

# Our News

**Huntingdonshire Branch**

[www.huntspsds.org.uk](http://www.huntspsds.org.uk)

**August 2025**



## Thoughts of Chairman Malcolm

It is with great sadness that I must tell you all that Peter McGinley is stepping down from the Committee. Peter has done an excellent job during his time in harness, we all wish him well in the future. We have a new treasurer, Mary Sauntson who joined us in May, and we welcome her onboard.

The lunch club in St. Ives are moving to a new location at the Blue Diamond, please see the article in the Newsletter for further information. Huntingdon Café will have a visit from Claire Shearer, Regional Lead, East of England for Parkinson's UK, to the 5<sup>th</sup> August meeting of the meeting at The Chase.

We are also organising a Cream Tea in September (see page 3 for details) and St Neots Winers and Diners are adding on a new one-off venue on 26<sup>th</sup> August at the Barley Mow.

## Malcolm



Could you, your family or friends help us? We are looking for new volunteers, and are particularly looking for someone to help send out our newsletter in the post, a membership secretary, minute secretary, and help with the committee and local groups.

Contact Lisa Lowe on at [llowe@parkinsons.org.uk](mailto:llowe@parkinsons.org.uk) or call 0344 225 3614, alternatively ring our Chair Malcolm Ryman on 07720 080749 for an informal chat, or click on the [Parkinson's UK website](http://Parkinson's UK website) for more details.

## Donation Thank You

Hail Weston Neighbourhood Café chooses a charity on a monthly basis to donate to, and we were very pleased to hear they had recently chosen our local Parkinson's Branch.

We would like to say a big thank you to local Hail Weston residents who have raised the generous sum of £200, and this will be used to pay for a cream tea for our members that we know will be very much appreciated!

## Dates for your Diary...

### Huntingdon Café

**5<sup>th</sup> August, 2<sup>nd</sup> September**

### St Neots Winers and Diners

**19<sup>th</sup> August, 16<sup>th</sup> September**

**Barley Mow 26<sup>th</sup> August**

### St Ives Lunch Club

**11<sup>th</sup> August, 8<sup>th</sup> September**

### Cream Tea Blue Diamond

**30<sup>th</sup> September**

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## Parkinson's UK Activity Dates

(Please check with organiser if any changes)

### Face to Face Activities

Date	Activities	Contact
<b>19<sup>th</sup> August, 16<sup>th</sup> September</b> Lunch and chat 3rd Tuesday of the month	<b>St Neots</b> <b>Winers and Diners</b> Buffalo Restaurant 22 Huntingdon Street St Neots PE19 1BB	Marianne Fountain Tel: 0790 226 5615 <a href="mailto:malfountain@hotmail.com">malfountain@hotmail.com</a> Please contact to book your place
<b>5<sup>th</sup> August, 2<sup>nd</sup> September</b> Coffee and Chat <b>10.30 am – 12.30 pm</b> 1 <sup>st</sup> Tuesday of the month	<b>Huntingdon Café</b> The Chase, Medway Road, Huntingdon PE29 1SF	Suzanne Ford Tel: 07592 639374 Email: <a href="mailto:suzanneford346@gmail.com">suzanneford346@gmail.com</a>
<b>11<sup>th</sup> August, 8<sup>th</sup> September</b> <b>12.30 – 2.30 pm</b> 2 <sup>nd</sup> Monday of the month	<b>New Venue St Ives</b> <b>Lunch Club</b> Blue Diamond Garden Centre, Banks End, Wyton, Huntingdon PE28 2AA	Suzanne Ford Tel: 07592 639374 Email: <a href="mailto:suzanneford346@gmail.com">suzanneford346@gmail.com</a>
<b>August and September</b> <b>11.00 am – 12.00 pm</b> Every Friday	<b>St Ives Exercise</b> <b>Group with Becky</b> Meets at the Crossways Church	Email <a href="mailto:beckyadamsrehab@gmail.com">beckyadamsrehab@gmail.com</a>
<b>August and September</b> <b>11.00 am – 12.00 pm</b> Every Thursday	<b>St Neots Exercise</b> <b>Group with Daniel</b> United Reformed Church, High Street, St Neots, PE19 1BN.	Email <a href="mailto:danielgodward14@gmail.com">danielgodward14@gmail.com</a>
<b>August and September</b> <b>1.30 – 2.30 pm</b> Every Tuesday (except Third Tuesday 11.30 – 12.30pm ) Every Thursday	<b>Huntingdon Exercise</b> <b>Group</b> MS Therapy Centre, Bradbury House, Huntingdon PE29 1UL	Email <a href="mailto:sj-performing-arts@hotmail.co.uk">sj-performing-arts@hotmail.co.uk</a> Mob: 0771 265 8001 0330 7260077 Monday to Friday
<b>August and September</b> Last Saturday in the month Various Venues	<b>Young and Active</b> <b>Parkinson's Group</b> <b>(YAPA)</b>	Julie Wilson Email <a href="mailto:jmwilson@parkinsons.org.uk">jmwilson@parkinsons.org.uk</a> Tel: 0300 123 3675
<b>August and September</b> Speakers and Refreshments 3 <sup>rd</sup> Wednesday of the month <b>2.00 - 4.00 pm</b>	<b>Biggleswade Café</b> St Andrews Masonic Centre, St. Andrews Street, Biggleswade	Julie Wilson Email <a href="mailto:jmwilson@parkinsons.org.uk">jmwilson@parkinsons.org.uk</a> Tel: 0300 123 3675

