

OUR NEWS

Huntingdonshire Branch
www.huntspds.org.uk

August 2024



Thoughts of Chairman Malcolm

Well, schools have broken up for summer, which shows some sign of arriving with pleasurable weather about us. For sports lovers, this summer has many attractions to enjoy. Regrettable defeat in the Euro championships competition was a disappointment, at least those of us who

are English, though not perhaps to some of our neighbours north of the border!

Cricket is going well, two games up against, of all people, the West Indies.

The Olympics have started, though the opening ceremony was, in my view, not very good, saved by the singing of Celine Dion.

We have moved our Huntingdon Café to The Chase, please have a look at the article in this Newsletter. We are desperately in need of volunteers to help us organise and run events, please contact us if you feel you can help.

If you or someone you know wish to join us, please call me on 07720 080749 or email Malcolm.ryman1@btinternet.com, or contact Lisa Lowe on 0344 225 3614 or email llove@parkinsons.org.uk, for an informal chat.

Malcolm



In Memorium

The Branch would like to thank Margaret Chandler for her donation of £20 in Memorium for her late husband Ron, a previous member.

She would usually place an announcement in the Hunts Post remembrance section, but has kindly thought it would be better to see the money used elsewhere. Many thanks Margaret, your donation is appreciated, and will be used to the benefit of local people with Parkinson's.

This Month and Next

Dates for your Diary...

St Neots Winers and Diners
Buffalo Restaurant PE19 1BB
20th August, 17th September

Huntingdon Café
MS Therapy Centre, PE29 1UL
6th August, 3rd September

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Parkinson's UK Activity Dates

(Please check with organiser if any changes)

Face to Face Activities

Date	Activities	Contact
20th August 17th September 1.00 – 3.00 pm Lunch and Chat 3 rd Tuesday of the month	St Neots Winers and Diners Buffalo Restaurant 22 Huntingdon Street St Neots PE19 1BB	Malcolm Ryman Tel: 07720 080749 Email: malcolm.ryman1@btinternet.com or Marianne Fountain Tel: 0790 226 5615 malfountain@hotmail.com
6th August 3rd September Coffee and Chat 10.30 am – 12.30 pm 1 st Tuesday of the month	New! Huntingdon Café The Chase, Medway Road, Huntingdon PE29 1SF	Suzanne Ford Tel: 07592 639374 Email: suzanneford346@gmail.com Or Malcolm Ryman as above
August and September 11.00 am – 12.00 pm Every Friday	St Ives Exercise Group with Becky Meets at the Crossways Church	Email beckyadamsrehab@gmail.com
August and September 11am – 12 pm Every Thursday	St Neots Exercise Group with Daniel United Reformed Church, High Street, St Neots, PE19 1BN.	Email danielgodward14@gmail.com
August and September 1.30 – 2.30 pm Every Tuesday (except Third Tuesday 11.30 – 12.30pm) Every Thursday Meets in the coffee bar first	Huntingdon Exercise Group Cambs Therapy Centre, Bradbury House, Huntingdon PE29 1UL	Email sj-performing-arts@hotmail.co.uk Mob: 0771 265 8001 03307260077 Monday to Friday
August and September 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

Parkinson's Nurse Update

Some good news – Deborah Whitfield has joined the team as Senior Physiotherapist, currently on her induction. Deborah will be working county wide, so you may have contact in the future.

Also, as a service we are now seeing more patients a day to meet the service demands and delivery – both in clinic and home visits.

It's good to share this positive news.

Don't forget if you have any concerns in the meantime, you can call us on 03307 260077 Monday to Friday.

Becky Slimmon, Parkinson's Nurse Specialist





St Neots Winers and Diners

Our first St Neots meeting at the Buffalo Restaurant after moving from The Priory, and we have now have a new name – the Winers and Diners! We had an excellent meal, and together with good company and interesting conversations, the venue was a real hit.

You are very welcome to join us at our future meetings there, you can let us know if you are coming or just turn up on the day (full details on Page 2). We hope to meet you there!

Huntingdon Group – New Café Location

In a previous Newsletter you may have seen that the Chase in Huntingdon supported World Parkinson's Day.

We are now pleased to let you know that we are now hosting a new Café there, on the first Tuesday of every month from 10.30 am – 12.30 pm starting on 6th August to replace the previous group meeting at the MS Therapy Centre.

The Chase will provide a comfortable venue, to enable our branch to reach out to more people.

