

Our News

Huntingdonshire Branch
www.huntspds.org.uk

June 2026



Thoughts of Chairman Malcolm

As you are reading this, I hope to be enjoying Provence and the delights of the Luberon alpenes. I am sure the lavender, cicadas and stunningly dramatic villages such as Gordes, will enrich the experience, as will a few libations of the internationally renowned dry pink rose wines with their delicate aromas and flavours.

Strangely enough, I am enjoying a soupcon of the very same as I write this!

Back to earth, the highly successful Huntingdon Support Group is going from strength to strength. The visit from a Parkinson's nurse last meeting was very well received. See later for a great June meeting guest speaker from Parkinson's UK which will make everyone aware of the research currently underway to find a cure.

July brings a trip on the Ladybird, which is currently fully booked, however, if anyone would like to be a reserve in case of someone being unable to make it, please contact Marianne.

Anne our Treasurer is up to speed on our finances, Christine, our secretary has a firm grip on affairs and Amaani, publicity, has set up Committee communications and organised posters and announcements for GP surgeries about the Support Group and talk about research.

You have a highly motivated and competent Committee to further progress the needs of anyone with Parkinson's in our area, please give them your support and feedback what you would wish us to do for you.

Malcolm

Dates for your Diary...

St Neots Winers and Diners
16th June, 21st July

Huntingdon Support Group
22nd June, 27th July

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Research Talk – Don't Miss it!

Huntingdon Support Group have arranged a Research Talk from Anne Gill, Parkinson's UK Research Involvement Officer on the 22nd June.

Research talks are always popular, and this should also be well attended!

Please come along to the group (see page 2 for details) so you can update on the latest research news, and ask any questions.



Parkinson's UK Activity Dates

(Please check with organiser if any changes)

Date	Activities	Contact
16th June (Barley Mow) With Parkinson's Nurse Becky 21st July (Buffalo) Lunch and chat 3rd Tuesday of the month Alternating between venues	St Neots Winers and Diners Buffalo Restaurant , 22 Huntingdon Street, PE19 1BB Barley Mow , 27 Cross Hall Road, PE19 7AB	Marianne Fountain Tel: 0790 226 5615 Email: malfountain@hotmail.com Please contact to book your place/order
22nd June Research Talk 27th July Norris Museum 2.00 – 4.00 pm 4th Monday of the month	Huntingdon Support Group Meeting Judiths Field Pavilion, London Rd, Godmanchester, PE29 2WB	Caroline Rivett Tel: 0793 048 5958 Email: carolinerivett@me.com
June and July 1.45 – 2.45 pm Every Tuesday 1.30 – 2.30 pm Every Thursday	Huntingdon Exercise Group Huntingdon Neurotherapy Centre, Bradbury House, Huntingdon PE29 1UL	Email: sj-performing-arts@hotmail.co.uk Mob: 0771 265 8001 0330 7260077 Monday to Friday

External Activities* See Page 8

June and July 11.00 am - 12.00 pm Every Friday	St Ives Exercise Group with Becky Crossways Church Ramsey Road PE27 3TB	Email: beckyadamsrehab@gmail.com
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Parkinson's Nurse Tip



Finally, spring is on its way ☺ which offers natural vitamin D which is essential for brain health and overall mood and wellbeing.

Continue to engage in regular exercise which can be as simple as taking a nice walk outside or enrolling in a new exercise group.

Becky Slimmon
 Parkinson's Disease Nurse Specialist

Fundraising and Donations

The Branch would like to thank Trevor Mortimer who donated to enable us to purchase two Beech Bands, so that members are able to give these a try before they buy.

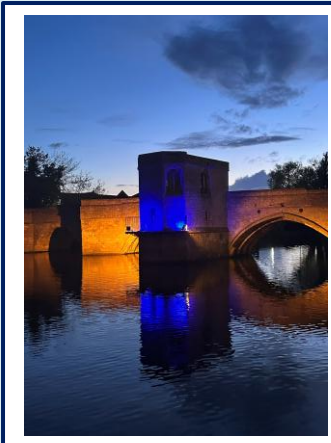
The Beech Band is a device worn on the wrist that uses vibrations, that may potentially help with some Parkinson's symptoms. (As seen in the Parkinson's UK Tech Guide – a link to that [is here](#)). Some people have had a good response after using them, others not, but it may be worth giving one a try for a month to see if they work for you, as everyone is different.

To borrow one, please let us know your interest by contacting Malcolm on 07720 080749, having a chat with Caroline or Marianne at one of the groups or email huntsbranchnews@gmail.com.

We would also like to thank Stephanie Garner who donated £30 from the sale of her creative fidget quilts. Thank you, Stephanie - it is very appreciated.



Did you Spot the Blue Bridge?



The Committee arranged for the St Ives Bridge to be lit up in Blue for World Parkinson's Day on 11th April 2026, and how beautiful it looked!

