Parkinson's UK
For every Parkinson's journey

Our News

Huntingdonshire Branch

www.huntspds.org.uk

October 2026

Thoughts of Chairman Malcolm

I spent some days in North Yorkshire last week, a land of rugged beauty, where wind swept moors stretch towards distant horizons and ancient stone villages nestle among green valleys. From the drama of the North York Moors, its landscape is both untamed and timeless, place of craggy hills, tumbling streams, and very welcoming pubs.

Arriving back in East Anglia, there seems to be a lot of sky!

The September support group has just been held and the winner of our first quiz announced, which lets me say that Amaani has arranged for a quiz to be held at The Swan at Old Weston, on Saturday, 28th November at 19:30 - teams are welcome, I look forward to seeing you there.

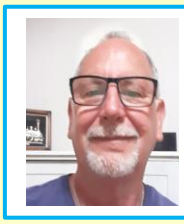
Caroline's Jazzercise group, specifically designed to help people with Parkinson's was held on Thursday 24th September and very well received by all who attended.

Malcolm

Thank You

The Branch would like to say a big thank you to Dave Mansfield, our Webmaster, who is sadly leaving our Branch Committee at the end of October.

Dave has been with the Branch many years, and we wish him all the very best in the future.



Sad News

It is with great sadness we announce the passing of Derek Garner, one of our founding members. His funeral will take place on Monday 20th October at Huntingdon Crematorium at midday, afterwards the wake will be at Slepe Hall in St Ives. All donations to Parkinson's UK. If you would like to attend please contact Stephanie on 07947 629790.

Dates for your Diary…

St Neots Winers and Diners

20th October, 17th November

Huntingdon Support Group

26th October, 23rd November

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Parkinson's UK Activity Dates (Please check with organiser if any changes)

Date	Activities	Contact
20th October **17th November** Lunch and chat **1.00 – 3.00pm** 3rd Tuesday of the month	St Neots Winers and Diners Buffalo Restaurant, 22 Huntingdon Street, PE19 1BB	Marianne Fountain Tel: 0790 226 5615 Email: marianne@huntsbranch.parkinsonsuk.group Please contact to book your place
26th October Social Meeting **23rd November** Sarah Exercise/Singing **2.00 – 4.00pm** 4th Monday of the month	Huntingdon Support Group Meeting Judiths Field Pavilion, London Rd, Godmanchester, PE29 2WB	Caroline Rivett Tel: 0793 048 5958 Email: caroline@huntsbranch.parkinsonsuk.group
October and November **1.45 – 2.45pm** Every Tuesday **1.30 – 2.30pm** 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
2nd October **6th November** 1st Friday of the month **Meet 10.50 outside the Ambiance Café for 11.00am**	The Strollers A walking group. Meeting at Riverside Park St Neots PE19 7BD	Marianne Fountain Tel: 0790 226 5615 Email: marianne@huntsbranch.parkinsonsuk.group

External Activities* See Page 8

October and November **11.00am - 12.00pm** Every Friday	St Ives Exercise Group with Becky Crossways Church Ramsey Road PE27 3TB	Email: beckyadamsrehab@gmail.com
October and November **1.40 – 2.30pm** Every Thursday	**New! Parkinsons Move to the Beat** (See Page 3) Great Stukeley Village Hall, PE28 4AQ	Caroline Rivett Tel: 0793 048 5958 Email: caroline@huntsbranch.parkinsonsuk.group
October and November Every Friday **1.30 – 2.30pm** First session free, then £5 **Booking is Essential**	Parkinson's Punches Sipro Community Hub CIC, 25 Burrell Rd, St. Ives PE27 3LE	Steve Whitwell Tel: 0777 548 5186 Email: stephen.whitwell@yahoo.co.uk

Parkinson's Nurse Tip

As the days become shorter and will begin to become colder, it can be tempting to reduce activity levels. However, regular movement is one of the most effective ways to help manage Parkinson's symptoms, including stiffness, balance difficulties, and slowness of movement. Remember, exercise does not have to be strenuous. The key is to find activities that work for you and to move at a pace that feels comfortable and safe.

