

Our News

Huntingdonshire Branch

www.huntspds.org.uk

August 2026



Thoughts of Chairman Malcolm

I thought I had good weather in France, it seems to have followed me back over the Channel!

Our support group is really finding traction, June's meeting had nearly 40 people attending, and impressive number considering it has only been going for 6 months.

Several exciting exercise classes have become available with more to come, please read all about them in the Newsletter.

Caroline is going to launch a quiz after the one at the support group went down so well, details to follow.

By the time you read this, the Ladybird trip along the Great Ouse will have taken place, here's hoping the good weather keeps up for it.

Malcolm



Postage Call to Arms!

The Branch is keen to offer you the newsletter either by email or in the post, to give you a choice as to which format is easier for you to read. The cost of printing and postage has been increasing, so we would be very grateful with help with the expenses! You can either donate stamps, or alternatively you can donate directly to the Branch to help with this.

If you can help us, to find out more, please contact Malcolm on 077 200 80749.

If in the meantime, you are currently receiving the newsletter by post and would prefer this by email, you would prefer it in the post, you aren't receiving it, or no longer want the newsletter sent to you, please let us know at huntsbranchnews@gmail.com.

Dates for your Diary...

St Neots Winers and Diners
18th August, 15th September

Huntingdon Support Group
24th August, 28th September

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Parkinson's UK Activity Dates

(Please check with organiser if any changes)

Date	Activities	Contact
18th August 15th September 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: malfountain@hotmail.com Please contact to book your place
24th August Digital Health Check 28th September John Pettigrew – Tech Guide 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: carolinerivett@me.com
August and September 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
7th August 4th September 1 st Friday of the month Meet 10.50 outside the Ambiance Café for 11.00am start	The Strollers - New! See Page 3 A walking group to be planned in different locations – for the next two months Riverside Park St Neots PE19 7BD	Malcolm Ryman Tel: 07720 080749 Email: malcolm.ryman1@btinternet.com

External Activities* See Page 8

August and September 11.00am - 12.00pm Every Friday	St Ives Exercise Group with Becky Crossways Church Ramsey Road PE27 3TB	Email: beckyadamsrehab@gmail.com
August and September Every Friday 1.30 – 2.30pm First session free, then £5 Booking is Essential	Parkinson's Punches – New! See Page 3 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



Enjoy the summer.

Keeping well hydrated, staying active, and taking Parkinson's medications on time can help you feel at your best. Even small activities such as a short walk, sitting in the garden, or spending time with family and friends can make a positive difference to wellbeing. Remember to keep cool, rest when needed, and focus on what you can do rather than what you can't.

Becky Slimmon
Parkinson's Disease Nurse Specialist

Return of The Strollers!



Some of you may recall the Riverside Strollers, a monthly walking group we ran a few years ago in St Neots.

Well now it's back, but this time we will run the walking groups from different locations, so that you will have more chance to join in from wherever you live.

For the next two months starting August, we are meeting at Riverside Park in St Neots initially outside the Ambiance Café at 10.50am on the 1st Friday of the month. We will do a short walk depending upon group needs, (allow 20 – 30 minutes) then you may wish to have a coffee, tea or lunch at the Ambiance afterwards independently.

You will need suitable footwear and clothing (including hats if needed), and be able on the day to go on the walk safely. Please bring water with you and be aware some of the paths are narrow at times.

Please join us, hope to see you there. (See Page 2 for more info).



Join us for

Parkinson's Punches

Come and join us for non-contact Parkinson's boxing. Fun and friendly boxing techniques for all to take part in to help you live well with Parkinson's.

Friday's (from 10th July) 1.30pm – 2.30pm. The first session is free and then £5 after this one. Refreshments included. Sipro Community Hub CIC, 25 Burrell Rd, St. Ives PE27 3LE



Booking is essential as we have limited places.
Steve.steven.whitwell@yahoo.co.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 (258197) and in Scotland (SC037554).



Join us for

Parkinson's UK reaches out to you! Come and meet us to get information and advice!

Find out more about living well with Parkinson's!

Meet Parkinson's staff and other local organisations and get the support that you need. Open to those living with Parkinson's and their supporters.

There will be taster exercise sessions, an update on research and a free light lunch.



King Edward Centre, 3 King Edwards Rd, Chatteris PE16

6NG Friday 4th September from 10.30 – 1.30pm

Contact Julie Wilson jmwilson@parkinsons.org.uk to book or find out more.

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Winers and Diners St Neots Update

We agreed we would review our venue in June, and after a vote, we have decided we will have all our future lunches at The Buffalo Restaurant until next year.

If you have not been before please do - you can contact Marianne at malfountain@hotmail.com to book your place, or just come along and join us for a cup of coffee on the day.



Huntingdon Support Group

We had an amazing turnout when research came to talk to us in June. Everyone was very engaged and excited to see what the future brings for people with Parkinson's.

