

# OUR NEWS

Huntingdonshire Branch

April 2022

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



## Thoughts of Chairman Malcolm

Well, we are, to all intents and purposes, “on the other side” of the Covid pandemic, now that all restrictions seem to have been released, both in the UK and for travellers.

I hope the coincident fine spring weather is a portent of good things to come!

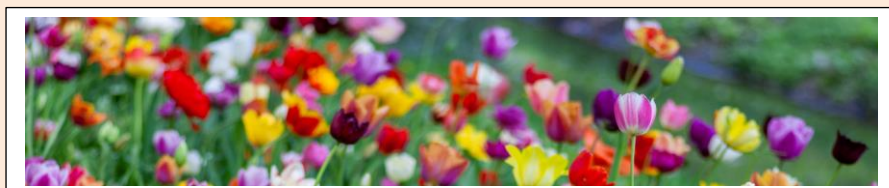
Like many of you, I have been enjoying this time to get out and about in the sunshine, something which has been sorely missed recently.

I do notice that some people are continuing to use facemasks. If you feel this is still the right thing to do, please continue to do so.

We are starting to get face to face events going again, with an event at Waresley in May, a boat trip in July and a musical experience in April!

Please find details in this Newsletter.

**Malcolm**



### **Cream Tea, Music Therapy Session and Ladybird Boat trip**

More details are on page 3, Don't miss these opportunities to get together again.

#### **Exercise Groups**

Still FREE until end of April, they will then be £4 a session.

#### **Daily Exercise Routine**

Following our March Zoom, Gareth Sutton the St Neots Exercise Group Leader has kindly put together a daily exercise routine for us. Please see Page 4 for details.

## This Month and Next

### Dates for your Diary...

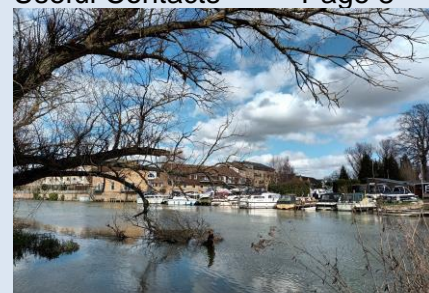
Our Branch Zoom meetings are still the 3<sup>rd</sup> Monday of each month – all welcome!

11<sup>th</sup> April, 2022 (week early due to Easter)

16<sup>th</sup> May, 2022

### Inside this Issue

|                              |        |
|------------------------------|--------|
| Activity Dates               | Page 2 |
| Waresley Cream Tea           |        |
| Ladybird Boat Trip           |        |
| Music Therapy Session        |        |
| Riverside Strollers          | Page 3 |
| Nurse Tip                    |        |
| Gareth's Exercise            | Page 4 |
| Poem New Beginning           |        |
| Quiz                         |        |
| World Parkinson's Day        |        |
| Volunteer News               | Page 5 |
| DISH Information             |        |
| Parkinson's Care and Support |        |
| Charity                      | Page 6 |
| Carers News                  |        |
| Poem – A Parkinson's         |        |
| Progression                  | Page 7 |
| Research Opportunities       |        |
| New Diverse Study Outcome    |        |
| Useful Contacts              | Page 8 |



## Parkinson's UK Activity Dates

(Please check with organiser if any changes given current circumstances)