### Parkinson's Nurse News



Becky Slimmon, our Parkinson's Specialist Nurse, is pleased to let us know that she is now one of three nurse prescribers in our nurse teams, and they are now doing regular medication reviews for patients who have medication concerns.

Parkinson's Nurses locally already provide a high standard of care, support, advocacy and guidance, but with this addition of prescriber accreditation they are now able to prescribe medication, and this can potentially improve speed of treatment.

## Open Afternoon Grove Medical Practice



On 17<sup>th</sup> June, Caroline and Tim Rivett supported Grove Medical Practice in St Ives with an information stand. They had a chance to raise awareness, chat with the local prescriber, the town mayor and a council worker who will now link with us to the network meetings they hold.

Connecting with the surgery has also had the additional bonus that the practice has now sent their Parkinson's patients a link to our Branch Newsletter - so those that may not have been aware of us, now have the opportunity to know about the support we offer and hopefully join us.

All new members are very welcome!

## New St Ives Lunch Club Location

Suzanne is pleased to let you know that the St. Ives Lunch Club has moved to a new, more spacious venue – Blue Diamond Garden Centre in Wyton. Blue Diamond opened in April this year, having taken over from Dobbies Garden Centre in the same location.

The Garden Centre is a perfect spot for a local lunch get together, the restaurant offers a variety of drinks, hot dishes, soups, specials and fresh salads, all prepared in house. With good food, good company and a chance to catch up at the same time, it is likely to be a popular choice.

After your lunch, there is also the opportunity to browse the Garden Centre and its garden and home ware, so the location has a lot to offer.

The group will meet 12.30 – 2.30 pm every second Monday of the month, at Banks End, Wyton, Huntingdon PE28 2AA. There are plenty of parking spaces, and the venue is completely accessible.

Please support this new group to get it off to a good start! For more details or to book your place, please contact Suzanne on 07592 639374 or by email on [suzanneford346@gmail.com](mailto:suzanneford346@gmail.com).



## Cream Tea Blue Diamond Garden Centre 30<sup>th</sup> September



Please join us for a free cream tea for local group members at **2.00pm** on **Tuesday 30<sup>th</sup> September** at the Blue Diamond Garden Centre, Wyton, PE28 2AA. This is our first Cream Tea at this venue, and we are sure it will be as popular as our previous ones!

Please book your place by contacting Malcolm on 0772 008 0749, or emailing [huntsbranchnews@gmail.com](mailto:huntsbranchnews@gmail.com).

With thanks to Hail Weston Neighbourhood Café, whose donation contributed to this event.

## Afternoon Tea and Fundraiser



Thank you to Tim and Caroline for holding an afternoon tea at their home on 29<sup>th</sup> June in St Ives, for local group members.

The weather was fine, there were plenty of refreshments and cakes, and a raffle too.

The afternoon was a success, and raised £475.





## Caroline's Sky Dive

Caroline Rivett is pleased to let us know that she completed her skydive on 27<sup>th</sup> July for Parkinson's UK, and she has raised an amazing £1,460.00 plus £346.25 gift aid at the time of our newsletter publication. Well done, Caroline! She has been blown away by people's generosity.

Caroline advised on her Just Giving page "I am so grateful to Parkinson's UK for making us feel part of their wonderful community, and as more and more younger people are being diagnosed their work is so vital".

