

OUR NEWS

Huntingdonshire Branch

October, 2023

www.huntspds.org.uk



Thoughts of Chairman Malcolm

The exceptional weather we have been experiencing, is, apparently not an Indian Summer, according to the GMB weather lady, which she said was associated with the North American Indians! Apparently this needs to continue across October to count - here's hoping!

On Monday 2nd October Suzanne is holding a Café at the George in Huntingdon, I will be there, with others from the committee, and hope that many of you can also make it.

The car park may need an app to pay, if the cash machine is not working, don't be put off, the staff there are great and will help anyone with a concern. For anyone who needs wheelchair access, do not use the courtyard, the "road" entrance will have a ramp laid down for access should you need it.

Food, drink and hopefully convivial conversation will ensue.

Malcolm



This Month and Next

Dates for your Diary...

St Neots Café

The Priory Centre PE19 2BH
17th October, 21st November

Huntingdon Café

The George PE29 3AB
2nd October, 6th November

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New Huntingdon Group

We are pleased to let you know we have a new group starting in October in Huntingdon! Full details on page 2.

Submissions

We are always on the look out for any of your stories, pictures, news or items of interest for the newsletter. Please send to Huntsbranchnews@gmail.com, we are always pleased to hear from you!



Parkinson's UK Activity Dates

(Please check with organiser if any changes)

Online Activities

Dates	Activity	Contact
18 th October, 15 th November 7.00 pm 3 rd Wednesday of each month	Young and Active Parkinson's Group (YAP) Zoom	Julie Wilson 0300 123 3675 Cambs YAP meeting Join the meeting click on this link Meeting ID 81318421457
October and November Monday, Tuesday, Wednesday and Friday at 11am Thursday 2.30pm Monday to Friday	Kim Hall's Love to Move Online Exercise (Parkinson's specific group Mondays 10 - 11.30am)	Telephone 07715081402 (Mon-Thurs) or email Kim.hall@britishgymnasticsfoundation.org

Face to Face Activities

17 th October Coffee and Chat 21 st November Wiltshire Farm Foods and taster session (also Gluten Free) Nigel Wright 2.00 – 4.00pm 3 rd Tuesday	St Neots Café The Priory Centre Priory Lane PE19 2BH	Malcolm Ryman Tel: 07720 080749 Email: malcolm.ryman1@btinternet.com
2 nd October, 6 th November Coffee and Chat 2.00 – 4.00 pm 1 st Monday of the Month	New! Huntingdon Café Meets at The George, George St, Huntingdon PE29 3AB	Suzanne Ford Tel: 07592 639374 Email: suzanneford346@gmail.com Or Malcolm Ryman as above
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 11am – 12 pm Every Thursday	St Neots Exercise Group with Daniel	Email danielgodward14@gmail.com United Reformed Church, High Street, St Neots, PE19 1BN.
October and November 1.30 – 3.30 pm Every Thursday	Huntingdon Exercise Group with Sarah Huntingdon Methodist Hall	Email sj-performing-arts@hotmail.co.uk

New Group Starting in October

We are very pleased to be able to let you know we have a new Huntingdon Group!



Suzanne our new volunteer, is starting a group at The George in Huntingdon, that will meet the first Monday of the month between 2-4 pm.

The first meet up is 2nd October, so please come along and become one of the groups first members!

All will be welcome, so bring family and friends, and have the chance to meet up and have the opportunity to enjoy a chat and cuppa with us.

Parkinson's Nurse Update



We have some new physios joined our team – Zoe and Kirsty – and they are based within the Parkinson's Team now. Isn't that great!

Also, we have two new PDNS joining in October so we are growing.

Good news all round.

Becky Slimmon Specialist Parkinson's Nurse

Waresley Cream Tea

What a lovely turn out for our Cream Tea in September at Waresley Park Garden Centre. It was good to see some of our founder members, regulars and some new members too.

A fine cream tea was had, and Waresley also provided some gluten free options. Thank you to all our members that came along, and to Waresley Park for making it such a nice event.