We also arranged for a message to be put on the Digital Screen outside the Norris Museum, and posters to be put up in local shops - both great ways to raise awareness of Parkinson's.

Finally, we had a World Parkinson's Day Celebration at the Huntingdon Support Group Meeting, that was well attended. You can see how the event at the support group went in the following article.

All of these were special ways of highlighting and increasing knowledge of Parkinson's locally, and hopefully attracting more members.

Next year, now we have more volunteers, we hope to build on our activities for World Parkinson's Day, so watch this space!

Huntingdon Support Group Meeting

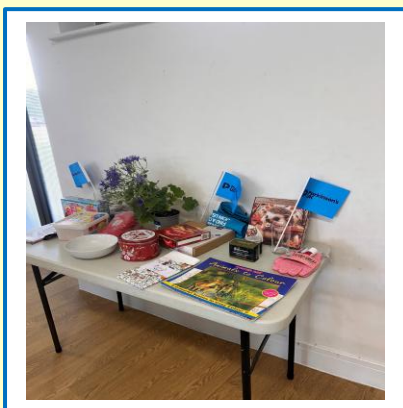
We had an excellent turn out for our World Parkinson's Day celebration at the Huntingdon Support Group Meeting in April.

Guest speaker was Grace, one of our local Parkinson's Nurses, who had a question and answer session that was found to be very helpful. She spoke about what to expect from their service following diagnosis, and support they offer.

In addition, there was plenty of literature available, tea and coffee, a quiz and a raffle (thank you to all those who donated), delightful knitted tulips available for a donation, and some lovely cakes.

There is more to come in the next couple of meetings - a research information session in June, and a talk from the Norris Museum in July.

If you haven't been before, come along and join us to support this new group, and make some new friends. Donations for a raffle are welcome! See page 2 for dates, times and details.



St Ives Community Information Day

The Branch had the opportunity to have a stand at the St Ives Community Information Day on Saturday 16th May. We had half a table upstairs in the free church, and lots of information and leaflets were available.

Caroline, Chris, Amaani, Debi, Linda and Steve all helped out on the day and made a great team, and it was good to have a presence and raise awareness there.

The stand attracted interest, and there were additional connections that were made from being there on the day. Ouse Radio invited us on to their show, and some ladies from WI said they will be putting us on their charity list so they can raise money for us at a later date.

All in all, it was a very successful and worthwhile event. Thank you to all those that supported the stand and visited on the day.



Welcome to our New Volunteers

The Branch are really pleased to let you know that we now have more volunteers! We are very pleased to welcome two new volunteers, who have agreed to join the committee. Their help is most appreciated.

Amaani Mahran will be helping the Branch with fund raising, planning, advertising, and generally supporting activities. Amaani has previously organised a PUK-branded quiz night and raised over £500. She is a very welcome member of the team.

She advised "Hi, my name's Amaani. I am an environmental consultant working towards obtaining my degree in environmental management and I'm delighted to be part of the Committee.

Parkinson's is an organisation very close to my heart and I'm hoping to contribute through fundraising, raising awareness and offering general support wherever I can. I'm looking forward to getting involved, working alongside fellow volunteers and helping to make a real positive impact".

Debi Hambleton is also now on the Committee, and is a member of the Huntingdon Support Group. Debi has Parkinson's herself and she advised "my main reasons for getting involved is because I have not long finished work and find that I have the time - plus I have found my tribe. Sounds mad but there is a shorthand/understanding between us which means you don't have to explain yourself, which is great". Her personal experience and knowledge is very valued and helpful. Debi will be supporting with general Branch Activities.



Amaani Mahran

We would also like to welcome Linda and Stephen Brooks who are helping as general volunteers for the Branch.

They have participated in previous activities such as the Wisbech Park Run, and supported us at the stand we held at the St Ives Community Day together with Chris, Amaani, Debi and Caroline.

We are lucky to have such a positive and motivated team, and hope to develop more support locally.

Please give them a warm welcome!



Debi Hambleton

Quick General Quiz

1. What is the name given to the art of cutting shrubs into ornamental shapes called?
2. What Oath is sworn by graduates of medicine?
3. How many seats does a Spitfire have?
4. Which Beatle has the real name of Richard Starkey?
5. Which former jockey wrote best selling thrillers about horse racing?
6. Which band had a hit in the 1960s with the song 'The House of the Rising Sun'?
7. In Monopoly, what colour are Bow Street, Marlborough Street and Vine Street properties?
8. Who famously said 'An army marches on its stomach'?
9. In which sport would you hear the phrase 'catching a crab'?
10. Which TV show from the 70s and 80s starred Michael Langdon as Charles Ingalls living on a farm with his family?

