmon, Parkinson's Disease Nurse Specialist

Thinking Ahead Together - Information Session in Peterborough

Our Parkinson's Nurse Team are pleased to let us know that there will be an Information Session for people living with Parkinson's, that will be held at the Healthy Living Centre, Princes Street, Peterborough PE1 2QP on Wednesday 24th September 2.00 – 4.00pm. Doors open at 1.30pm for tea/coffee and welcome. Sessions will include –

- Stages of Parkinson's Disease and self-care (Parkinson's Nurse Team)
- An overview on funding and care packages (Georgina Jones, Care Adviser, Parkinson's UK)
- Palliative care, advance care planning and what to expect in end of life (Katy Harrison, Palliative and end of life facilitator)

You are welcome to bring someone with you to the session, but as spaces are limited, only one additional person can attend with you, and this must be pre-booked by contacting our Admin Hub. This session is open to patients registered with a GP in Cambridgeshire or Peterborough.

To book your place please call 0330 726 0077, or email ParkinsonsCommunityTeam@cpft.nhs.uk

Trevor's "Soup in a Basket!"

Trevor Mortimer is pleased to invite group members to his lovely home again in Little Paxton on **Wednesday 3rd December between 11am – 1pm** for freshly made hot soup and a roll, cakes, tea and coffee.

Please confirm you will be coming so that Trevor can make suitable arrangements, by emailing him at trevor.mortimer@talktalk.net.



St Neots Extra Venue - The Highwayman



Another extra meal venue in St Neots, this time it is The Highwayman Cookhouse and Pub, Colmworth Business Park, St Neots PE19 8YP, on **Tuesday 28th October at 1pm**. There is plenty of parking there, and all facilities are on one level.

Please join us, all members are welcome! To book your place please email malfountain@hotmail.com or call 07902265615.

Cream Tea at the Blue Diamond Garden Centre

We had a very good turnout at our Cream Tea on the 30th September at the Blue Diamond. 30 people came on the day, and the feedback was really positive - the scones were delicious!

The raffle went well too, we raised £100. So, thank you to all who bought tickets, and Stephanie and Stuart who helped with making it a success.

A big thanks also to Hail Weston Neighbourhood Café whose donation supported this event.



Barley Mow



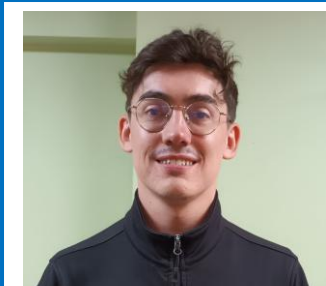
The Winers and Diners in St Neots had another outing in addition to Buffalo Restaurant in August, and had a meal at the Barley Mow.

There were 18 people on the day, and it was good to have the opportunity to try another venue.

Please join us in our future meals (see page 2) - all are welcome!



St. Neots Exercise Group



If you live near St. Neots, or happy to travel, how about joining the local exercise group there?

The group is chair based, with the use of resistance bands, and tailored to your health condition and needs. Though the moves can be small, there is great benefit to the movements that can improve coordination, strength and balance.

The group is a small, friendly group and there is also social chat so you would be made to feel very welcome.

The sessions are delivered by a qualified instructor, Daniel Godward, who also works for the Active Lifestyles Team at Huntingdonshire District Council.

The group is looking for new members, and as your local branch funds the group we are keen to promote the group and the benefits it provides.

Please feel free to join them on Thursdays 11am - 12pm at United Reform Church, St Neots. You can email Daniel at danielgodward14@gmail.com for more information. (See also page 2).



Huntingdonshire Council's Exercise Classes

You may also be interested to know about Huntingdonshire Council's Active Lifestyles exercise classes, particularly their RightStart classes. These are for older people and those who need additional support to exercise, and like our own exercise groups they are a friendly way to meet other people with similar health and fitness issues. They are taught by specially qualified instructors, activities are safe and are adjusted to meet physical and medical needs.

Classes are currently £4.70 per session, or you can buy a RightStart multi-class pass for £42 that covers 10 classes, but there is a concessionary scheme if you have Parkinson's or are on certain benefits.

The classes last about an hour, and cover the following areas -

- Chair and strength exercise
- Strength and balance exercise
- Postural stability
- Aerobic/circuit type exercise
- RightStart aqua
- RightStart cycle
- Chair based yoga

The groups are held at different locations including One Leisure in St Neots, Huntingdon, St. Ives and Ramsey, Brampton Memorial Hall, Warboys Sports and Social Club, as well as other venues including Buckden, Hemingford Abbots, Kimbolton, Catworth and Needingworth depending on the activity.

To find out more you can see the full details by contacting the Active Lifestyles Team on 01480 38811, or emailing activelifestyles@huntingdonshire.gov.uk. You need to pre-book your classes before attending, up to 7 days in advance, and you will need to fill in an [Active Lifestyles Questionnaire](#) before your first visit. Please note, it is advisable to speak to your Parkinson's Nurse or other involved health professional to discuss the suitability of any groups or exercises specific to your own needs.