### Online Activities

| Dates   | Activity  | Contact   |
|---|---|---|
| <b>April 11<sup>th</sup></b><br>Avoiding Cyber Crime<br>(Week early due to Easter)<br>David McCaddon<br><b>May 16<sup>th</sup></b><br>Coffee and Chat<br>No speaker, group catchup  | <b>Branch Zoom</b> all group<br>Meeting at 2 pm<br>Join us by phone on<br>0208 0806592<br>ID 837 9312 8063#<br>Passcode 542960# | Malcolm Ryman<br>Tel: 07720 080749<br>Email: <a href="mailto:malcolmryman1@btinternet.com">malcolmryman1@btinternet.com</a>   |
| <b>April and May</b><br><b>Monday, Tuesday,</b><br><b>Wednesday and Friday</b><br><b>at 11am Thursday 2.30pm</b><br>Monday to Friday  | Kim Hall's <b>Love to</b><br><b>Move Online Exercise</b><br>(Parkinson's specific<br>group Mondays 10 -<br>11.30am)             | Telephone 07715081402 (Mon-Thurs) or<br>email<br><a href="mailto:Kim.hall@britishgymnasticsfoundation.org">Kim.hall@britishgymnasticsfoundation.org</a>   |
| <b>April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup></b><br><b>May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup></b><br><b>at 7.30 pm</b><br>Every Friday Night | Invite to <b>Dave's Friday</b><br><b>Night Quiz</b> – invitation<br>from Peterborough<br>Branch                                 | Email Ruth Brinkler-Long at<br><a href="mailto:ruthbrinker@hotmail.com">ruthbrinker@hotmail.com</a>   |
| <b>February and March</b><br>Monday (Pilates) and Thursday<br>(Keep Fit)<br><b>2.00 – 3.00 pm</b>   | <b>Anita (Monday) and</b><br><b>Hannah (Thursday) at</b><br><b>Home Exercise Groups</b><br>Peterborough Branch<br>Invite        | Use Zoom log in for all sessions<br><a href="https://us02web.zoom.us/j/83999004446?pwd=MU00NU1qdUQybWZqMWkra2RZYW5DQT09">https://us02web.zoom.us/j/83999004446?pwd=MU00NU1qdUQybWZqMWkra2RZYW5DQT09</a> Meeting ID: 839 9900 4446<br>Passcode: 184894 |
| <b>April 8<sup>th</sup>, 22<sup>nd</sup></b><br><b>May 13<sup>th</sup>, 27<sup>th</sup></b><br><b>10.30 – 11.30 am</b><br>2 <sup>nd</sup> /4 <sup>th</sup> Friday of each month   | <b>Cuppa and Cake Zoom</b><br><b>Meeting</b> – Cambridge<br>Branch Invite   | Email Keith Howlett<br><a href="mailto:keithparkinsonscambridge@gmail.com">keithparkinsonscambridge@gmail.com</a>   |

**Caring Together**, our local Carers Support Organisation, also run a monthly carers group by Zoom. For more information contact Arda at [Hello@caringtogether.org](mailto:Hello@caringtogether.org)

### Face to Face Activities

|  |   |  |
|--|---|--|
| <b>April 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup></b><br><b>May 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, 27<sup>th</sup></b><br><b>11am – 12pm</b><br>Every Friday | <b>St Ives Exercise Group with</b><br><b>Becky</b><br>Meets at the Crossways Church   | Email<br><a href="mailto:beckyadamsrehab@gmail.com">beckyadamsrehab@gmail.com</a>                      |
| <b>April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup></b><br><b>May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup></b><br><b>11am – 12 pm</b><br>Every Thursday              | <b>St Neots Exercise Group with</b><br><b>Gareth</b><br>Meets at Pilgrims Hall, United<br>Reformed Church access via<br>Tebbuts Road Car Park | Email<br><a href="mailto:gaz_sutton89@hotmail.co.uk">gaz_sutton89@hotmail.co.uk</a>                    |
| <b>April 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup></b><br><b>May 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup></b><br><b>1.30 – 3.30 pm</b><br>Every Thursday            | <b>Huntingdon Exercise Group with</b><br><b>Sarah</b><br>Huntingdon Methodist Hall  | Email <a href="mailto:sj-performing-arts@hotmail.co.uk">sj-performing-arts@hotmail.co.uk</a>           |
| <b>April 11<sup>th</sup></b><br><b>May 9<sup>th</sup></b><br><b>10.50 am meet up, 11am start</b><br>2 <sup>nd</sup> Monday of Every Month  | <b>Riverside Strollers</b><br>Riverside Park St Neots, meet at<br>the Ambience Cafe (see Article<br>Page 3)                                   | Email<br><a href="mailto:Huntsbranchnews@gmail.com">Huntsbranchnews@gmail.com</a><br>Tel: 07724 400527 |

## Waresley Cream Tea



The Branch is pleased to let you know that our Cream Tea has now been rescheduled at Waresley Park Garden Centre for 10<sup>th</sup> May 2022 at 2pm.

This event is free for our members, so please come along and join us and meet up with old and new friends!

This used to be a popular annual event prior to Covid, so hopefully we will now be able to do this again every year.

To reserve your place, please contact either on the Branch mobile on 07724 400527 or via our email on [huntsbranchnews@gmail.com](mailto:huntsbranchnews@gmail.com)

## Ladybird Boat Trip



Anyone for a boat trip? The Committee have scheduled the Ladybird on the 29<sup>th</sup> June, 2022 subject to a crew being available.