There were also lots of positive comments about how vibrant the support group is as it continues to go from strength to strength.

There is a need for more raffle prizes to help fund the meeting – they can be as small as a packet of biscuits or a box of chocolates.

In July the Norris museum joined us with some interesting artifacts. In August we have the opportunity to try a digital health check and also to have some fun and games! In September we have John Pettigrew to talk about the Tech Guide.

Please come along – all welcome.

Caroline



Ladybird Boat Trip

Third time lucky!

The Branch have tried a few times in the past to arrange a river trip on the Ladybird boat at Hartford Marina as this used to be a very popular outing in the past. Following Covid, it seems people were less keen to travel out and about, but we thought we would give it another try. This time was different and we had a very good response to our trip on the 23rd July, and the boat was full!

Malcolm and Chris were on hand to help with refreshments, the weather was fine, and it was a lovely couple of hours trip that all seemed to enjoy.

We are also always pleased to hear any suggestions for future outings and we hope to arrange further trips in the future. Please keep an eye on your Newsletter and we will let you know when further activities are planned.



Eight Summer Brain Teasers

1. Someone pushes their car to a hotel, and tells them they are bankrupt. Why?
2. A man is looking at a photograph of someone. His friend asks who it is. The man replies "brothers and sisters have I none. But that man's father is my father's son." Who is in the photograph?
3. Someone is standing one side of a river, their dog on the other. They call their dog, who immediately crosses the river without getting wet and not using a bridge or a boat. How?
4. A sundial has the fewest moving parts of any timepiece. Which has the most?
5. What makes this number unique: 8,549,176,320?
6. What has cities, but no houses; forests, but no trees; and water, but no fish?
7. If I am holding a bee, what do I have in my eye?
8. What four letter word can be written forward, backward or upside down but still be read from left to right?



Ways to Feel Better



Overthinking
Anxious
Low Energy
Stressed
Procrastinating
Overwhelmed
Feeling Lost
Guilty
Impatient
Disconnected
Insecure
Unhappy

Write in a journal
Take 10 deep breaths
Do some light exercise
Spend time in nature
Put your phone away
Call someone you love
Write down your goals
Forgive yourself
Try 10 minutes meditation
Volunteer for a cause
Make a list of your wins
Write a gratitude list

Poets with Parkinson's

Are you a poet? Many wonderful poems have been written by people about their experiences of Parkinson's, and Parkinson's UK has showcased these on their website.

Although not connected to Parkinson's UK* (see page 8), there is a website called Poets for Parkinson's that you can join for free, share your poetry, read others poems and join in their poetry challenges and events. The members include established poets, new poets and everyone in between!

If you would like to find out more, please check out their website at Poetswall.com by clicking on the link.

Alternatively, send us your poem to huntsbranchnews@gmail.com – we would love to publish it in our newsletter.

POETS WITH PARKINSON'S

poetswall.com

Carers Update from Caring Together Charity

Huntingdonshire Carers Hub

11th August, 8th September 10.30am – 12.30pm

Coneygear Centre, Butts Grove 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 September there will be a talk about carers' rights and support in hospitals by Jill Nooij, Caring Together's Awareness and Voice Delivery Lead. Please call the number below to find out how to join in the sessions.

If you have not contacted 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 making yourself known to 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 that you think would interest our readers. 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!

Don't Forget the Helpline!

Parkinson's UK are here for you, and you can get information and advice on living with Parkinson's as well as access to a Nurse Adviser.

You can find out more about –

- Medical issues, symptoms and treatments
- Employment and benefits
- Health and Social Care
- Emotional Support
- Local Activities
- Signposting to other sources of information

If you need more local or in-depth support, contact the helpline and they can put you in touch with your local Adviser – Becky Linnell.

The Helpline Nurse Adviser is also accessible through the Helpline, and they can complement your existing helpline team by providing telephone advice, support and information. The nurses do not offer services such as changing or prescribing medication, home visits, or accessing your NHS records and medical history. They can, however, help with talking things through after diagnosis, if your situation is changing and you want more information, and support you through concerns you may have and self-management advice.

To contact the Helpline please phone 0808 800 0303, Text relay: 18001 0808 800 0303, or send them an email at. The helpline is open Monday to Friday 9am to 6pm, and Saturday 10am to 1pm. You can also email them at hello@parkinsons.org.uk, and they aim to respond to emails within 5 working days.

Eyes and Parkinson's



Did you know that Parkinson's can affect your eyes? Some people with Parkinson's may experience problems, that can be caused by the Parkinson's itself or by Parkinson's medication.