Becky Slimmon, Parkinson's Disease Nurse Specialist

St Neots Update

We have two activities in St Neots at the moment, The Strollers with our monthly walk in Riverside Park, and the Winers and Diners. We will be continuing the Strollers over the next two months at Riverside Park - weather permitting!

The Winers and Diners are still going strong at the Buffalo Restaurant, please join us at either of these activities! (See page 2).

Parkinson's UK

Join us for

Parkinson's Move to the Beat

A fun danced based exercise class to include strength work with weights and bands. Starting 24th September 2026

Thursdays 1.40 - 2.30 pm
Great Stukeley Village Hall, Owl End, Great Stukeley, PE28 4AQ

£6 per class

For more information please contact Caroline Rivett
Tel: 07930485958
email: caroline@huntsbranch.parkinsonsuk.group

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity in England and Wales (258197) and in Scotland (SC037554).

Registered with FUNDRAISING REGULATOR

Hunts Parkinson's Quiz

Support our Branch, and win a prize!

Each month we have a paper quiz – it only costs £2 but you could win £20 first prize or £10 second prize - whoever has the most correct answers (in the event of a tie, there will be a draw).

You can purchase your quiz sheet at the Huntingdon Support Group by cash, card or cheque or BACS Payment to LGN PUK Huntingdonshire Sort code: 20-00-00 Account Number: 83257770 with the quiz number and your surname – e.g. Quiz 1 Rivett.

Any questions, or to return the quiz after payment, to Caroline Rivett, 18 St. Audrey Lane, St Ives PE27 3NH or email it to her at caroline@huntsbranch.parkinsonsuk.group.

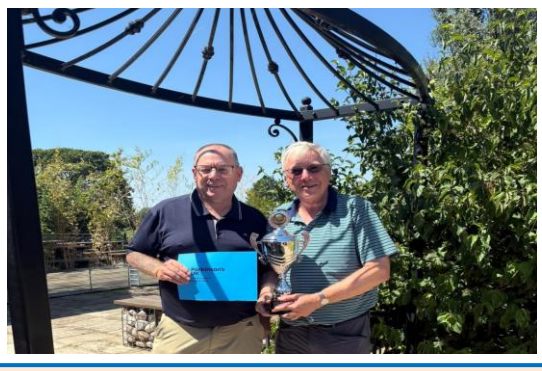
Quiz answers will be in the following newsletter, or via email after the prize winners have been announced.

Good luck, give it a try and you may be a winner! (September answers Page 7)

Donation Thank You

The Branch would like to thank Andy Whithear and the Ramsey Golf Club who held a golf day for Parkinson's. They have kindly raised and donated the very generous sum of £480.

Ramsey Golf Club have supported us in the past, and we thank you all. The Branch appreciates the donation, and the money will be spent locally to support our activities.



Parkinson's Boxing Work Out (Parkinson's Punches)

It's at 25 Burrell Road, St Ives, PE27 3LE SIPRO Community Hub.

I have been attending the boxing class for Parkinson's for six weeks at the St Ives Group run by Steve Whitwell. He has been an excellent coach and has made it so that all progressions of Parkinson's can get involved. It is for one hour where you do warm ups, then working with a partner for some boxing moves. Then we go on to working with punch bags doing the moves we have learned that session with our partners. Next, we go on to do a circuit session. It all helps with balance and coordination. I have found it so very helpful with both of these, along with helping my core strength. I would recommend this class to both men and women who would gain so much from it.

It is every Friday from 1.30 – 2.30pm so please come and join us if you can. The first session is free and then £5 each week after.

Hot drinks and biscuits are available afterwards. The gym is accessible to all on one level, and has a disabled toilet for all to use. This class is great for all ages, so do come along.

Stephen Oakes

Trevor's Coffee Morning

Trevor Mortimer kindly opened his house and garden to the Winers and Diners for a Coffee Morning on the 14th August. The weather was perfect, there was plenty of shade, and selection of drinks and cakes for everyone to enjoy.

There were plenty of raffle contributions, and it was agreed that these donations would be held for a future event, when more Branch members would be able to participate.

Thank you, Trevor, and when the Branch next arrange an activity the raffle donations will be most appreciated.

The Weight of Parkinson's

From head to toe the aching grows,
A silent pain that no-one knows,
An unseen tremor deep inside,
Like my heart plays tennis, side to side.