The Ladybird Boat trust is based at Hartford Marina near Huntingdon, and we plan to leave in the afternoon and have a very pleasant trip along the river for a couple of hours. Places are limited so please book early!

The event is free to members, but we will have a voluntary collection on board. The Branch will be providing tea/coffee and biscuits, that will be available to you during the boat trip.

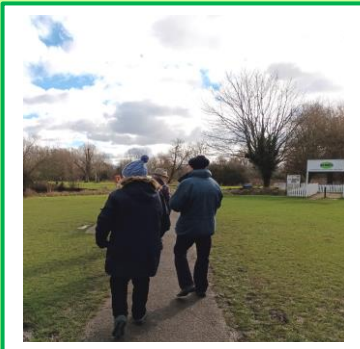
The boat has space for a maximum of 20 people, and the boat can accommodate wheelchair users. To find out more, or book your place, please contact Malcolm at [Malcolm.ryman@btinternet.com](mailto:Malcolm.ryman@btinternet.com) .

## One-Off Music Therapy Session

We have arranged for Madeline Duedal to hold a one-off music therapy session. Please join her on 27<sup>th</sup> April at 2.30-3.30pm at Trinity Free Church in Huntingdon. The church is at Butts Grove Way, Huntingdon PE29 1LY.

No need to book, just come along, join in and enjoy the music!

## Riverside Strollers



Please join us for our free monthly walk in Riverside Park in St. Neots, the 2<sup>nd</sup> Monday of every month.

We meet outside the Ambience Café at 10.50 am for 11am before we are off for our stroll. The address is The Paddock, St Neots, Cambs PE19 7SD. Parking bays are well marked, up to 2 hours parking is £1.60, though there are free parking bays if you have a Blue Badge.

There are a variety of routes we can take through the park, the majority of paths are very good, but some of them can be slightly uneven or narrow.

For more information, please contact on the branch mobile on 07724 400527 or [huntsbranchnews@gmail.com](mailto:huntsbranchnews@gmail.com).

## Parkinson's Nurse Tip

"Spring is on its way; the flowers are slowly beginning to bloom, and we have sunshine. Wrap up warm still as it's a bit nippy, try and get some fresh air and vitamin D, take a walk and remember when exercising to keep hydrated.

Exercise is important to help with balance and mobility and it also helps to improve mood. Any type of exercise can help with quality of life and will help to improve your Parkinson's symptoms."

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



## Gareth's 10 Minute Daily Exercise Routine – by Gareth Sutton

Below is a short daily movement routine designed to mobilise the body and get you moving. great for doing first thing in the morning before you get going or anytime you feel a little stiff, or short of energy. Keeping with the theme of the Parkinson's exercise we do; it is all from a seated position.

- 10 times moving your head from centre as far right as you can and return to centre. Keep your shoulders still, just moving from your neck.
- 10 times moving your head from centre as far left as you can. Keep your shoulders still, just moving from your neck
- 10 times moving your head from centre and looking up
- 10 times moving your head from centre and looking down
- 10 large backwards shoulder rolls – keeping your arms straight by your side and moving through your shoulder joints making big circles (imagine trying to touch your ears with your shoulders)
- 1 large rotation to the right. Move the neck first, then rotate through the shoulders and back. You are looking as far behind you as you can
- 1 large rotation to the left. Move the neck first, then rotate through the shoulders and back. You are looking as far behind you as you can
- 10 x reach down by the side of your chair with your left hand, as if you were to pick something up off the floor. touch the floor if you can, but don't worry if you cannot and return to sitting upright
- 10x reach down by the side of your chair with your right hand, as if you were to pick something up off the floor. touch the floor if you can, and return to sitting upright
- 10 times through with both your arms out in front of you, bring you elbows back alongside your body and then extend your arms again. This should look like you are doing push ups in the air. Focus on getting your elbows as far back as you can when you pull your arms in.
- 20x marching in the chair. Lift your knees up nice and high to get your feet a nice long way off the floor. alternate legs - 10 on each leg.
- sitting with your legs together, lift one knee up, move it away from your body to open your legs and put it back down on the floor, then lift it up and bring it back to the middle. imagine you have a small hurdle to the side of you and you are lifting your foot over it- this is rotating your hip joint. Complete 10 of each leg.
- 10x leg extensions. As if you were kicking a football in the chair, lift one leg up nice and high and straighten your leg in you can. 10 on each leg
- With your right ankle complete 10 circles in one direction, 10 circles in the other direction and repeat on the left
- With your ankle slightly off the floor - point your toes in front of you and then lift your toes up to the ceiling. 10 on each foot
- take 10 nice big slow breaths in and out through your nose to finish

(Please check with your GP or Parkinson's Nurse before starting new exercise – we are all different!)

