

OUR NEWS

Huntingdonshire Branch

December, 2023

www.huntspds.org.uk



Thoughts of Chairman Malcolm

This is the final Newsletter of 2023, which makes me wonder where the year has disappeared to. As we came out of the rigours of Covid lockdowns, some semblance of normality has begun to return to the activities your Committee organises.

The St. Neots Group have a successful meeting at the Priory established, a new Café has started to gain momentum in Huntingdon, and the therapeutic activities have returned in full.

We are holding a Christmas Lunch at the King of the Belgians on the 14th December (see page 4), many thanks to those of you who have said you will attend, I look forward to seeing you all then.

I would like to give a very great thank you, to David Rudd, whose exemplary service to the Huntingdonshire Group over the past 34 years has nurtured the Group to its present position. I am sure there have been many trials and tribulations over the years, which David surmounted with aplomb, in his usual quiet way. He is now taking a well-deserved move aside from the daily running of the Group, yet will be there to mentor us.

Malcolm



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!

In the meantime, we wish all our members –

A Very Merry Christmas and a Happy New Year!

This Month and Next

Dates for your Diary...

St Neots Café
The Priory Centre PE19 2BH
19th December

Huntingdon Café
The George PE29 3AB
4th December

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Parkinson's UK Activity Dates

(Please check with organiser if any changes)

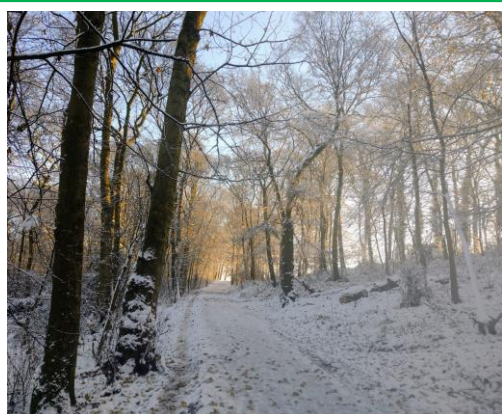
Online Activities

Dates	Activity	Contact
December and January 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
December and January 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

19th December Coffee and Chat No Meeting January 2.00 – 4.00pm 3 rd Tuesday of the month	St Neots Café The Priory Centre Priory Lane PE19 2BH	Malcolm Ryman Tel: 07720 080749 Email: malcolm.ryman1@btinternet.com
4th December Coffee and Chat No Meeting January 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
December and January 11.00 am – 12.00 pm Every Friday	St Ives Exercise Group with Becky Meets at the Crossways Church	Email beckyadamsrehab@gmail.com
December and January 11am – 12 pm Every Thursday	St Neots Exercise Group with Daniel	Email danielgodward14@gmail.com United Reformed Church, High Street, St Neots, PE19 1BN.
December and January 1.30 – 3.30 pm Every Thursday	Huntingdon Exercise Group with Sarah Huntingdon Methodist Hall	Email sj-performing-arts@hotmail.co.uk

Parkinson's Nurse Tip



If travelling for Christmas to friends and families, please remember to take sufficient medication with you and to order early from your GP surgery to ensure you have sufficient medication over the Christmas period. Repeat prescriptions can take up to 5 days, therefore planning ahead is always best.

If having a little tippie over Christmas, top up your water intake as alcohol can cause a drop in blood pressure.

Have an amazing Christmas, and I hope to see you all again in the New Year.

Becky Slimmon
Specialist Parkinson's Nurse



Thank you, David!

David Rudd is retiring from our Branch Committee, but we would like to say a big thank you to him for all the work and support he has given us over many years.

He is one of the founder members of our Branch involved since 1989, he and his wife Ann attended our St Ives group before setting up a support group in St Neots at the Priory Centre, where we have returned again. From these two groups the Branch was born, and he has kept involved ever since!

Previously a local teacher in St Neots, David has many interests, including the St Neots Museum. He was also involved at the founding stage there, spending time on an appeal to establish the museum in the first place. He has also found time to publish some books, the latest being "Church History" a book on St Mary's Parish in St Neots, that also covers national events to keep the subject in context – a very interesting read. There are even rumours he may consider working on another...so he will be keeping busy in his "retirement".