My arms refuse the simplest plea,
To lift me from this waiting seat.

My legs forget what they once knew,
While every task feels hard to do.

Yet still I smile, though days are long,
For hope, not Parkinson's
makes me strong.

Graham Thomson (aka Theparkiepoet)

Autumn Riddles (Answers Page 8)

1. What happens when Winter arrives?
2. If the wind is blowing to the west, which direction will the leaves of a pine tree fall in Autumn?
3. What must fall in the Autumn before it arrives in the Spring?
4. A group of trees stand in a forest in late November. Each tree knows how many leaves it has, but not how many its neighbour has. Every tree has the exact same number of leaves – how many leaves does each tree have?
5. What is the best thing to put in a pumpkin pie, that is not an ingredient?

Parkinson's UK Lottery

Did you know Parkinson's UK have a weekly lottery? For only £1 a week, you could take part and either win a cash prize or get an additional free entry.

You could win –

- Match 6 digits – win £25,000
- Match 5 digits – win £1,000
- Match 4 digits – win £25
- Match 3 digits – win 5 free entries into the next draw

By entering the weekly draw, you will also be helping fund our valuable work, including research, better care and specialist support. To enter you need to be over 18 and live in the UK in mainland Britain.

Every Friday your personal 6-digit number that is issued by Unity (the nations charity lottery organiser) is entered into the draw, and winning numbers will be chosen at random. The lucky winners will be contacted directly, but you can also call the Parkinson's UK lottery hotline on 0870 055 2291 or check the Unity Lottery website.

To enter the lottery please click on the link to the application form here.

The Parkinson's UK Lottery is a fun and positive way of supporting our work, but if it stops being enjoyable, please seek support. You can complete a self-exclusion form here at any time that lasts for 6 months to give you a break, or seek help from the National Gambling Helpline on 0808 80202 133 (freephone) that is open 8am – Midnight 7 days a week.

Carers Update from Caring Together Charity

Huntingdonshire Carers Hub

13th October, 10th November
Coneygear Centre, Buttsgrove Way, Huntingdon PE29 1PE
2nd Tuesday of the month

Caring Together Charity
No unpaid carer in crisis

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 from local speakers. You are welcome to attend with the person you look after, and you don't have to join a local group, you can join in any of their locations and events. If you are attending a hub for the first time, please contact them just to make sure the group is running as normal, as there can be changes, on the details below.

If you are not known to them already, please consider registering with Caring Together so that you can get the information and support you need. There are many advantages as a carer for getting carer support from Caring Together, including a free quarterly magazine with lots of local news and relevant information, getting an emergency plan in place for yourself and the person you care for and other help. They also run activities that may be of interest during the year, such as outings and spa days, so it is well worth contacting them so they can keep you in the loop of what they have to offer.

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.

We Want to Hear from You!

We are always looking for pictures, jokes, poems, quizzes or stories for the newsletter (like David's below) that you think would interest our readers. Have you tried any of our groups or activities and would you like to let other members know? Just like our Parkinson's Punches article on Page 4, you may encourage other members to give it a try, and come along too.

We are also pleased to get feedback, and receive suggestions for articles for future editions – it is always welcome.

Please get in touch by contacting us at Huntsbranchnews@gmail.com – please help make it **your** newsletter!

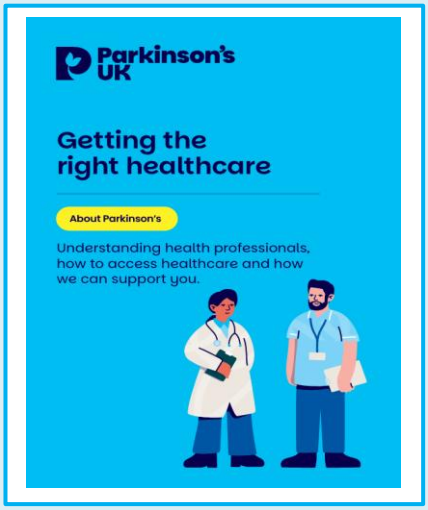
And the Adults Knew

When my younger daughter was about eight years old, she spent many of the summer days with a neighbour of the same age. When they were certain no-one was watching, the two girls crawled through the hedge into the field, crossed through the rows of cauliflower and into the hedge opposite where they created their den. No-one knew where they were. Deep under the hawthorn. It was their secret place. Then one day, the girl's father crossed the field to take them fish and chips, which they ate out of the paper with dirty fingers and enjoyed. But the glamour had gone. They had lost interest in the den. The adults knew.

