



The Swindon Parkinson Lot

Newsletter January / February 2023

Editor: Ruth Panting. Email: ruthpanting@yahoo.co.uk

Thank you to:



David Roblin



We are grateful to David Roblin and his friends who, over the past three years, have donated nearly £1,300 to our funds from a sporting challenge they run. It started with a few friends and family, but for the current challenge there are just over forty people taking part. All of this money will go towards supporting the Walking Football group

West Wessex Group, the Motor Caravanners' Club

We have received notification of a generous offer from the West Wessex Group of the Motor Caravanners' Club. The club has decided that the Swindon Parkinson's Activity Group will be their nominated charity from August 2023 to July 2024.

Shirley Tucker (who is a member of our Activity Group) has sent the following extract from the minutes of the Caravanners' Club AGM held in October 2022:
"Shirley Tucker stood up to give a brief talk about Parkinson's Swindon, as this is a charity close to her heart as she receives great help and support from the organisation. The secretary conducted a vote by members for each of the charities that had been nominated. The charity for West Wessex during the period 1st August 2023 – 31st July 2024, with 27 votes is PARKINSON'S SWINDON"

The money raised for the charities is by way of raffles and auctions throughout the year.



Thank you to West Wessex Motor Caravanners' Club's and especially to Shirley for designating our Activity Group as their nominated charity.

Events in November and December

Saturday 19th November at Wroughton Bowls Club Craft Fair.



I entered the room to the accompaniment of all the usual Christmas songs and a lovely atmosphere with lots of tinsel, but the small tables were set up in squares and I had too much craft to set up in that small area. However, one of the bowls committee ladies had a long table she was setting up and said her space was too big; she kindly offered to move. That was so kind. The sale was from 10.00 am until 1.00pm

and in the 3 hours we made £159.03.

It was lovely to see Susan in the morning and the welcome cup of coffee she bought for us - it was a bit chilly in the hall.

I met some very interesting people, among them was John, the treasurer of the club who has recently been diagnosed with Parkinson's and will be joining us as a member.

Hope you are all keeping safe and warm; personally, I hate the cold and would hibernate if I could. *Cheron Biggs Fund Raiser*



Christmas Stall at Steam

I took full advantage of every inch of available space to display our items and I was fortunate that I was not told to move back into allocated space. I think that helped us as we took a total of just under



£600 with Saturday being the busiest day. I believe we could have done a lot better but all the charities had problems with card machines due to the amount of metal where we were. However, by Sunday, we had all worked out to bend down almost under the tables. We did look funny.

All in all I think we didn't do too badly and we managed to talk to quite a few people to help bring awareness to them and we also met a couple of our members.

We also managed a quick chat with Sheila Harrod and Kathy Hobson who will be starting our own Parkinson's Choir. It was lovely to meet both ladies and I hope that by this time next year we will be seeing our own choir performing at our functions, meetings and fundraising events. How wonderful! *Cheron Biggs Fund Raiser*

Christmas Lunch 11th December



First of all, we would like to give a big thank you to all those who were involved in organising this year's Christmas lunch and making it such a huge success for everyone who came, and also a big thank you to the staff of Swindon Hilton Double Tree hotel for all their hard work and preparation for our Christmas lunch.

Once we had eaten lunch, we had a table quiz followed by a raffle with lots of prizes given out to the lucky winners.

After lunch Sheila Harrod from the Kentwood choir took to the stage and announced that in the New Year, she was hoping to start a Parkinson's choir for those with Parkinson's and their carers. She said that you don't need to be a good singer but to just come along and enjoy yourself, that it was its good for your vocal cords and the soul. For further information see page 5.

Once we had eaten our lunch, we were entertained by the Ellendune Singers who gave us songs from the West End and Christmas carols to get us all into the Christmas spirit.

All in all, we had a wonderful time, thank you.



And thank you to all our members who donated all the wonderful raffle prizes.

Ray and Oonagh Clarke Group Members



Sharon's Tea Trays

Wow, what an amazing fundraiser occasion! Thank you to all that took part in purchasing an Afternoon Tea, raffle or just donating. We raised a whopping £2,056.06 for Parkinson's Swindon Group.



Thank you to: all my friends, Dawn Hardy, Paul Absalom and Les Fulcher who sat outside in the freezing cold Saturday for 3 hours doing the craft fair, Carol Absalom, my daughters Sarah Cammell and Lisa Christmas-Webb, not forgetting my delivery drivers, Santa Rob Hardy and Steve.