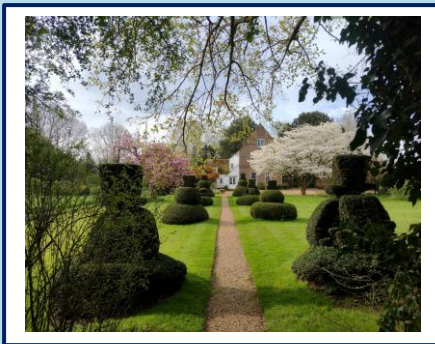


Choices by Echo

The turning page of every season,
Brings a chance to start anew.
We gather threads of quiet moments,
And weave them into something true.

Take a breath and look around you,
The smallest step is still a start.
We build the future with our choices,
And find the strength to do our part.

Around and About in Huntingdonshire (with thanks to Lea Hughes)



Apple juice Story by David Rudd

This was twenty-three years ago this month, a year before the twin grandchildren were born. My wife, Ann, and I were flying to the USA to visit recently married daughter and son-in-law. Ann had asked for a can of apple juice which when it came was so cold she couldn't drink it. She stood it on the arm of the seat between us: then it happened! She accidentally knocked it over and the whole contents spilled into my lap.

If you have never had chilled apple juice trickling around your loins, you must take my word for it; it is NOT NICE! And when you are a few vertical miles above the Atlantic, with everything you need locked in the hold below the floor, your options are limited to zero.

A cabin crew member saw my plight and came to the rescue. She brought me a 'sleep suit', intended for a first-class passenger. I took it to the toilet to change.

That is why I arrived in Boston, Massachusetts wearing pyjamas, with wet trousers in a duty-free bag.

Carers Update from Caring Together Charity

Huntingdonshire Carers Hub

9th June, 14th July 10.30am – 12.30pm

Coneygear Centre, Buttsgrove 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

In June there will be someone from the Bobby Scheme talking about what they can offer. Please call the number below to join in the sessions.

If you have not contacted them already, please consider registering with Caring Together so that you will know what they can offer. There are many advantages as a carer for getting carer support from Caring Together, including a free quarterly magazine with lots of information, getting an emergency plan in place for yourself and the person you care for, and much more.

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.

Huntingdonshire Volunteer Community Car Scheme



Huntingdonshire Volunteer
Centre

Community Car Scheme



A volunteer-run service that supports people with mobility difficulties and others who need to make essential journeys — such as medical appointments or shopping — when suitable public transport is unavailable.

Office open Monday to Thursday,
10.00–12.00

Call 01480 476047

Email stneots@huntsvc.org

Fees are charged at 45p per mile from the driver's home (minimum £2), plus a £3 booking fee to cover administration costs. The minimum total fee for any journey is £5.

Shona Martin, from the Huntingdonshire Volunteer Centre, would like to share some information about local community transport. Though not run by Parkinson's UK (see * Page 8) this may be of interest to you.

“Our Community Car Scheme is for anyone who needs to make essential journeys e.g. for medical appointments, shopping and social meetings/wellbeing events where no suitable public transport exists.

Imagine you have to get to an appointment, you do not have access to a vehicle or public transport so how are you going to get there? Our volunteer drivers can help, they offer more than just a lift - they are friendly, reliable and DBS checked so our clients know they are in safe hands.

Our volunteers use their own cars to provide transport. It is helpful for us to know at the time of booking if a wheelchair, walker or an assistance dog needs to be transported and if you require any assistance getting in and out of the car. We would also appreciate as much notice as possible, ideally 5 days although we understand this is not always possible.

There is a charge of 45 pence per mile for the journey, based upon mileage travelled by the driver plus a booking fee of £3 per journey to cover HVC running costs. This is payable in cash to the driver at the end of the journey. A minimum fee of £2 will apply for short journeys of 5 miles or less, plus the £3 booking fee.

Our St Neots and Huntingdon offices are open from 10- 2 Monday to Thursday – St Neots 01480 476047, Huntingdon 01480 414766 - to book your journey you can call during office hours or leave us a message on the answer phone and someone will get back to you as soon as possible. More information can be found on our website: <https://huntsvc.org.uk>. We look forward to hearing from you!”



Parkinson's Walking Football Festival: East of England

Wednesday 17 June, 10am-2pm
Littleport Leisure, Littleport, Ely, CB6 1EW

Fun, free, and inclusive walking football festival
No experience needed. Individuals welcome - you don't need to attend with a team.

Enjoy walking football, football anthems from the Parkinsing Choir, a free lunch, and celebratory awards ceremony.



Book your free place via Eventbrite using the QR code, or email Julie on jmwilson@parkinsons.org.uk

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (268197) and in Scotland (SC037554).

Walking Football Festival 17th June

We have lift off for our 2nd Parkinson's Walking Football Festival. Parkinson's UK are delighted to co-host this event with Phil Mullen and Gary Abrams. Booking for spaces is now live on Eventbrite and I would love to see as many of you there as possible. You can cheerlead (we have pom poms) or take part.