It took me back to an event of my own childhood. I had been ill. I learned long after that the doctor warned my parents they might lose me. What with that and it was the time when everyone expected invasion at any minute, I was kept home a lot that summer, often kicking a ball about our backyard. Inevitably the ball went over the fence into Mr Allen's orchard. When I was quite sure that on-one was looking, I climbed the fence: easy on our side with the rails to help, more difficult to climb back. One day the ball went over the fence just before my mother called me to wash my hands ready for an afternoon snack. I told her where the ball was and she said, 'Then you had better go round and ask Mrs Allen if you can get it'. I didn't like that. A hundred yards up the road, turn right at Steadman's House, walk the length of Steadman's paddock to get to the Allen's bungalow. I knocked on the back door and Mrs Allen came. I told her about the ball and asked if I could go to get it. 'Of course you can,' she said. Then added 'I thought you'd have climbed the fence, like you usually do.'

By David Rudd

Parkinson's UK Healthcare Booklet



Getting the right health care at the right time, can be crucial to managing your Parkinson's. But it can sometimes be difficult to know which way to turn, and know who can help. Each area can have a different system, and of course everyone's experiences will be different.

To be diagnosed, your GP will have referred you to a consultant - some people do this through the NHS, or privately. From diagnosis, you should then have access to a Parkinson's Nurse, or an initial appointment with one. If you are diagnosed privately, it can be useful to check that this referral has happened.

Your Consultant, Parkinson's Nurse or GP can then refer you to other professionals who may be able to help. In some areas you can self-refer, it is worth talking through with your care team your concerns and how a referral can be made either through the NHS or privately.

Getting the right care from the right people can make a big difference, and your team may consist of a variety of professionals who will be able to provide ongoing support, or providing input as and when required. Examples of these are Speech and Language Therapist (for speech and swallow), Pharmacist, Physiotherapist, Occupational Therapist, Dietician, and specialist medical input for physical or mental health if you need it.

Parkinson's UK have an excellent booklet that will help you find out more about navigating your way through support that may be available, and the booklet is free. You can either download it here, get a copy by ordering from the shop here, or you can get one sent in the post to you by calling 0333 0030 523, or by calling the Helpline on 0808 800 0303.

Branch Quiz 1 - September Answers (Health and Hospital)