Thank You

Thank you also to Tesco and Morrisons for donations and all who donated for the raffle.



Pictured are the main 2 raffle winners and photos of the production line. Les and I took three trays of leftovers to the S.W.I.C.C, Betjeman and Victoria Centre at the hospital and they were very grateful. We also gave out chocolate puds to all the workers as we walked around the corridors; it was lovely to see their faces.

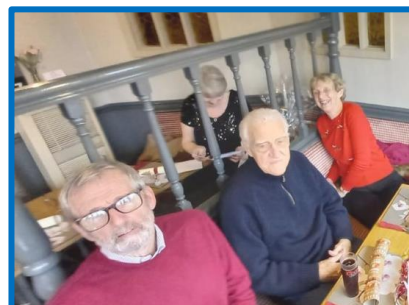


Watch out for my next fundraiser. *Sharon Fulcher. Group Member*

Walking Football Christmas Lunch



Pictures of the lunch at the Rat Trap.
Robin Williams won the raffle which was kindly donated by Gordon Hogg.



Twenty of us from the Swindon Parkinson's Walking Football team enjoyed a Christmas lunch together at the Rat Trap.

The Walking Football Club meet on Mondays at 10.45 at the Supermarine near South Marston (Swindon SN3 4BZ) and play for an hour.

It's been good to see people's fitness and ball skills improve as well as make new friends.

Sarah Rhodes Group Member and Volunteer

Contact: Chris Hooker on christopher.hooker23@icloud.com Or phone: 01793 763769

Evesham Trip 24th November

Rain what rain?

By ten o'clock all were on board looking forward to a shopping adventure. Safely arriving on time at our destination, everyone collected the brochure containing a map and discount vouchers for most of the stores.

Of course every good shopping trip begins with a coffee break while deciding on the first destination. Now it was time for serious business and soon purchases were made and shopping bags began to fill!



Of course I cannot divulge who made the most purchases but there were many happy faces and no one seemed to mind the sudden squalls of rain as there was always a shop to escape to, or lunch to be enjoyed or even to view the appearance of a beautiful rainbow.



Time to return to the coach for the journey home. With Mark's careful driving and knowledge of the area he was able to avoid busy traffic and we were soon at our drop off points and heading for home.

Kathrina Fairgrieve. Group Member

Further events



Singing group



A message from Kathy Hobson, a new member who, along with the support of Sheila Harrod, is starting a singing group.

Hello everyone. As you read in the last Newsletter your group is hoping to set up a singing group in the New Year. I have been asked to run this and am very much looking forward to it. As this is a new venture, I would love it if anyone interested would come to an inaugural meeting to talk about when and how often we would like to meet and of course what songs we want to sing.

So Sue has kindly booked the Stratton Suite at Grange Leisure, Grange Drive, Swindon SN3 4JY on Friday 27. January 2023 at 10am. I hope you can come to the meeting but if not, please let me know if you are interested so I can add you to the list.

Kathy Hobson Member

hobsonkathy3@gmail.com 07923 473261

Facebook Group



Hi folks, Sarah Rhodes and I are considering starting a Facebook group specifically for the Swindon and surrounding areas Parkinson's group. It would be a private page, so only open to our members and carers; that means no adverts or cold calling.

We could share information about our treatment, our meds and successes as a group, maybe photos and reminders of up-coming events and fund raising etc. I collected some names of people who are interested at the Cricklade coffee morning, but if you would like to have your name added to the list, or just want some info and or reassurance, please contact either of us on:

dearymee66@gmail.com (don't forget the 'ee') sarahrhodes5153@yahoo.co.uk

We could also do with a couple more folks to help as moderators and admin. Neither of these roles is very demanding but 'a job shared is a job halved.' We can talk you through what needs to be done.

Prospective members need to be on Facebook to be able to use it. We can give some easy steps to those unsure.



Dee Vaughan Group Member and Volunteer

Cricklade Parkinson's Café

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

JOIN US

The Cricklade Club, 38 High Street,
Cricklade SN6 6AY - Car parking at
the rear or the High Street

All with Parkinson's and their carers are welcome to attend. Jan 18th,
Feb 15th, Mar 15th, Apr 19th, May 17th, June 21st.