Please keep an eye on our Facebook Page [Parkinson's UK - Huntingdonshire](#), our website www.huntspds.org.uk and of course, the newsletter for future events. Keep a note in your diaries, we would love to attract more members to our activities. You are always welcome to join in! If you have any queries, please contact our email at huntsbranchnews@gmail.com or Malcolm on the Branch Phone on 07724 400527.



Join us as a Volunteer!

Can you help us? We are looking for a Vice Chair and a Membership Secretary, general volunteers, speaker finders and group supporters at St Neots and Huntingdonshire. If you or someone you know wish to join us, please contact Lisa Lowe on 0344 225 3614 or email [llowe@parkinsons.org.uk](mailto:l Lowe@parkinsons.org.uk), or contact our Chair Malcolm Ryman on 07720 080749 for an informal chat.

Sweet Catchphrase Quiz

Do you remember these catchphrases and the sweets or chocolates they refer to? Answers on last page.

1. Have a break – have a
2. It's not Terrys, its mine
3. The lighter way to enjoy chocolate
4. Made to make your mouth water
5. Do you love anyone enough to give them your last.....
6. The taste of paradise
7. Too good to hurry mints
8. A hazelnut in every bite
9. Aa day helps you work rest and play
10. Taste the rainbow



Photo – Jennifer Pallian

Autumn Poems

Thoughts on Fall

When summer greets autumn
They two, for a while
Conspire in whispers
Then part with a smile

Laura Jaworski

AirMail

In the **A**shes of morning
In the **sI**umber of trees
In **T**he grey grasses dying, in skeletal
leaves

In the **sU**n's warm ghost
In the **M**ist's thick cloak
iN glassy webbed hedges
in river'**S** swollen throat

In the jewel**L**ed Hawthorne
In th**E** last birds

To sing
In au**T**umn's
scatt**E**red

lette**R**s
ca**S**t out to the wind....

Sue Hardy-Dawson

Find the Hidden Birds Answers from last issue

Well, this was a hard quiz! For those that persevered here are the answers of where the 30 birds were hidden in the text. No prizes, but you deserve one if you found them all!

Dear Ed

Starting early, we took it easy, and at the Bell Inn, Eton, we picked up

Jack Dawling and Ernest. One chatted a lot, so time passed swiftly, but rain on the motorway was a grave nuisance. After lunch I decided to hand over the wheel and steal an hours sleep before reaching Ullswater at midnight in gale force winds.

Next morning, on to Scotland, where our hotel is in as fine a glen as I have seen, with rushing stream at the bottom of steep Lovers Lane. It is all that is now left of an old mill, but it is now renovated and very smart inside – no other one for miles around. Eric rows though awkwardly, leaving Anne to doze in the stern. Excellent food – no good for taking off inches from the waist, or keeping wide awake. Nothing is wanting, except perhaps regular kilts and pipers.

Love from all, Ardelle



Those birds in order - Redstart, Kite, Linnet, Jackdaw, Gander, Stonechat, Swift, Raven, Dove, Teal, Gull, Nightingale, Eagle, Thrush, Plover, Owl, Tit, Wren, Martin, Heron, Crow, Hawk, Gannet, Tern, Finch, Swan, Lark, Sandpiper, Mallard

Social Care Assessments



If you are needing more help to care for yourself, or you are a family member or friend who is caring for someone, Adult Social Care may be able to help.

Adult Social Care can support with services, adaptations and equipment, to help you maintain your independence, dignity and safety. If needed, they can undertake a Social Care Needs Assessment, that will look at your strengths and needs, also a Carers Assessment to look at how you are managing, and to support you in your caring role.

How Do I access Social Care?

Cambridgeshire County Council is responsible for support locally, and you can contact them through the Adult Social Care Team on [0345 045 5202](tel:03450455202). They are open 9-5 Monday to Friday. You can also complete their online care enquiry form that is available [here](#). They will ask a number of questions to help understand your situation, how urgent the situation is, and whether they or another service is the most suitable to help you. They will then either signpost you to the best service that can help, or arrange an assessment, which may involve allocation of a social worker.

What Services, Adaptations and Equipment are Available

Social Care may include support within your own home, to access and socialise in the local community, respite care, meals, alarms or other technology to keep you independent and safe, or help to move into a residential or nursing home. If you are caring for someone you may be offered carers breaks and support to continue doing what matters to you.