David has been a most proactive supporter of our branch, and has taken part in activities, awareness raising and fundraising, and has been a familiar face at our events and groups putting people at their ease with his friendly manner and sense of humour. He has championed the need for the branch to offer therapeutic services, comradeship and support for our members, and has contributed poems and articles for our newsletter.

David says that the source of his involvement with the Branch has been his ability and willingness to "be available", and this is why so many members have met him, and have been encouraged to become members and continue their involvement with the Branch.

We wish him well with any new adventures he undertakes in the future, but in the meantime, David will always be very welcome to join us in any of our future activities!



Huntingdon Group Meetup

A very warm welcome awaits, when you join us at our new Huntingdon Group! Meeting at The George, George Street, Huntingdon PE29 3AB the first Monday of the month 2-4pm, the setting is comfortable and tea and coffee are available.

Please support our new group, we know that people have been keen to get together face to face more local to Huntingdon and St Ives, so this is an ideal opportunity to meet up with others. Many thanks to Suzanne making this new group possible, and we hope with your support it will go from strength to strength.



In Memorium

We are sorry to let you know that we recently heard from his wife Doreen that Brian Tilson died suddenly at home on 15th September. Brian had been looking forward to the St. Ives Group meetings starting again, and seeing his friends, but sadly it was not meant to be. The Branch send our condolences to Doreen.

Christmas Meal



Come join us for the Huntingdonshire Branch Christmas Meal. We are meeting at The King of the Belgians, 27 Main Street, Huntingdon PE29 1XU on 14th December at 12 pm.

The cost is £5 a head for a two-course meal subsidised by the Branch - very good value indeed! A good opportunity get together and have a catch up.

If you would like to come and haven't already booked your place, please contact Malcolm on 07720 080749 or email Malcolm.ryman1@btinternet by 7th December with your meal choice – see menu below.

KING OF THE BELGIANS

e. mail: jane.spicer76@icloud.com, www.kingofthebelgians.com, Phone 01480 52030



Christmas Menu 2023

STARTERS

Homemade Chunky Vegetable and Lentil Soup

Served with a warm Roll and butter. V

Brussels Pate: *Served with warm ciabatta, chutney and a salad garni.*

Pan Fried King Prawns in Garlic, *with toasted ciabatta.*

Mini Vegetable Spring Rolls: *Served with sweet chilli sauce and salad garni V*

MAINS

Succulent Turkey Breast

Served with pigs in blankets, pork sage and onion stuffing, seasonal vegetables, roast potatoes and gravy.

Pan Fried Sea Bass

Served with herb infused roasted Mediterranean mini potatoes, and a vegetable ragu.

Roasted Top Side of Beef

Served with Yorkshire pudding, roast potatoes, seasonal vegetables and gravy.

Vegetarian Roast Joint V

Served with sage and onion stuffing seasonal vegetables, roast potatoes and gravy.

DESSERTS

Classic Christmas Pudding

cream or custard.

Homemade Bread and Butter Pudding

cream or custard.

Belgian Chocolate Roulade

with a berry garni and cream. GF

Raspberry Gin Cheesecake GF V

with a berry garni and vegan cream.



Menu and pre-order form available at the pub

THREE COURSES £31.95 TWO COURSES £25.50

AVAILABLE FROM 22ND NOVEMBER TO 23RD DECEMBER

Please note: That a £10.00 deposit is required to secure your booking and non-refundable for any member of your party who do not attend the planned booking.

ALLERGENS/INTOLERANCES Please ask a member of staff concerning FOOD & DRINK served on these premises



Brampton “Thursday Club” - a day of professional care for those suffering with memory issues/memory loss.

Do you, or a neighbour, friend or family member look after someone who has memory issues?

Would you/they appreciate a day a month of respite to enjoy some time to see friends, undertake appointments or just have some “down time”?

Brampton Thursday Club runs once a month and offers a day of professional care in a relaxed and supportive environment. The club runs from 9.30am—3.30pm and a hot cooked lunch is included along with refreshments throughout the day.

The Thursday Club is managed through the professional care company Caring Together and their fully trained carers, and they are supported by Brampton based volunteers.