The café is for anyone diagnosed with Parkinson's, as well as family and friends, and is completely free - you do not have to book a space, just turn up on the day. Malcolm, our Branch chair said "We're so grateful to The Chase for hosting our new café sessions for anyone affected by Parkinson's. We encourage anyone to drop by, meet new friends, share experiences and be part of a supportive network. Whether you're directly affected by Parkinson's or just want to connect with your community, we would love to see you there."

Please join Suzanne at our Café for a cuppa, cake and chat on the 6th August, and help establish the group. If you would like to know more about this new opportunity, please see Page 2.



Exercise Groups Update



Many of you have attended and appreciate our exercise classes at St Ives, St Neots and Huntingdon. Becky, Daniel and Sarah run excellent groups, and we would like to encourage more members to enjoy them too.

If you have not been to a group before and would like to give one a try, the Branch would like to offer you two free weeks (subject to availability) from September.

Please give them a try - exercise can be so helpful in keeping you as active and mobile as possible, with benefits for both your mind and body.

It's also a really good opportunity to meet up with other people, so it's a social activity too! If you haven't been to one of our groups or cafes before, you may well meet up with someone who does go, and you are always welcome there too.

We are also increasing our price in September, from £4 to £5 a session, just a small increase, but it will keep our exercise groups going in the future.

If you would like to know more, see details Page 2, with the venue and contact details of those running the groups.

Thank You



The Branch would like to express our gratitude and appreciation to Ildiko Drexler for all her hard work, as she will be stepping down from the role of Branch Treasurer in the near future.

Over the years Ildiko has supported the branch with sound financial management, integrity and professionalism, and her contributions to the Committee meetings have been most appreciated.

We wish her well in her future endeavours.

We would also like to thank Marian Appleton, who is also stepping down from future Branch involvement.

Marian has been a long-term member of the St Neots group, originally joining with her partner when the group was based at Old Market Court. Following Covid, Marian then restarted the group when we could no longer meet there, by moving the group to the Rugby Club, and then to the Priory Centre. We thank Marian for her hard work enabling the St Neots group to continue and thrive, and her support of our branch and Committee Meetings.



Finally, the branch would like to thank Elaine Bottom, for her many years support.

Elaine and her husband Roy were key members of the St Ives Group, they helped with circulating our group information to key places such as Hinchingbrooke Hospital, and attended many of our activities. Elaine also was a helpful member of our Committee, but is now stepping down.

We thank her for all the help she has given over the years, it has been most appreciated.

Ildiko, Marian, Elaine and their families will always be welcome at any of our branch activities in the future, and we wish them all well.

Parkinson's UK Information Resources

In previous issues of the newsletter we have highlighted some of the publications that Parkinson's UK provide. They produce a whole range of materials you may be interested in - covering treatments, symptoms and their management, everyday life, and money grants and benefits. So, whether you have recently been diagnosed, have had your condition some time, are a carer, family or friend of someone with Parkinson's, there will be information that will be of interest to you.

The Parkinson's UK Information Resources Catalogue lists all their publications in one place.

As well as the booklets, some of the items that may be useful to you in the catalogue are –

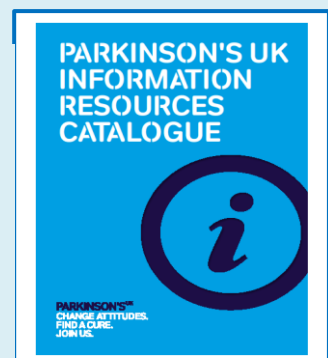
The Alert card – this is a laminated card that will fit into a wallet, purse or pocket, that can be shown discreetly if you need assistance, have difficulty communicating or you wish to inform others. It explains you have Parkinson's and some of the potential symptoms you may have.

The Medication Card – This is a concertina type card that enables you to list your medications, doses and timings. It folds up to a useful business card size.

Children's Books – The charity produces information for children, including my Mum, My Dad, My Gran and my Grandad have Parkinson's books aimed at 3 to 7 year olds. These help families talk about, explain and understand the condition.

Get it on Time Washbag – A handy washbag if you are going into hospital, that also contains useful information for you including the medication card, and an A5 flyer and stickers for staff.

For full list see the Resources Catalogue that you can download [here](#), you can also read information resources online [here](#), or order on 0330 124 3250 and have it sent to you. You can also talk through with our Helpline on 0808 800 0303, who can also arrange information in other languages You can also order in large print by email on healthcontent@parkinsons.org.uk .