It is being held at Littleport Leisure Centre in Littleport Cambridgeshire. It is directly next to a train station for those that want to travel by public transport. The festival is not just for local people; you are welcome to join us from all over. Last year was fabulous, so I know this year will be amazing!

Schedule is as follows –

Welcome/Registration 10 - 11am
Walking Football Festival 11am – 1pm
Lunch and Awards 1pm – 2 pm

This lovely day includes a chance to hear and join our Parkinson's vocal group for some football inspired songs.

We will have stands and information available, and you will have a chance to vote for the player you think earned an 'A' for effort.

Our coach, Phil Mullen will decide who showed good sportsmanship and who is his player of the match. Those lucky players will receive trophies to take home and keep.

All are welcome; not just experienced players or teams. It is a fun and inspirational day. The day is completely free, so pitch up and join in.

To find out more, or book your place, you can do this via the [Eventbrite link here](#), or contact me on jmwilson@parkinsons.org.uk.

Julie Wilson - Area Development Manager

RHS Chelsea Flower Show 2026 - Parkinson's UK Garden

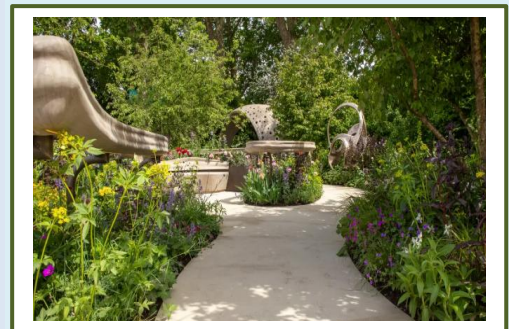
This year Parkinson's UK are proud to have been awarded both Silver and the BBC/RHS People's Choice Award for our garden at the world-famous Chelsea Flower Show.

Our garden, called **Parkinson's UK – A Garden for Every Parkinson's Journey** was inspired by a creative workshop involving gardeners living with Parkinson's and their loved ones and BBC presenter and gardener Arit Andersen. It was a unique chance to raise awareness of Parkinson's and raise support for our research. It told the story of Parkinson's through planting and textures, creating a harmonious environment.

The garden was made possible by the generosity of a grant from Project Giving Back, that funds charity gardens. After the show, the garden was to be moved to Oxford's John Radcliffe Hospital to be cared for by volunteers including the Parkinson's Community.

If you didn't make it there in person, you can click on the Parkinson's UK [webpage link here](#) to take a tour of the garden, find out about the planting, and shop our Chelsea Tulip Collection.

Feeling inspired? Check out the [Gardening and Parkinson's Booklet here](#), or you can order one through the Helpline on 0808 800 0303.



Virtual Village Hall

We like to keep you up to date with things of interest we have found along the way. We have learnt that the Royal Voluntary Service have a **free** online activity hub and community called the Virtual Village Hall. The aim of the site is to help you stay mentally and physically active, and socially connected, whilst also having fun too. It supports you to better manage health and healthy ageing – there is no sign in or subscription required.

Live sessions are run every week day and there are over 3,000 sessions you can see on demand. They are run by expert tutors and presenters including some well known faces.



By checking out their website [here](#), you will see the wide range of activities that are being run, some of which are live.

There are sessions on yoga, art, crafts, exercise, singing, hair and beauty, wellbeing, poetry, writing and cooking – these are just a few. You can find their full list by [clicking on this link](#).

If you find something of interest, you will be able to watch the video of your preferred activity through YouTube.

Though not an activity run through Parkinson's UK (see disclaimer below) it may be something you would like to try. If you do, why not let us know on huntsbranchnews@gmail.com.

We Would Love to Hear from You!

We are always looking for articles, pictures, jokes, poems, quizzes or stories for the newsletter that you think would interest our readers.

Perhaps something has been useful to you, you have a hint or tip, or you just want to share something that has made you smile.

Please let us know by contacting us at Huntsbranchnews@gmail.com – we look forward to hearing from you!

Quick Quiz Answers

1. Topiary 2. The Hippocratic Oath 3. One 4. Ringo Starr 5. Dick Francis 6. The Animals 7. Orange 8. Napoleon Bonaparte 9. Rowing or Sculling 10. Little House on the Prairie

Useful Contact Numbers

BRANCH CHAIR

Malcolm Ryman

07720080749

malcolm.ryman1@btinternet.com

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 PAGES

Parkinson's UK Huntingdonshire

Parkinson's UK East

BRANCH EMAIL

Huntsbranchnews@gmail.com

BRANCH WEBSITE

www.huntspds.org.uk

PARKINSON'S UK WEBSITE

www.parkinsons.org.uk

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