## New Beginning

I drift across the dewy field  
With gambolling lambs and ewes, which yield  
Their place of safety near the wall,  
Where they can shelter – yet see all.

They see the new grass upward growing  
And hear the farm cock loudly crowing.  
The cattle call, the chicken cackle  
The tractor starts with 'diesel rattle'.

The 'Spring' is here, the sun's warmth tells  
Of brighter days and sunny spells  
And end to ice, snow, winter pleadings  
To make way for our 'New Beginnings'.

New Beginings. In every sphere  
On life's long journey from there to here.  
It is not so long (if looked at quizzically),  
Now that Spring has come, quite physically.

Philip B. Gibbs

## Spring Quiz

1. According to the UK Met Office, on what day does Spring commence?
2. Who is the Roman Goddess of Spring?
3. In which year did the so-called "Arab Spring" take place?
4. When does a "Spring Tide" occur?
5. In British horse racing, which two races make up the Spring Double?
6. Popular in SE Asia, what do we call the filled pastry appetiser of meat or vegetables?
7. The song "Younger than Springtime" features in which Rodgers and Hammerstein musical?
8. In which of Shakespeare's plays is the poem "Spring" performed in the closing scene?
9. Who wrote the music for the ballet "The Rite of Spring"?
10. Who is the Greek Goddess of Springtime, Flowers and Vegetation?

(Answers at Bottom of Page)

## World Parkinson's Day 2022

Not enough people understand about Parkinson's Disease, and what it is like to live with it. World Parkinson's Day is an ideal opportunity to raise awareness.

This year Parkinson's UK is supporting two activities, chosen by volunteers – Poems for Parkinson's, and Light Up Blue for Parkinson's.

**Poems for Parkinson's** – Can you share a poem that tells your story? Write a limerick or 5-line poem to share how Parkinson's has affected you or your loved one to share awareness.

**Light up Blue for Parkinson's** – Light up blue this year, whether it's a room, your house, or a local building. It's a great way to start a conversation. Together, let's turn the UK Blue on the 11<sup>th</sup> April!

The World Parkinson's Guide on how to get involved is [here](#), or call the helpline on 0808 800 6593.



## New Committee Volunteer

A very warm welcome to Lucie Clough, who is joining us on the Huntingdonshire Branch Committee. It is good to have you with us!

We still need more people to help us, particularly volunteers who would be able to help us set up face to face groups in St. Ives/Huntingdon or Ramsey. We are also looking for a Vice Chair and a Membership Secretary. If you, or someone you know, wish to join us, please contact Lisa Lowe on 0344 225 3614 or email [l Lowe@parkinsons.org.uk](mailto:l Lowe@parkinsons.org.uk), or [malcolmryman1@btinternet.com](mailto:malcolmryman1@btinternet.com).

## Spring Quiz Answers

1. 1<sup>st</sup> March 2. Flora 3. 2011 4. After a new to full moon 5. Lincoln Handicap and the Grand National 6. Spring Roll 7. South Pacific 8. Love Labour's Lost 9. Stravinsky 10. Persephone

[Thanks to Ken's Quiz Site](#)

## Dish Talk Roundup - Benefits

We were very pleased to have Tracy Hyland CEO of Disability Huntingdonshire (DISH) as our Zoom Guest Speaker in February. Here is some information on the charity, in case you missed it.



DISH is a local charity that has been helping with benefits for 30 years, and they have stable funding for the next few years. They are a team of 11, and have 5 Benefit Caseworkers, and can help with a variety of benefits such as Personal Independent Payments, Attendance Allowance and Employment Support Allowance. They can also assist with housing and debt issues, and provide Benefit checks and Advocacy support.

They are also now able to offer face to face and home visits if required, subject to Covid protocols. They have a success rate of 92% on benefits, 80% on appeals, and can also attend Tribunals. They also try to help you keep with the same caseworker throughout the process, to help keep continuity – so important as claiming benefits can be a very stressful time for people. They also have Volunteer Buddies, who can help with telephone support through the process, so that you can talk with someone who understands.