1	Who is one? (6)	doctor
2	Vote Fish. (1-3)	x-ray
3	Songbird's uncomfortable condition. (6)	thrush
4	Afterthought after mother gets illness. (5)	mumps
5	Beat vegetarian ingredient. (5)	pulse
6	Central married lady helps with deliveries. (7)	midwife
7	Complicated hot male yoga could lead you to this department. (11)	haematology
8	Equipment? Let it stand by Bobby in stockings. (11)	stethoscope
9	Read hastily. (4)	scan
10	Holds together what a good comedian will have you in. (8)	stitches
11	Lukewarm Russian mountains lose head and foot to ease pain. (8)	epidural
12	Queen, say, takes long time dressing. (8)	bandages
13	Heavy, dark brown ale for him. (6)	porter
14	Polish Fitzgerald was first discovered in Germany. (7)	rubella
15	Procedure will unbutton suit to press for lines. (4,5,7)	open heart surgery
16	She's running back shows she cares. (5)	nurse
17	Doctor can hesitate to keep you unaware. (11)	anaesthetic
18	Painful? It is after the King of Camelot leaves university. On the contrary!(9)	arthritis
19	These rooms give prizes for execution. (5)	wards
20	Can boxers handle these big balls? (8)	medicine
21	What Sioux warriors did to the Spanish blade. (7)	scalpel
22	Attach Europeans to my operation. (12)	appendectomy
23	Chataway or Brasher keep Dr. Bannister's speed up. (9)	pacemaker
24	Moses brought two from Mount Sinai. (7)	tablets
25	Hear radio retuned for a quickstep! (9)	diarrhoea
26	Where to watch shows, plays and musicals. (7)	theatre
27	Make love to Greek god for relief! (6)	bedpan
28	The German carpet has Inuit dwelling out on the road expert. (13)	dermatologist
29	Void in calcium tube. (7)	cannula
30	Savers invoice for disorder. (8,5)	varicose veins
31	Californian sailor performs this disorder. (9)	cataracts
32	Two vowels. (1,3,1)	A and E
33	Bishop to unite prospect and equity giving trouble. (7)	bunions
34	Specialist, Routledge, holds thought about north. (13)	paediatrician
35	Do they seek advice from workers? (11)	consultants
36	Samples tummy muscles of Devonians and Cornish. (5)	swabs
37	Vial's new cut form by a regular snip. (9)	vasectomy
38	Journalist leaves intoxicated actors holding firm. (7,4)	plaster cast
39	Tom takes article from radiator to drain liquid. (8)	catheter
40	Obtain sound directly and joker will cheer you up. (3,4,4,4)	get well soon card
41	Without speaking before treatment? (3,2,5)	Nil by Mouth
42	Operation has pot user on the railways? Not I! (10)	transplant
43	Intravenous treatment of pathetic wimp on South African border. (6,4)	saline drip
44	Trimmed shinbone, duck, surrounded by capers, is a course. (11)	antibiotics
45	Drug enclosure has control of sick at home. (10)	penicillin
46	Condition obtained from initially dipping into a boiled egg, two extra soldiers. (8)	diabetes
47	This medic modifies grits in the bottom. (9)	registrar
48	Impudence shown by Jagger, Richards and co. is a problem. (10)	gallstones
49	Seconds encourage operator. (7)	surgeon
50	Upset hairy posh type gets treatment (13)	physiotherapy

Par-Con 13th/14th November 2026

Why not join us for Par-Con - the annual Parkinson's UK convention, centred on research and living well for everyone living with Parkinson's.

The community event is held at The Vox Conference Venue, Resort World, Birmingham B40 1PU where there are limited spaces, or you can also join online. The event is being held on Friday 13th November 9.30am to 6pm, and Saturday 14th November between 9.30am and 3pm.

The cost of attending in person is £15 for day 1, and £10 for day 2, but there are some bursaries available to help with the cost by contacting researchevents@parkinsons.org.uk or phone Liz Nash, Research Support Network Lead on 020 7963 9398 who can give you more information.

What is Par-Con?

Par-Con provides the opportunity to learn from researchers, health professionals and the wider community, who can explain latest research and opportunities, guide you through a new diagnosis or symptom changes, and provide you with interactive sessions with tips on managing your condition.

You can join either one or two days in person, join in activities, explore stalls and talks and meet with others in the Parkinson's Community, or online you will have access to a range of sessions including research and trying taster sessions at home.

You can see the draft agenda for Par-Con 2026 here, that will give you a flavour of what will be on offer.

All talks will be recorded and will be available after the event on the Parkinson's UK YouTube channel, and if you sign up to Research Support Network, you will be notified when these recordings become available. To do this, please click on the link here. If you missed Par-Con 2025, there is also the opportunity to catch up and see some of the highlights from last year and watch them on YouTube at the link here.

Like to know more? Read all about Par-Con, get answers to frequently asked questions and register for the event at Parkinson's UK website here, or email researchevents@parkinsons.org.uk.

Autumn Riddles - Answers

1. Autumn Leaves 2. Trick question! Pine trees don't have leaves! 3. An acorn 4. 0 – It is late November and all the leaves have fallen. To have the same amount the number of leaves left must be 0. 5. Your teeth

Useful Contact Numbers

BRANCH CHAIR	Malcolm Ryman	**07720080749** **malcolm@huntsbranch.parkinsonsuk.group**
VICE CHAIR	Vacant	
PARKINSON'S UK CONFIDENTIAL HELPLINE (Also access to Parkinson's Local Adviser)		**0808 800 0303** **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		**Davem@huntsbranch.parkinsonsuk.group**
PARKINSON'S UK WEBSITE		**www.parkinsons.org.uk**

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