Ferry Meadows Walk Peterborough

Come along and join the Parkinson's Walk on Saturday 7th September 2024 at 11am at Ferry Meadows Country Park, Peterborough PE2 5UU.

This is a good opportunity to have a lovely walk by the lakes, meadows and woodland, and also raise money to help fund a cure through Parkinson's UK.

There are two walks, 2.4 or 5.7 miles, the shorter walk is fully accessible for everyone, the longest is more of a challenge and not wheelchair or pushchair accessible. You can take your dog, but on a lead please! Sign up fee is £12 for adults and free for under 18s, and £50 sponsorship is suggested.



If you would like to take part, you will need to register by Sunday 1st September 2024, by clicking on the link [here](#), emailing walk@parkinsons.org.uk or ringing 0800 136 6593.

When you are registered you will receive a welcome pack with fundraising guidance, tips and information, and a T-shirt to wear on the day. You will be contacted by the community fundraiser shortly after you sign up, so that you get good support for the event.

If you haven't joined one of the fundraising walks before, you will find it is a good way to meet other people with Parkinson's at the event village, a chance to have a chat, get a coffee and find information and support.

If you do go, please let us know how you got on – if you let us know your story, an article in the newsletter may encourage other people to join the next one!

Hang on to Hope (a Parky Poem) by Nicola Fryer

Hope is a joyous birdsong beckoning each day,
Feathered voices rising up to chase the night
away.

Thoughts, like rivers rushing,
Heavy with intent.
Giddy plans of precious days.
And moments still unspent.

Hope is sunlight seeping deftly through the room,
Flooding over floorboards and banishing the
gloom.
The hum of bees awakening to sup the morning dew.
Blasts of raucous morning air makes senses
feel anew.

Fingers stiff – but moving still,
Reaching for that morning pill.
Searching daily for a sign;
When will the stars align?

Slowly now, one leg then two.
Toes clenched tight,
You muster might,
And muscles start appeasing,
As your meds they are releasing.
Hands unfurling,
Toes uncurling,
Stretch and stand up tall,
Head up, back straight,
Now concentrate lest you might fall

The world is getting noisy now. Impatient
traffic in a row.
Workers rushing,
Keep on pushing.
Scared they will be late.
Weather, lights and roadworks ushering their
fate.

A coffee on the porch you think, and stop to
make a milky drink.
You fill it halfway to be sure
Hands – a-shaking whilst you pour.
Once outside it's not so bad.
The garden stops you feeling bad.

And whilst you are admiring the insects are
conspiring.
Butterflies and Ladybugs,
Urge you on to take more drugs.

Tablets for sleeping,
Ones for not weeping.
The pink one's for walking,
And that one's for talking.
Some cause depravity
Others bend gravity.

Medicines given to help you to cope.
Keep on believing,
Hang on to hope.

QR (Quick Response) Codes as enablers of Fraud

QR Codes or 'Quick Response' codes work when users scan them via a digital device, usually a smartphone. They are widely used for quickly directing users to websites, logging into devices, or ordering or paying for goods and services.

City of London police advise that cyber criminals are increasingly using QR technology to scam victims, by creating their own malicious QR codes designed to trick people handing over banking or personal information.

Analysis of Action Fraud reveals that the majority of QR code related fraud tends to happen in open spaces, such as car parks or parking meters. A common scan involves malicious QR code stickers being placed on top of a legitimate one at car parks. The QR codes link to genuine looking payment sites that steal personal and financial information. They are also seeing an increase in the number of phishing emails using QR codes.

Between October 2023 and June 2024, Action Fraud received 199 reports relating to a fraudulent activity involving a QR code.

How to use QR Codes Safely

- The QR codes used in pubs or restaurants are probably safe for you to scan.
- Scanning QR codes in open spaces (like stations and car parks) might be riskier. Check for tampered QR codes (stickers), if in doubt do not scan them, use a search engine to find the official website or app for the organisation you need to make a payment to.
- If you receive an email with a QR code in it, and you're asked to scan it, you should exercise caution as we are seeing an increase in these types of 'quishing' attacks.
- When scanning a QR code, use the QR-scanner that comes with your phone, rather than using an app downloaded from an app store.

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JOIN US.

JOIN IN!

Live well and stay active taster day.

Jubilee Pavilion, Stapleford, Cambs,
CB22 5BQ Saturday 14th September
10 am until 2.30

Try PD Challenger, Tai-Chi, Nordic Walking and Parkinsing (vocal exercise)
Have a light lunch and meet other people living well with Parkinson's.