Symptoms you may potentially experience are

- Difficulty moving your eyes, for example when trying to move them quickly
- Your eyes may move in a jerky, instead of a smooth movement
- Blurred or double vision
- Dry eyes
- Involuntary closing of the eyelids
- Difficulty seeing in low light levels
- Colour vision problems
- Difficulty judging spaces around you
- Problems with glasses

It is recommended that you have an eye test yearly, that can help pick up problems you may be experiencing early.

Who can help with eye problems?

If you are experiencing eye difficulties, you should speak to your GP, Parkinson's Nurse or specialist. They will be able to make a referral to eye specialists if needed. If you need any tests or treatments, it is always helpful to let them know you have Parkinson's, so they are aware and can check for any related eye issues to ensure you get the right help.

If you would like to know more about eye issues, Parkinson's UK produce a very helpful and informative booklet. You can ring the Helpline on 0808 800 0303 and ask they send you a copy in the post, or you can read and download the booklet on the Parkinson's UK [website page here](#).

RADAR Keys

Do you know what RADAR Keys are, and how they may be helpful to you?

A RADAR key (or National Key Scheme key) is a universal key that can be used by people with disabilities or specific health issues, to unlock and enable access to over 10,000 accessible public toilets across the UK.

These facilities are often found in shopping centres, cafes, train stations, pubs and other strategic locations.

Getting access to a clean, safe, available toilet can be real peace of mind, and getting a key is a simple process.

Where Can I Purchase a RADAR Key?

There are various organisations that you can purchase your key from. Disability Rights UK is the official provider and you can purchase one from their online shop [here](#) or by phone on 0203 687 0790. The key costs £5 without VAT, and you may be asked about your disability or right to VAT relief.

Local Councils can sometimes sell or provide keys, so it may be worth checking your local council website.

If urgency is a problem for you, Age UK Trading sell a RADAR Key and an Urgent Toilet Access card, that you may also find handy accessing a toilet when out and about. You can show the card discreetly so you do not have to discuss your medical condition. The pack costs £4.09 a set, and you can see it [here](#), or alternatively order one on the phone on 0800 046 1501.

Parkinson's UK also sell a brass key pictured above, that costs £8.50, and opens all UK RADAR key locks. You can find it [here](#), or order by phone on 0333 0030 523.

And finally, if you want to know the locations of toilets that can be opened with a RADAR Key, you can use the Great British Toilet Map at www.toiletmap.org.uk.



Campaigning – Find out More

Would you like to be involved in making change happen to fight for better support for the Parkinson's Community?

Over 10,000 supporters are helping with our campaigns, and you can get involved as much or as little as you can if you are interested.

It may be sending an email to your MP, sharing your story to raise awareness of Parkinson's, becoming a campaigns volunteer for a few hours, or join the Campaign Network.

There are various campaigns ongoing at present, and its never been more important than now with the cost of living rising, need to access better healthcare, NHS waiting lists and backlogs.

Here are some of the current campaigns.

Can't Wait – To ensure people with Parkinson's are not waiting too long to get the right care.

Get it on Time - To ensure medication is available on time, every time in hospitals

Free Prescriptions - People with Parkinson's under 60 should not have to pay for their prescriptions

Fix Blue Badges - Help demand that the Blue Badge system in England is fair and consistent

Make Benefits Work – So that people to get access to the benefits they need

Mental Health Matters – To ensure that mental health issues are not overlooked as part of care

Campaigning for Change in Scotland and Wales – So that people with Parkinson's are better supported in both countries

To find out more, please see the Parkinson's UK [website page here](#), or you can email the Campaigns Team at campaigns@parkinsons.org.uk with any questions you have.

Alternatively, to join the Campaign Network you can complete an [online form here](#), and they will contact you monthly with a campaign action – this may be completing a survey or contacting someone, sharing experiences or joining with others to bring about change.

Let us know at Huntsbranchnews@gmail.com if you get involved – we always like to hear from you.



Eight Summer Brain Teasers

1. They are playing Monopoly
2. The man's son.
3. The river is frozen.
4. An hourglass – it has thousands of grains of sand.
5. It has each number 0-9 in alphabetical order.
6. A map
7. Beauty – because beauty is in the eye of the beholder (bee holder)
8. Noon

Useful Contact Numbers

BRANCH CHAIR

Malcolm Ryman

07720080749

malcolm.ryman1@btinternet.com

VICE CHAIR

Vacant

0808 800 0303

Email: enquiries@parkinsons.org.uk

0330 726 0077

07724 400527

Parkinson's UK Huntingdonshire

Parkinson's UK East

Huntsbranchnews@gmail.com

www.huntspds.org.uk

www.parkinsons.org.uk

PARKINSON'S UK CONFIDENTIAL HELPLINE

(Also access to Parkinson's Local Adviser)

PARKINSON'S DISEASE SPECIALIST NURSES

BRANCH MOBILE

FACEBOOK PAGES

BRANCH EMAIL

BRANCH WEBSITE

PARKINSON'S UK WEBSITE

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