During the day we undertake activities such as dominoes, board games, cards, colouring, crafting, a seated exercise session and every so often a game of BINGO! We also promote discussions and interactions by sharing pictures, magazines and other memorabilia.

The sessions cost £25 for the full day with everything included. A pre-registration is required so that Caring Together are able to carry out an assessment to ensure we can meet any medical needs.

The Thursday Club runs at the Memorial Centre, Thrapston Road, Brampton on the third Thursday of every month.

For further details or to discuss, please contact
Jane Coggin on 07890 866389 or e-mail
hello@bramptondementia.co.uk

Parkinson’s UK Events in January



Information Evening - On Thursday January 18th at 7pm there will be a Zoom Information Evening to update on the essential services and support Parkinson’s UK offer including research, information and support, campaigns and fundraising. To join click the link below.

Join Zoom Meeting:

<https://parkinsons-org-uk.zoom.us/j/85831895397>

Big Movement Taster Session - On Saturday 27th January there will be a taster exercise session. Venue to be arranged, but likely to be near St Ives.

For further information contact Julie Wilson Area Development Manager at jmwilson@parkinsons.org.uk or phone 0300 123 3675

Christmas Music Quiz

(Answers on last page)

1. Who had a Christmas number one hit in 1983 with their cover of Yazoo's track "Only You"?
2. "Have Yourself a Merry Little Christmas" was sung by Judy Garland in which 1944 MGM Musical?
3. Which popular 1963 Christmas song was written by Edward Pola and George Wyle, and sung by Andy Williams?
4. Name the only act to have four Christmas number ones?
5. Which Choir had a 1980 hit with "There's No One Quite Like Grandma"?
6. How many Christmas number ones has Cliff Richards' had?
7. Who released the 2011 album "Under the Mistletoe"?
8. Who wrote "Do They Know It's Christmas" in 1984 with Bob Geldof?
9. Which Elvis Presley song was a 1962 Christmas number one?
10. Two artists had a hit with "Mary's Boy Child" – can you name them?

Cracker Jokes

- Q. How Does Santa Like his pizza?
A. Deep pan, crisp and even!
- Q. What kind of a bike does Father Christmas ride?
A. A Holly Davidson!
- Q. What do you call a bunch of chess players bragging about their games in a hotel lobby?
A. Chess nuts boasting in an open foyer!
- Q. What's green, covered in tinsel and goes ribbet, ribbet?
A. Mistle-toad!
- Q. What do you get if you eat Christmas decorations?
A. Tinselitis!



Christmas Gifts and Inspiration!

It's not too late to order your Christmas Cards and gifts from the Parkinson's UK Christmas Catalogue. It has cards, wrap, crackers, books, gifts and accessories, great designs and they are manufactured in Britain.

John Straw, an artist with Parkinson's, creates a new robin for Parkinson's UK every year, there are also ranges from Alison Gardiner and Jessica Hogarth. All cards are printed sustainably in the UK and are fully recyclable.

If you would like a copy of the catalogue, please contact the Helpline on 0808 800 0303, alternatively you can download the catalogue [here](#).

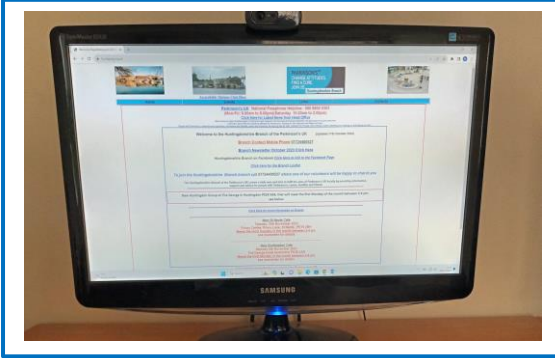
Every item you buy helps fund information and support, campaigning and continuing research to improve treatments and work towards a cure.



New Year – New Volunteer?

If you value our groups, events, website and newsletter – would you like to join us on our Huntingdonshire Branch Committee? Various roles are available, and you can help with as much or as little as you can. You could make all the difference! If you or someone you know want to know more, contact Lisa Lowe on 0344 225 3614 or email lowe@parkinsons.org.uk, or contact our Chair Malcolm Ryman on 07720 080749 for an informal chat.