If you would like to know more about the concessionary scheme and the full list of qualifying health conditions and benefits, you can find out more about this on their website page [here](#) or speak to the Active Lifestyles Team.

There is also a lot of information on exercise in the Parkinson's UK website and in the booklet – [Being Active with Parkinson's](#), that you can [download here](#), or you can alternatively ring the helpline on 0808 800 0303 who can send one in the post to you.

Pets Corner – Look at our lovely furbabies!



Charlie



Sakura



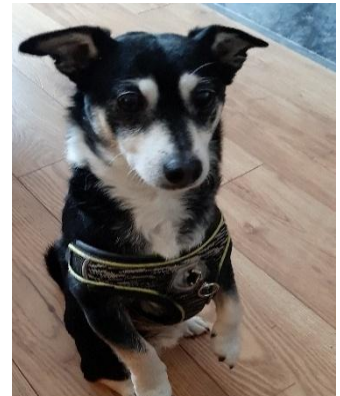
Benji



Marley



Charlie



Frank



Martha and Brian

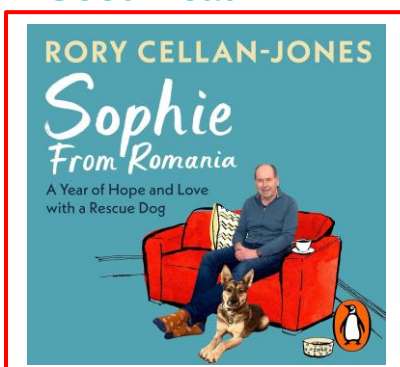


Izzi, Coco & Buddy



Bella

A Good Read



You may have heard of Rory Cellan Jones, BBC journalist and award-winning Movers and Shakers podcaster.

He has written a heart-warming book you may be interested to read, about his adoption of Sophie, a Romanian rescue dog, that came into his life in 2022. It tells the story of how Sophie – anxious and unsocialised when he first got her – learned to trust again and live her best life, whilst he navigated his Parkinson's.

The book is available from good booksellers by Vintage Publishing, ISBN 9781529918595. Let us know if you have read it or if you have other book suggestions, at huntsbranchnews@gmail.com.

Carers Update from Caring Together Charity

Huntingdonshire Carers Hub

14th October, 11th November 10.30am – 12.30pm
Coneygear Centre, Butts Grove Way, Huntingdon PE29 1PE
2nd Tuesday of the month



You are welcome to join the Huntingdon Carers Hubs, they are a really good way to meet other people also caring for others. There will be an opportunity to meet one of the Caring Together Advisors, join in relaxing activities and get information and advice. They are friendly groups, and it can help to take some time out for yourself and meet new friends and share experiences.

You may also want to think about contacting Caring Together for support for yourself generally.

There are many advantages as a carer for getting carer support from Caring Together, including a quarterly magazine with lots of information. The current edition had an interesting article on getting more support that you may find helpful, summarised below.

Caring Magazine Tips

- Contact Caring together to find out how they can help, don't leave it until you are struggling – the earlier the better.
- Make an emergency What If plan, in case something happens and you need quick support.
- Find out about your rights and entitlements as a carer, including help at local hospitals and your rights at work.
- Tell your GP you are a carer.
- Reach out if you can to family and friends for help and support. Caring Together provide face to face and online opportunities, education sessions and events to get to know other carers that may help to reduce isolation.
- Request a Carer's Assessment via your local council.
- Take time out when you can to look after yourself too.
- Keep up to date with local issues and news, by registering for your own Carers Magazine.

To find out more about any of the above, and get personalised support for yourself, please contact Caring Together by emailing them at hello@caringtogether.org, or by phone on 0345 241 0954.

Advanced Parkinson's Carers Online Group



If you are caring for someone who has been diagnosed with Parkinson's for some time, you may want to join Parkinson's UK free online support group for more support.

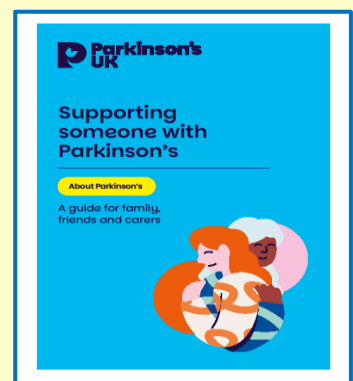
The group meets the second Monday of each month, from 7.30pm – 8.30pm. The group is supported by an experienced facilitator, and is available to anyone in the UK.

Contact Sarah Spencer-Bowdage on 0344 225 9849 or sspencer-bowdage@parkinsons.org.uk for more information and registration.

Parkinson's UK Carers Booklet

When you are supporting someone with Parkinson's there can be a lot of changes to your life, and this booklet can help with answering some of the questions you may have about your role. This includes getting help for yourself, benefits and how caring and might affect your relationship with the person you are supporting. It has a lot of practical tips and information that can help, and how to get support for yourself and look after your own health.

You can [download a copy here](#), or alternatively you can contact the Helpline on 0808 800 0303 and they will send you a copy in the post.