You can still donate on Caroline's Just Giving page, by clicking on the link [here](#), to raise that total even further. Please see page 7 for a fundraising update, if you, or someone you know, would like to get involved in fundraising too.



## Coffee Morning

Trevor Mortimer and his family generously arranged a coffee morning for the local group members on the 22<sup>nd</sup> July in his lovely garden in St. Neots. The weather held on the day, and there was lively conversation and a good selection of cakes. Sam also provided his Tiramisu, from a family recipe, that was also well received. Thank you for arranging this, Trevor.



## St Neots Winers and Diners One off Venue – Barley Mow

The St Neots Winers and Diners group have been meeting at Buffalo Restaurant in St Neots for over a year – and the group is getting bigger all the time!

It felt like it was time to find out what members wanted, if they would like to continue there, or try out a new location.

The feedback was to continue there for the moment, but it might be nice to try out somewhere different, either as an extra, or to consider as a future location.

With this in mind, some one-off restaurant options are being arranged, based on suggestions from the group. The first one off will be at the Barley Mow Garden Room, 27 Crosshall Road, St Neots PE19 7AB, at **1.00pm** on **Tuesday 26<sup>th</sup> August**. All are very welcome, if you haven't joined us before, you will find us a very friendly group. There is parking at the venue, and the Garden Room is level access, with one small step to the toilets.

To reserve your place, please contact Marianne on 0790 226 5615 or alternatively email [huntsbranchnews@gmail.com](mailto:huntsbranchnews@gmail.com). We hope to see you there.



## Show us your Pets!



Many of you have some wonderful pets, and its great to hear you chat about them at the groups. Pets are known to be good for us, and through our lives we may have been lucky enough to have known many animal companions.

This is your newsletter, and it would be great to share pictures of a treasured pet and their name, either one you have or know now, or have had in the past. And if you would like to share a little story about them, even better!

This is Maggie by the way, she is 9 years old and a Staffordshire/Labrador cross. She is the gentlest soul you will ever meet.

Please send your submissions to [huntsbranchnews@gmail.com](mailto:huntsbranchnews@gmail.com) – we look forward to seeing them.

## Monthly Free Pet Health Checks

Woodgreen Pets Charity, the home of Channel 4's the Dog House, are pleased to let us know that their Community Team will be offering free home-visit based health and wellbeing checks for dogs, cats and small pets. They are able to provide a range of advice and support on their visits, including -

- Basic pet health and wellbeing checks
- Microchipping (recommended donation of £5 per pet)
- Neutering
- Behaviour
- Senior pet care
- General pet advice and support

They will be offered monthly in PE29 (next session 5<sup>th</sup> August) and PE19 (next session will be 12<sup>th</sup> August) postcodes, though also available in PE 1-4, PE15, CB4-6, MK40 and MK42.

You can book a visit on their website [here](http://here), email them on [outreach@woodgreen.org.uk](mailto:outreach@woodgreen.org.uk), or call them on 0300 303 9333.



## The Little Things in Life

Too often we don't realize  
What we have until it's gone  
Too often we wait too late to say  
"I'm sorry, I was wrong."  
Sometimes it seems we hurt the ones  
We hold dearest in our hearts  
And we allow the silly things  
To tear our lives apart  
Far too many times we let  
Unimportant things get in our mind  
And by then, it's usually too late  
To see what made us blind  
So, be sure that you let people know  
How much they mean to you  
Take the time to say the words  
Before your time is through  
Be sure that you appreciate  
Everything that you've got  
And be thankful for the little things  
In life that mean a lot.

Jolene Daniels

## Sudoku Puzzle (Answers on Page 8)

				3		4		5
4					5			
			8	1		3	7	
	7							9
	2		5		1		4	
8							5	
	1	8		6	2			
			4					1
3		6		8				

## Parkinson's Passport



Planning to go on Holiday? Parkinson's Europe in collaboration with healthcare professionals, have produced a free downloadable resource to help you share key information when you are travelling. It covers medication, devices, emergency contacts and other useful details, and can be used together with your other travel documents to help you have stress free breaks.

It is available in English, French, Italian, German, Spanish and Portuguese, and Dutch and Polish translations will be available soon. You can complete the passport digitally, and save on your phone, or print a paper copy you can complete by hand.