You can find out more on their website at [www.dish.org.uk](http://www.dish.org.uk), or contact them by email on [info@dish.org.uk](mailto:info@dish.org.uk). You can complete [their referral form here](#), or telephone them on 0330 3553 256 to get help with the form. They aim to contact you within 24 hours and assign a Caseworker when the referral form is completed.

It is good to have this support locally, please contact them if they can help.

## Parkinson's Care and Support UK



You may not have heard Parkinson's Care and Support UK, but it is a charity that focuses on healthcare, wellness, care and complementary therapies to improve life with Parkinson's, and to ensure people live better for longer. They fund non-pharmaceutical research into how to slow down, reverse or even prevent the onset of Parkinson's, and their focus is on support in the here and now and being proactive about health and wellbeing.

So, what are they able to offer?

- They provide free face to face and online Parkinson's exercise classes throughout the UK.
- The charity has free respite care for family carers of those with Parkinson's who are struggling, or otherwise need additional support.
- They offer free home-based neurological physiotherapy to improve mobility and independence.
- They provide free Occupational Therapy to improve safety and increase independence and confidence, that may help to reduce the risk of falls.
- There is access to personalised nutritional management and support, that is set up with your own GP for safe practice.
- The charity provides a Parkinson's Mental Health Support Hub, delivering CBT (Cognitive Behavioural Therapy) to you if you are suffering from Anxiety or Depression. The Hub also provides a Bereavement Support Line, and a Befriending and Companionship Network.
- Information is provided on diet, nutrition, exercise, mental health, holistic health, wellness and complementary therapies to improve quality of life if you are living with Parkinson's.
- They fund social and community-based events and therapeutic activities through their PDTogether Groups, to reduce isolation amongst people with Parkinson's and their carers to improve well-being and quality of life.
- They are currently raising money with the University of Kent to build the first integrated therapy centre for Parkinson's Disease in Canterbury, due to open in Spring 2022.

To find out more, you can call them on 202 3380 2573, email on [enquiries@parkinsonscare.org.uk](mailto:enquiries@parkinsonscare.org.uk) or look on their website at [www.parkinsonscare.org.uk](http://www.parkinsonscare.org.uk).

## Carers Update from Caring Together

### Carers Activities



#### April 6<sup>th</sup>, Carers Event Coton Orchard Garden Centre 2- 4pm

A chance to have your say on Caring Together support services, sandwiches and cake will be supplied.

#### April 12<sup>th</sup>, Adult Carers Hub Healthy You Event 10 am – 1pm

Free activities and advice and information on how you can look after your own health and wellbeing. This will be held at the Cambs Therapy Centre, Bradbury House in Huntingdon.

#### May 10<sup>th</sup>, Adult Carers Hub 10 am -12 pm

Coffee and catch-up session for information and support. Care Network will be available for advice and guidance. This will be held at Cambs Therapy Centre, Bradbury House in Huntingdon.

If you would like further information on these or other support available to you if you are a carer, please contact Caring Together by emailing them at [hello@caringtogether.org](mailto:hello@caringtogether.org), or by phone on 0345 241 0954.

### A Parkinson's Progression – By Sally Beaman

Eight years ago, while descending Cader Idris  
Was when I realised something was amiss  
My legs were wobbly, I had to go slow  
It took around 3 hours – a pretty poor show!  
When I walked with a group I started to see  
I'd wobble into them and trip over my feet.  
My confidence in doing things I used to love best  
Even before this had started to grow less

Seven years ago in a group of 24  
I rafted the Grand Canyon with rapids galore  
For two weeks we were cut off from civilisation  
You couldn't see the stars cos of the moon's light  
pollution  
The wildlife was good to see close at hand  
Rattlesnakes, scorpions and red ants in the sand  
But I didn't see the historic Indian granary store  
Going up was OK, coming down was a chore

Six years ago I was beginning to find  
Needing two hands to brush my teeth, front and behind  
My handwriting was getting smaller and hard to read  
clearly  
Making my job hard to do – I used to love it dearly.  
In July I phoned and in August saw my GP  
Who set me on the path of scans and Neurology  
The initial diagnosis came before the DAT scan I had  
Between the funeral of my aunt and the death of my Dad