Julie Wilson - jwilson@parkinsons.org.uk . Booking is essential. Free to attend and lots of parking available.

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom.
A charity registered in England and Wales (258187) and in Scotland (SC027254). © Parkinson's UK
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Inspiring Quotes

"Believe you can, and you are halfway there"

Theodore Roosevelt

"Success is not final, failure is not fatal: It is the courage to continue that counts"

Winston Churchill

"The only limit to our realization of tomorrow will be our doubts of today"

Franklin D. Roosevelt

"The secret of getting ahead is getting started"

Mark Twain

"Acceptance doesn't mean resignation. It means understanding that something is what it is, and there's got to be a way through it"

Michael J Fox

Carers Update from Caring Together

Huntingdon Carers Hub

13th August, 10th September 10.30am – 12.30pm
Coneygear Centre, Huntingdon PE29 1PE
2nd Tuesday of the month



Please join the Huntingdon Carers Hub, the August meeting will include a talk by Age UK Cambridgeshire and Peterborough. This is an opportunity to hear how they can help you in a variety of ways including information and advice, as well as practical support from their handy person service as well as find out more about their social opportunities.

The September meeting is a general meeting where you can meet with other carers, have a chat, and get support from one of the Caring Together Advisors, join in relaxing activities or learn from local speakers. Please contact Caring Together on details below if you would like to join them, and you can find out more about the Carers Hubs [here](#).

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, or by phone on 0345 241 0954.

DT2 Productions Films

The branch has recently been contacted by DT2 Productions, a small charity established by actor and writer Sue Wylie following her own Parkinson's diagnosis, with a view to raising awareness and increasing understanding of Parkinson's. Though not affiliated with Parkinson's UK, Sue's story has been featured in the Parkinson magazine previously.

They have created two films that can be used to promote further discussion at groups, and also training for professionals in educational settings.

Kinetics

Is a film that runs for 52 minutes and contrasts the story of the main character, a teacher, who has recently been diagnosed with Parkinson's and is adjusting to her new situation, and her student who is interested in free running (Parkour) who also has a health diagnosis.

The story unfolds as their two lives come together, focussed on their two differing experiences - both being united by their issues of movement and navigating their individual worlds.



What a Load of Balls: The Parkinson's Lottery

This short film runs for 11 minutes combining live action and animation. It looks at Parkinson's symptoms with a direct approach and wry humour.

If you have Parkinson's you know everyone will experience their symptoms differently, but it gives a broad picture to raise awareness generally so that others can understand the range of issues that someone with Parkinson's may experience.



Kinetics was originally inspired by one of Sue's students who was interested in Parkour. This led to the production of a play that was performed in the South West of England and London in 2016, and following its success, a film was produced with funding from a Kickstarter campaign. More information can be found on the website at www.dt2productions.com, and on the Parkinson's UK website from our magazine [here](#).



AwPC, in partnership with Parkinson's UK, is delighted to announce seven days of activities in September and October 2024 to support both those living with Parkinson's, and their carer/supporter, to improve mental well being.

- 11 Sept** - Meet and greet lunch to include details of the events taking place during September and October, which include :
- 18 Sept** - ParkinSing (for all)
Caring Together support meeting for the supporter/carer
- 25 Sept** - Mindfulness (supporter/carer) Tai-Chi (for all)
Seated Yoga (PwP)
- 2 Oct** - Mindfulness (supporter/carer) Tai-chi (for all)
Art Therapy (PwP)
- 9 Oct** - Art Therapy (supporter/carer)
Mindfulness (PwP)
- 16 Oct** - Seated Yoga (supporter/carer)
Mindfulness (PwP)
- 23 Oct** - 'Putting on the Ritz' with Loraine Coutts – a joyous and uplifting finale to the month's events (for all)

For more information, or to register for any or all of these events, please email **Deb Liddington** at debliddington@btinternet.com
 Cost for individual sessions £5 each.
 7 sessions for £30.
 Carers/supporters to pay £20 for 7 sessions.

The sessions will be from 1.30 until 4pm each week with a break to chat and have refreshments. Duxford Community Centre, CB22 4RE

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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
PARKINSON'S DISEASE SPECIALIST NURSES		0330 726 0077
BRANCH MOBILE		07724 400527
FACEBOOK PAGE		Parkinson's UK Huntingdonshire
BRANCH EMAIL		Huntsbranchnews@gmail.com
PARKINSON'S UK WEBSITE		www.parkinsons.org.uk

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