All the translated versions have the same content, so you can use different versions on different stages of your journey to ensure those around you have some understanding of your condition. The passport enables you to document issues such as -

- General information about Parkinson's
- Details about what issues affect your travelling, or make it more challenging
- How Deep Brain Stimulation Devices can affect airport screening and scanning services
- Any clinical trials you may be involved with
- Details of any devices or implants you may have, wear or be carrying

You can download the [Parkinson's Passport here](http://www.parkinsonseurope.org/the-parkinsons-passport) or check out their website at [www.parkinsonseurope.org/the-parkinsons-passport](http://www.parkinsonseurope.org/the-parkinsons-passport).

Although not officially endorsed by Parkinson's UK, we like to share information that will help our members in day to day activities, and hope this will help you feel safer and have less stressed when travelling.

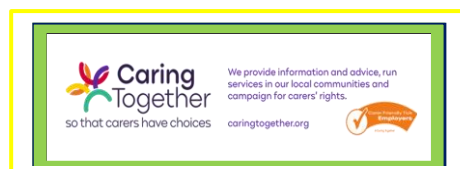
## Carers Update from Caring Together

### Huntingdon Carers Hub

12<sup>th</sup> August, 9<sup>th</sup> September 10.30am – 12.30pm

Coneygear Centre, Butts Grove Way, Huntingdon PE29 1PE

2nd Tuesday of the month



Please 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. They are friendly groups, and it can help to take some time out for yourself and meet new friends and share experiences.

The 9<sup>th</sup> September group will also have a Basic First Aid session (2) that will be provided by the British Red Cross.

If you would like to know more about the Carers Hubs and carer support locally, please contact one of Caring Together's care advisers for help and advice, by emailing them at [hello@caringtogether.org](mailto:hello@caringtogether.org), or by phone on 0345 241 0954.

### Bridgit Care – Online Support

Caring Together would like to let you know about a new carer's online system, made in partnership with Cambridgeshire County Council, Peterborough City Council and local GP's. Bridgit Care is an additional way to get help and information outside of regular office hours, when other services may not be available. It's an Artificial Intelligence (AI) online tool available 24/7 that you can access without having to sign up or create an account, and you can also access an AI carer support coach on WhatsApp. It can provide information on support, cost of living, work/life/carers balance, emergency planning and much more. To find out more information and access Bridgit Care, please visit [www.caringtogether.org/bridgit-care](http://www.caringtogether.org/bridgit-care).





## Fundraising Update

On page 4 of your newsletter, you will have seen details of Caroline's skydive that she undertook to raise funds for Parkinson's UK. There are lots of opportunities for you and your friends and family to take part in an event and fundraise for Parkinson's UK, if you would like to do this too.



For the more adventurous, if you want to join in one of Parkinson's UK organised events, you could (if you were brave!) do a skydive like Caroline, abseil, take part in an inflatable run, or be part of a golf challenge. There are also plenty of running and cycle events throughout the year. Perhaps you can follow the footsteps of one of our previous Huntingdonshire Branch Chairs, George Higgins, who cycled from London to Paris! You can find out more about these pre-arranged opportunities on the webpage [here](#), or email [events@parkinsons.org.uk](mailto:events@parkinsons.org.uk) or contact on 0207 7932 1356.

As you have seen in this newsletter, there is also the opportunity to do your own fundraising in your own way. Parkinson's UK can supply you with the materials you might need, and there is a lot of inspiration on the fundraising page [here](#), including a fundraising guide - you can also call 0800 138 6593 or email [fundraising@parkinsons.org.uk](mailto:fundraising@parkinsons.org.uk). For example, you could have an afternoon tea, a bake off, have a quiz night, host an auction, or organise your own walk. There are so many ways to help us as a charity, either nationally or locally, and those donations will help us continue to provide support and working towards a cure. The Branch is always grateful for donations, please let us know at [huntsbranchnews@gmail.com](mailto:huntsbranchnews@gmail.com) if you are planning an activity, and we will share it in our newsletter.

## Diet and Parkinson's



Did you know that changing your diet may help you manage your Parkinson's more effectively? There is no specific diet recommended for Parkinson's, but a good well balanced and varied diet, with the right balance of food eaten regularly (and drinking plenty of fluids as your nurse advises) will improve your health and wellbeing generally. It can also ease problems such as constipation, low mood, reduced bone density and help you manage your weight.

Parkinson's UK produce a helpful booklet that covers many aspects of diet as well as practical hints and tips on managing specific issues, and some of the issues it covers are below.

**Constipation** – Many people with Parkinson's have issues with constipation. To help with this, drink more fluid, keep as active as your can, and eat fibrous foods. You may also be prescribed laxatives if these measures do not help.