You may be offered adaptations to your home, that may include rails, bath seats or equipment, ramps, lifts or wet rooms. Smaller items may be available free, larger items you may need to apply for a Disabled Facilities Grant, and they will take your savings and income into account.

What Happens When I have an Assessment?

You may be offered a Care Act Assessment if you need more support, or, if you are caring for someone, a Carers Assessment if you are over 18 years old and supporting someone with a disability. Both should have yearly reviews if support is put in place.

You will be asked a series of questions, that are person-centred, to see how you manage day to day. It focusses on 10 aspects of daily life including – managing nutrition, personal care, toileting, dressing, staying safe at home, maintaining relationships, accessing work/volunteering/training and education, accessing your local community, looking after others and maintaining your home. To be eligible for support you have to require help with two or more of the above.

Keeping a diary can be helpful prior to the assessment and making a list of any questions you may have. It may be helpful to have someone with you for support. You need to be honest in the process about how you are managing, including what help you need on a bad day. A diary can also be helpful if you are having a Carers Assessment, and making a list of everything you do.

A Carers Assessment will look at - how you are managing caring responsibilities, maintaining the home, managing nutrition, maintaining family relationships, accessing work/volunteering/training and education, accessing the community and engaging in recreational activities. If any of the above impact on you physically or mentally or you are finding them difficult, you may be eligible for help.

Financial Assessment

Social Care is not usually free, so the council will arrange a financial assessment of your income and capital (savings). The value of your home is not considered if you need care at home. If you are eligible for care and support the assessor will discuss this with you, create your care and support plan as to how your needs can be met and costs of the support provided.

For more information, Age UK have useful Information Sheets - [Getting Help at Home](#) at the link [here](#) and [Paying for Care and Support at Home](#) at the link [here](#).. You can also contact Age UK on [0300 666 9860](tel:03006669860) to get these factsheets sent to you in the post. The Parkinson's UK [Carers Guide](#) has more information on Carers support and assessment at the link [here](#) or you can request a copy be sent to you by ringing the Helpline on [0808 800 303](tel:0808800303).

Carers Update from Caring Together Carers Activities

Huntingdon Carers Hub

10th October, 10.00am – 12.00pm

Dobbies Café, Banks End, Wyton, PE28 4AA

14th November 2023

Coneygear Centre, Huntingdon PE29 1PE

2nd Tuesday of the month

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](#).

Caring Together offer various opportunities to support you as a carer. Their carers helpline offers information, advice, and a listening ear service to help you get what you need. They also offer Zoom meetings, trips, activities, a newsletter, carers magazine, Carers Directory, Carer's Prescription, Carers Card and the popular "What If? Plan" that enables you to prepare for unplanned emergencies to cover in an emergency to give you peace of mind.

If you would like more details on any of the above information or activities, please contact one of Caring Together's care advisers by emailing them at hello@caringtogether.org, or by phone on 0345 241 0954.



Research News

Early Stem Cell Therapy Treatment has Positive Results

Bayer AG and BlueRock Therapeutics AG announced a positive outcome in their first stage trials at the International Congress of Parkinson's Disease and Movement Disorders in Copenhagen, Denmark. 12 people were involved in the study, receiving surgery to receive either a high or low dose of dopamine producing cells from stem cells. Treatment was well tolerated with no safety issues, and 12 months on, improvement in symptoms was noted, with higher doses showing more. Phase 2 is currently being planned, with a view to recruitment beginning in early 2024.

Online and Overlooked – Age UK Campaign

Some of our members have previously mentioned that they feel that they are excluded as they are not online or cannot use the internet at all. An age UK campaign is looking at this issue, as millions of people are now unable to access essential services. To find out more, write to Freepost Age UK campaigns, telephone 0191 280 8484 or follow the link [here](#).

Sweet Catchphrase Quiz Answers

1. KitKat
2. Chocolate Orange
3. Maltesers
4. Opal Fruits
5. Rolo
6. Bounty
7. Murray Mints
8. Topic
9. Mars
10. Skittles

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.