Please contact: Vincent on mobile : 07951944760 or e-
mail: parkinsonscafecricklade@gmail.com.

*Your PUK The Cricklade Cafe Volunteers Team wish
you all a very Happy New Year!*

Just a quick reminder of the forthcoming Parkinson's UK - Event, (free to attend) to be held at Cricklade Hotel and Spa on Thursday 23rd February - 12:00 - 16:00 hrs. A buffet lunch will be provided.

The purpose of the event is to allow those with Parkinson's and their partners / carers to find out what help and services are available to all in this area.

There will be the opportunity to go into separate groups for discussions and chat: those with Parkinson's in one area and others in a different area.

Experts will be on hand to oversee the groups and subjects can be aired with discretion.

There will also be short talks from Parkinson's Nurses and Parkinson's UK.

Please take a look at the flyer for more details and then contact Jane Henderson as directed.

Numbers are limited and so it will be first come, first served!

We look forward to seeing you all very soon.

Warmest regards,

*Vincent Mobey. Parkinson's UK Volunteer and PUK
The Cricklade Cafe Co-ordinator*

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.



JOIN US FOR A PARKINSON'S UK EVENT

**Cricklade House Hotel, Common Hill, SN6
6HA, Thursday 23rd February 2023, 12-4pm**

To explore setting up a partner/carers group & a group for those with lived experience. We will start with a buffet lunch then joint & individual group discussions.

BOOKING ESSENTIAL: Please contact Jane on 0344 225 3694 or jhenderson@parkinsons.org.uk by Monday 13th February to register for the event

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



I have booked a lunchtime three course meal for 40 people, on Thursday 16th March at Swindon New College, North Star Campus.

Cost is £8.95 each for 3 courses.

Please let me know if you wish to be included **by the end of February**.

I need to let them know if any places are still available after that, so that they can fill them.

The menu will be available nearer the time for those who have booked, so you can choose your own preferences.

We cannot go above 40 people, so it must be first come first served.

Bookings to

Anna Newman 01793 695698

Or email: anewman.parkinsons@outlook.com

As last time – payment will be after the meal.

If you book and then cannot come for any reason, please let me know asap.

Parkinson's Awareness Week 10th to 15th April

World Parkinson's day takes place on 11th April every year to raise awareness of Parkinson's.

Make a note in your diary.

Answers to Crossword on page 16

ACROSS

2 Lunch

6 Kathy

7 Supermarine

9 Florence

DOWN

1 Cricklade

4 Weymouth

5 Facebook

8 Website

10 Evesham

Choir Concert

Swindon Parkinson's Activity Group

Present:

Choral Treasures

Featuring

Swindon Male Voice Choir

Directed by Kirstie Smith

With Special Guests

Thamesdown Ladies Choir

Directed by Shelley Morgan

Bath Road Methodist Church

Bath Road, Swindon SN1 4BA

Saturday 25th March 2023 7.30pm

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Tickets £10.00



Ticket Points:

Parkinson's Ticket Point - 01793 695698

Swindon MVC Ticket Point - 01793 822495

Email: swindonmalevoicechoir@msn.com

Call to reserve for door collection

Malmesbury Parkinson's Branch Holiday



At the Russell Hotel, Weymouth
Monday 29th May to Friday 2nd June. (5 days, 4 nights) .
Malmesbury Members with Parkinson's – Free
Other Malmesbury Members - £300
All others - £395

The cost includes, coach, accommodation, evening entertainment and all trips.

Names & non-refundable deposit of £25 to Sue White by January 31st*.
Balance by April 30th.

Please advise any special room requests at the time of booking.
The hotel will do their best to accommodate, but cannot be guaranteed.

Anyone with Parkinson's must be accompanied by a partner or carer.

Cheques made payable to Parkinson's UK, Malmesbury Branch, to
Sue White, 6 Abbey Close, Chippenham, SN15 3TD.

Pick up locations in Malmesbury, Chippenham & Swindon.
Details to be advised nearer the time.

*Please note we need a minimum of 25 confirmed by January 31st to secure the booking with the hotel, so that the holiday can go ahead, although names can be added after that, so please get your names down soon

Note to Swindon and District members and friends

We will be joining the Malmesbury Branch in offering this holiday to our Swindon Parkinson's people and offering the same prices for anyone that wishes to book.

In other words the Swindon group will subsidise the holiday for the Swindon group members who wish to book.