Getting Left Behind with Online Technology?



Last issue, we had some information about the Offline and Overlooked Age UK Campaign, as some of our members have been advising that they are getting excluded because they are not online, not confident using technology, or unable to use technology or use the internet.

To find out how Parkinson's UK was dealing with this problem, questions were asked, and we had a response from Claire from Local Networks, and summary of her response is below.

“You raise a very important issue. We are very aware of the points you have highlighted and completely agree with you. In order to address the ‘digital exclusion’ that many people living with Parkinson’s face, we have a partnership with a UK charity called AbilityNet.

AbilityNet supports older and disabled people to get online and to develop their digital skills. From time to time, they also run grant programmes to assist people with the cost of broadband and / or laptops.

We have this partnership because AbilityNet covers the UK, it understands the issues facing people affected by Parkinson’s and also provide a volunteer-led, free support service.

Their volunteers are trained to support people from the very basics to more advanced skills and knowledge. They can support in their own homes if that is the best option. They are fully compliant with safeguarding, data protection and Disclosure and Barring service. So, all the relevant statutory requirements are met.

You may find the following links useful.

This link is about the partnership between Parkinson’s UK and AbilityNet.

[AbilityNet and Parkinson's UK working together](#)

[Making it easier to get online Parkinson's UK
Improve your digital skills](#)

A referral to AbilityNet can be made online on behalf of someone else (as long as that person has given their permission to do so and to share their personal details). [Referral form](#)

This is AbilityNet pages specifically about Parkinson’s and digital technology:

[Parkinson's and digital technology](#)

Below is a YouTube video that explain how it all works, that can be copied and pasted to a browser:

<https://www.crowdfunder.co.uk/p/abilitynet-2> “

If you would like to refer yourself, you can always speak to one of the friendly advisers at AbilityNet on 0800 048 7642, and they can talk you through the options so that you can decide if you would like their support, or email enquiries@abilitynet.org.uk. They can help with setting up a new device such as a tablet, assistive technology to help make using tech easier with Parkinson’s, fixing technical issues, staying in touch with friends and family online, and using online services.

To find out more about the Age UK Offline and Overlooked Campaign, you can contact Age UK on their advice Line on 0800 678 1602, their lines are open 8am- 7pm all year round.

Carers Update from Caring Together



Huntingdon Carers Hub
12th December, 10.30am – 12.30pm
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](#).

Christmas Wreath Making with Meadow View Flower Studio
5th December, 1.00pm – 3.00 pm
Caring Together Charity, LDH House, Parsons Green, St Ives, PE27 4AA

An opportunity to make a lovely Christmas wreath, all materials supplied and Christmas treats whilst you are making them! Please contact on the number below to book your place.

If you would like more details on any of the above information on support available to you as a carer or their 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

Mini Implant has Positive Results

Marc Gauthier from Bordeaux in France is the first person to try out a new mini implant in the lumbar region that stimulates the nerves in the spine to affect the leg muscles. The electrical signals from the implant evens out the impulses from the brain to get a smoother more even movement. Previously housebound and having multiple falls every day, Marc is now able to walk for 4 miles, and is no longer shuffling or freezing.

The work is a collaboration between the Swiss Federal Institute of Technology in Lausanne, the city's hospital and university, the French National Institute of Health and Medical Research and the University of Bordeaux.

This technology has been in use for people with spinal injuries, but this is a first for someone with Parkinson's to use it to see if there are any benefits. The next step is to try the device in six more people with Parkinson's, so they can find out if this is beneficial in others too, funded by the Michael J Fox Foundation. It is not a cure, but may help with mobility symptoms in the meantime.

Christmas Music Quiz Answers

1. The Flying Pickets 2. Meet Me in St Louis 3. It's the Most Wonderful Time of the Year 4. The Beatles 5. St Winifred's School Choir 6. Four 7. Justin Bieber 8. Midge Ure 9. Return to Sender 10. Harry Belafonte in 1957 and Boney M in 1978

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.