Young and/or Active and Parkinson's Supporters and Carers Event

It has been a while I know. But another YAPA and an additional Carer/Support session is planned on Saturday 25th October from 10.30 – 3.30pm (registration from 10 am at Duxford Community Centre, Hunts Road, Duxford CB22 4RE. Please save the date, this is a free event to attend.

We ask that you wear comfortable clothing and clothing suitable to move about, bring your own lunch (if you have dietary requirements) or a dish to share with the group. If you can make a dish for say 6 people, that would be great and others can do the same. Last time we food to feed all, and some left over. Free cold and hot refreshments will be available throughout the day.

Duxford may seem a bit of a way for some people, but because it is a full day we hope it is worth travelling for. There is a free car park next to the venue.

Programme

10am – 10.30am	Arrivals and registration
10.30am – 11.00am	Refreshments and time to socialise – there will be local information available
11.00am – 1.00 pm	An interactive session about falls prevention/balance with a lot of tips and techniques to support you with this - with Paul Goddard
Or	Creative Dance Workshop with Chloe Stone
Or	Carers Peer Support and Information with Joanna Aldridge
1pm – 1.45pm	Bring and share lunch
1.45pm – 2.00 pm	Demonstration on Raizer Chair, equipment to help with a non-injury fall, with Deb Liddington
2.00pm – 3.15pm	Diet and Nutrition talk and Q and A with Angela Henderson
3.15pm - 3.30pm	Close of session, collect your dishes, complete feedback form and say your goodbyes!

Please book on [Eventbrite here](#), or if you are not IT confident, let me know if you want to attend and I will make a note of it by calling me on 07500 097222, or email jmwilson@parkinsons.org.uk.

Thanks so much for reading and I hope you will be able to join us.

Julie Wilson

Area Development Manager East of England

Grief Kind Spaces



Sue Ryder Grief Kind Spaces are free and friendly drop in sessions providing a safe and supportive place for anyone who has been bereaved, to share feelings and experiences with others.

They are pleased to advise that a new venue has been launched at Morrisons Café Community Room, Needingworth Road, **St Ives** PE27 4NB, that will be taking place on Fridays 10am - 12 pm.

There is also currently another venue at Blue Diamond Garden Centre Café, Banks End, Wyton, **Huntingdon** PE28 2AA, that takes place on Mondays 10am – 12pm. It is hoped that in the future, there will also be a venue at St. Neots too.

There is no need to register, if you are over 18, just come along to the session in the area that suits you. The session is facilitated by volunteers from within the local community to ensure you feel heard, and they will be able to provide information on any other helpful and relevant local resources.

Please come along and get any support you need.

If you have any questions, please get in touch at griefkindspaces@sueryder.org, you can also visit their [website here](#) to find out more information.

Par-Con 2025

Parkinson's UK has launched information on this year's Par-Con - a free 2-day Parkinson's Convention that will be held on 24th and 25th October.

Building on the success of last year's event, this is another opportunity to join an event designed with and for the Parkinson's Community.

Hear from expert speakers, learn more about latest research, and how to live well with Parkinson's. You can still join them online, as the in-person tickets at The Vox Conference Venue in Birmingham have already sold out!

Over the two days, there will be talks on diet and nutrition, a live podcast with Kuhan and Dave, hosts of 2 Parkies in a Pod, you can join in a conversation with Rory Cellan-Jones and Sir Nicholas Mostyn (the Judge) from the Movers and Shakers podcasts, and update on research news.

You will also have the opportunity to join the AGM to find out how Parkinson's UK is run, what the achievements in the last year have been, and future plans.

Online there is an additional session – Newly Diagnosed and Campaigning, to hear from our team and volunteers about how to access support if you are newly diagnosed, and how to get involved to make change happen.

To book your place and be part of this event, please [click on the link here](#).

If you attend in person or virtually, please tell us about it at huntsbranchnews@gmail.com.



New Tech Guide Available



The Summer edition of Parkinson's UK Tech Guide is now available, so you can keep up to date with new developments in Parkinson's related technology. This issue has over 100 pages of inspiration and ideas for potential products to help with many aspects of daily life.

New items are being added and reviewed all the time, so it is worth checking to see if there is anything that may be of interest.

You may also want to help with reviewing tech products for Parkinson's UK, and if you are please contact by email techguide@parkinsons.org.uk or by post to Freepost TECHGUIDE.

To get your own copy of the guide, you can [look at the guide online here](#), or contact the Helpline on 0808 800 0303 and they will send you one in the post.

Useful Contact Numbers

BRANCH CHAIR

Malcolm Ryman

07720080749

malcolm.ryman1@btinternet.com

VICE CHAIR

Vacant

PARKINSON'S UK CONFIDENTIAL HELPLINE

(Also access to Parkinson's Local Adviser)

0808 800 0303

Email: enquiries@parkinsons.org.uk

0330 726 0077

PARKINSON'S DISEASE SPECIALIST NURSES

07724 400527

BRANCH MOBILE

Parkinson's UK Huntingdonshire

FACEBOOK PAGES

Parkinson's UK East

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PARKINSON'S UK WEBSITE

www.parkinsons.org.uk

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