

Huntingdonshire Branch Newsletter

September – October 2019

End of term: David retiring.

David Rudd has been producing Newsletters for the Branch for six years and thinks his version is getting stale. Also there is someone who is willing and able to do a better job as soon as you find him or her, and David does not want to stand in their way! Who is it? If it is worth doing, someone will take it on: but YOU may need to ask them. David intends this will be his last edition. What a lovely time for someone to take over - Christmas!

From our correspondent

July 8th has been and gone and so too has our voyage on the Ladybird. Once again the weather gods smiled upon us and we were blessed with lovely weather for the two hour trip along the Ouse.

We departed our mooring at Hartford Marina a little after 11 a.m. - being a little bit late due to two of our passengers being caught up in one of many hold ups occurring on the A14.

Some of the occupants of the marina are truly amazing and certainly up to the title "houseboat", being 2 storeys high and resembling a floating bungalow. Once underway we received a safety talk concerning what to do in the event of our boat sinking. Fortunately this was never needed and we proceeded out onto the river in the direction of Huntingdon/Godmanchester.

What came as quite a surprise are the visible signs of great wealth - large houses, huge gardens, landing stages and boat homes dotted at regular intervals along our route.

Very soon we were offered tea and biscuits whilst we gazed at huge flocks of Canada geese grazing in adjacent fields or taking to the water. We were also presented with the sight of swans, ducks and moorhens cruising along with flotillas of young all around them. Dragonflies were in abundance and kingfishers are rumoured to be found on one stretch but none were seen. Time passed quickly and our two hours likewise and once more we were back at our mooring and tying up the Ladybird.

Thanks to the cheerful crew of volunteers and to David Rudd for his impeccable organisation of the outing.

David and Eileen Broadley
St Neots members

REMINDER

Branch Christmas Lunch on Monday 16th December at Hemingford Abbots Village Hall, 12.00 for 12.30 with entertainment while you dine by Banjo Man. Further information and booking forms will be available from October (with the next newsletter if a compiler/producer has been found.)

SOCIAL AND SUPPORT

N.B. Meetings are NOT exclusive to local residents. We are inclusive. Anyone affected by Parkinson's is welcome at any meeting.

St Ives: at The Dolphin Hotel, Bridgefoot, St Ives
Wednesday 4th September, 2nd October at 2.00 pm
Speakers tbc.

Ramsey: at Rainbow Centre, Stocking Fen Road, Ramsey
11th September, 9th October at 2.00 pm

St Neots: at Old Market Court, Tebbutts Road, St Neots at 2.00 pm
16th September, Speaker Ron Wiggins – "I Like Music".
21st October Speaker Parkinson's Nurse tbc

EXERCISE AND THERAPY

Tuesdays at 11.00 am

St Neots, at Pilgrim Hall, United Reformed Church, Moores Walk

Chair-based exercise with Gareth 07702 285840

Alternate Tuesdays, 11.30 am. Starting 10th September **NOTE NEW TIME**

Huntingdon, at MS Centre, Mayfield Road, Hartford

Singing for fun and well-being with Madeline 07513 605971

Thursdays at 1.30 pm

Huntingdon, at Methodist Church, High Street

'Love to Move' specialist exercise with Sarah-Jane 07712 658001

Fridays at 11.00 am

St Ives, at Crossways, Ramsey Road.

Chair-based exercise with Becky 07928 026509

YOUR LIFE, YOUR SERVICES SURVEY (from the centre office.)

The annual survey aims to explore your satisfaction levels of Parkinson's health services. We want everyone affected by Parkinson's to get the right health care and support. Your answers will help us to identify areas where changes are needed and areas where improvements have been made.

Last year the percentage of people saying they were able to access a Parkinson's nurse increased from 75% in 2016 to 82%. The percentage who said they can access them between scheduled reviews increased too, from 70% to 77%. However challenges remain: that's why it is essential that as many people living with Parkinson's as possible complete this year's survey.

If you're affected by Parkinson's, tell us about your experience of care by completing our survey

[Surveys.parkinsons.org.uk/s/YLYS19/](https://surveys.parkinsons.org.uk/s/YLYS19/)

The survey closes on 25th October and we'll share the results next year. If you have any questions email

feedback@parkinsons.org.uk

NOTE

Some people who have had permissions forms have not returned them. We have pruned the distribution list to be absolutely safe with the Data Protection laws. If you come across anyone who should be getting this but hasn't, please ask them to get in touch.

David

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NURSE APPOINTMENTS 0330 726 0077