Five years ago designated medicines were set  
One of each once a day, so difficult to forget  
At first life took on a positive path  
My symptoms lessened- I could run, I could laugh  
I carried on working for another two years  
And joined Hunts Branch Committee as a volunteer.  
So now I am entering the honeymoon phase  
Seeing the future in a rose-tinted haze

Three years ago I found my enthusiasm waning  
Work was much harder and physically draining  
I couldn't do it as well as I used and wanted to  
So I left it for fitter younger people to do.  
I still canoed, sailed, ran and walked  
And visited friends who wanted to talk  
But I suffered from insomnia and my eyes were  
affected  
Driving at night could not be expected

Two years ago we entered Covid Lockdown  
It was lovely hearing birds and no traffic sounds  
Then I fell in the garden and gashed my leg badly  
It took 6 months to heal and no running sadly  
As exercise is encouraged for Parkinson's daily  
I felt my condition deteriorated greatly  
Since then I seem to have got steadily worse  
More unsteady no sleeping quite the reverse

One year ago a trip had been planned  
To kayak round Menorca and sleep on the sand  
By now I knew this would not be on the cards  
My strength and slowness would make it too hard  
Since Christmas which I found quite full of stress  
I seem anxious and want to exercise less and less  
Crying myself to sleep or not sleeping each night  
As symptoms creep up, I'm too tired to fight

I had a good chat with a Parkinson's Nurse  
Who sent leaflets to help stop sleeplessness get  
worse  
And the consultant I have I get on with with ease  
So I emailed him explaining my exercise unease  
He said it sounded like I was undertreated  
And to change the Sinemet to be repeated  
Since then things are feeling much better  
Hence this – I am doing for the newsletter!

(PS: And while still trying to accept I have this condition  
Having diabetes also means I get free prescriptions!)

## Research Opportunities

### Understanding the Needs and Challenges of Using Digital Technology

Research by Professor Richard Walker has developed a wrist worn device to help with drooling, but would like to know before it is fully tested what are the needs and challenges with people with Parkinson's using technology. They are looking for 20 people with Parkinson's, for a one-off telephone or video call of 20-30 minutes to discuss experiences of using digital technology.

To find out more, the information sheet is available [here](#) or please contact Savannah or Francesca, who are working with Richard to conduct the research via email on [S.Amin3@newcastle.ac.uk](mailto:S.Amin3@newcastle.ac.uk) or [F.Hookway@newcastle.ac.uk](mailto:F.Hookway@newcastle.ac.uk) or phone 0191 293 2709.

**Deadline – 30.6.22**

### Does Parkinson's Affect How We Watch Emotions and Dance?

This University of Manchester research by Mimi Twaijri is looking into how Parkinson's affect people's ability to recognise and process emotions in still and moving faces – for example when they are dancing – so that it may help to promote physical and mental health and improve designing rehabilitation programmes such as dance classes.

They are looking for 84 participants (42 with Parkinson's and 42 without) aged between 45-80 years old with normal or corrected to normal vision and hearing, with access to the internet on a laptop or tablet with a working camera. Participants will receive £5 for completing one session and £15 if you complete 2 sessions. You will need to attend an initial video call to answer questions on your thoughts and feelings towards dance and carry out a memory and thinking task, and some people will then be invited to take part in a second session, where you will be asked to do tasks related to emotion recognition and answer some questions.

For more information see their weblink that contains the information sheet [here](#) or contact Moudhi (Mimi) Al Twaijri at [moudhi.altwaijri@manchester.ac.uk](mailto:moudhi.altwaijri@manchester.ac.uk) or text 07476576534.

**Deadline – 30.6.22**

## New Early Signs of Parkinson's Found in New Diverse Study



Researchers at Queen Mary University of London have reported results from the first UK study of early signs of Parkinson's in a diverse population. The study, published in JAMA Neurology, based on electronic healthcare records from over a million people living in East London, has provided more information on risk factors, and suggests that hearing loss and epilepsy can be early indicators. The team also found that known symptoms of Parkinson's such as tremor and memory problems, can appear up to 10 and 5 years before diagnosis respectively.

Earlier diagnosis of symptoms can help with interventions before obvious symptoms appear, and potentially improve quality of life if you are living with Parkinson's, and potentially improve the chances of slowing down or curing Parkinson's in the future.

## 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.**