**Low Blood Pressure** – With Parkinson's you can experience changes to blood pressure, that can be linked to posture (if moving from sitting or standing), medication, after eating large meals, or with dehydration. It can make you feel dizzy, weak or confused. It may help to have smaller meals, less sugary foods, increasing fluids and reducing alcohol.

**Bone Health** – With Parkinson's, it may affect your bone health and levels of vitamin D. You can help to improve bone health, with an increase of calcium in your diet and vitamin D. Vitamin D comes from the sun, but it can be increased by eating oily fish, cereals, eggs and red meat.

**Maintaining a Healthy Weight** – This can be a general issue, but if you have swallowing issues or dyskinesia you may be losing weight. Three meals a day with snacks between may be helpful, with addition of cream and butter. Gaining weight may be more an issue if it is hard to exercise, so grilling and steaming foods and cutting down on high fat sugary foods may be helpful. It may also be worth speaking to your GP for a potential referral to a dietician, who can give more tailored advice for you.

**Protein and Medication** – Protein can interfere with some medications, including levodopa. It is best to take your medication 30-45 minutes before or after eating a large meal, to help you avoid any potential problems.

To find out more information about diet, you can download the Parkinson's UK booklet [here](#) or you can contact the Helpline on 0808 800 0303, and they will send a copy to you in the post.

## The Parky Charter

You can join the Movers and Shakers, Parkinson's UK, Spotlight YOPD and Cure Parkinson's who are calling on the government to improve life living with Parkinson's. The charter needed 100,000 signatures by 10<sup>th</sup> September 2025, already achieved at the time of putting this newsletter together, and this will trigger a debate in the Commons.



The Parky Charter sets out 5 areas for action including speedy referral to see a specialist consultant within 18 weeks - and once a year after that, clear information, a Parkinson's passport, comprehensive care and a quest for a cure. By increasing funding and implementing the key issues in the Charter, it has the potential to improve day to day life, and levels of support.

To find out more, or sign the Parky Charter, please click on the link to the webpage [here](#).

## Professionals Research Opportunity

**Improving Pain Management for People with PD** – This research is from Northumbria University, to develop a training pack for professionals. They want to hear from **15 healthcare professionals** working with people with Parkinson's in the UK, and their experiences of providing pain management with a view to understand future training needs. Participation comprises three 15-minute questionnaires, and a one hour focus group.

To find out more and see the participants information sheet, see the Parkinson's UK website [here](#). You can also contact Jeni Naisby directly at [Jenni.nasiby@northumbria.ac.uk](mailto:Jenni.nasiby@northumbria.ac.uk) or phone 01902 156 434.

**Deadline 30.9.2025**

## Sudoku Solution

7	8	1	6	3	9	4	2	5
4	6	3	7	2	5	9	1	8
9	5	2	8	1	4	3	7	6
1	7	5	3	4	8	2	6	9
6	2	9	5	7	1	8	4	3
8	3	4	2	9	6	1	5	7
5	1	8	9	6	2	7	3	4
2	9	7	4	5	3	6	8	1
3	4	6	1	8	7	5	9	2

Thanks to – [www.sudokuoftheday.com](http://www.sudokuoftheday.com)

## Focussed Ultrasound (FUS) Update

A new treatment of focussed ultrasound is showing promise for some people with Parkinson's who have movement issues such as dyskinesia. Originally a treatment for people with benign tremor, 94 people with Parkinson's received the therapy with various results.

45 people showed improvement in movement after 3 months, and 30 were still showing improvement after a year. Some did however have side effects affecting vision, taste and walking, and some saw no improvement. The treatment has the advantage of being non-invasive, unlike Deep Brain Stimulation, but larger trials are needed before it is available on the NHS to ensure that it is given to those who will most benefit. Find out more in the link [here](#).

## Useful Contact Numbers

BRANCH CHAIR

Malcolm Ryman

07720080749

[malcolm.ryman1@btinternet.com](mailto:malcolm.ryman1@btinternet.com)

VICE CHAIR

Vacant

PARKINSON'S UK CONFIDENTIAL HELPLINE

(Also access to Parkinson's Local Adviser)

0808 800 0303

Email: [enquiries@parkinsons.org.uk](mailto: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](mailto:Huntsbranchnews@gmail.com)

BRANCH WEBSITE

[www.huntspds.org.uk](http://www.huntspds.org.uk)

PARKINSON'S UK WEBSITE

[www.parkinsons.org.uk](http://www.parkinsons.org.uk)

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