The holiday includes breakfast and an evening meal.

Please contact Sue White above if you wish to go.

Please give her all the details above and your telephone number.

What have our PD Nurses been up to?

Sue's Christmas Tree



"I just thought I would share with you my Parkinson's Community tree.

In my local Church St Mary's, Bradenstoke, they held a Mini Christmas Tree Festival and many of the trees were decorated to reflect 'community'

I decorated one for the Parkinson's Community, blue and white with lots of positive messages"

Sue Thompson. Parkinson's Specialist Nurse

Sue came 2nd in the competition and received £10, which she has donated to the Swindon Parkinson's Group.

Fundraising



300+ Club Monthly Draw



Winners for December and January

December	
1 st A Culley £91.40	2 nd T Falkingham £39.60
Bonus: £10 Voucher Patrick Keating	
January 2023	
1 st Michael Davies £91.70	2 nd Vince Mobey £39.30
Bonus £10 voucher H&S Case	

Help our fundraising efforts by joining the '300+ Club' at a monthly cost of £1 per number.

If you are not already a member and would like to join the monthly draw you will find the rules on our website: <http://www.swindonparkinsons.org.uk/fundraising.htm>

Thank you for your interest in the 300+ Club Monthly Draw.

Contact details for 300+ Club	Jackie Cowley 3 The Willows Swindon SN5 5DG	01793 872707 07831885239
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Research

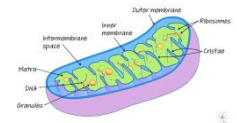
Project Information – Parkinson’s Virtual Biotech

Research is ongoing to find ways to slow or stop the progression of Parkinson’s by means of the Parkinson’s Virtual Biotech, now a global initiative which was set up by PUK in 2019.

The research project to find ways to slow the loss of brain cells in people who have Parkinson’s, is high on the agenda. It is thought that the loss of dopamine producing cells in Parkinson’s is because of faulty or dysfunctional mitochondria.

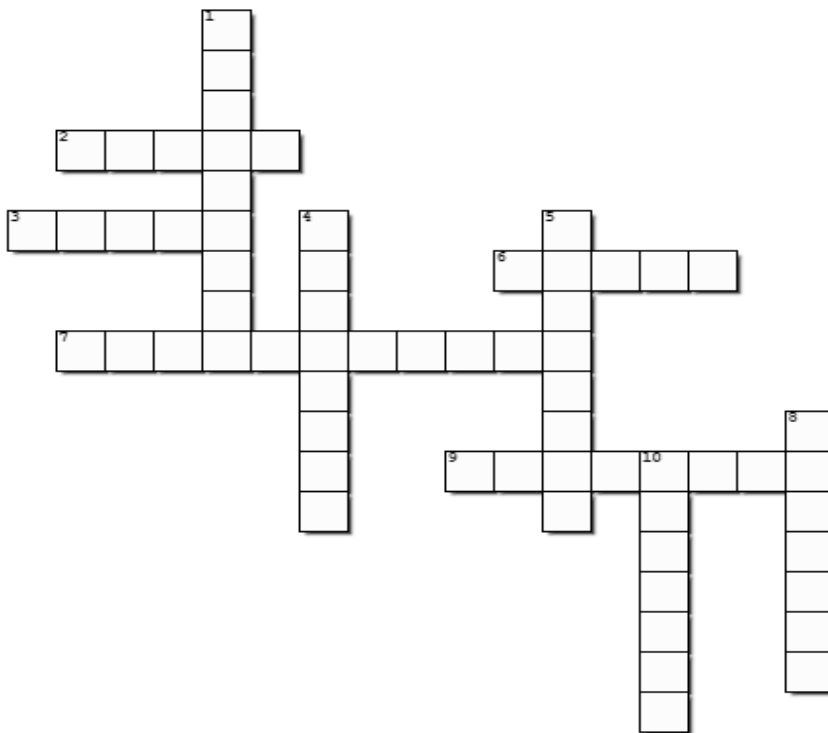
The aim is to find ways to identify new molecules that could enter the brain and protect these energy producing part of the cells, known as the mitochondria, and to develop new drugs to prevent it becoming faulty, thus protecting cells producing dopamine.

The Virtual Biotech has attracted a great deal of funding from many organisations which will lead to the acceleration of the next stage of research – clinical trials.



For more information visit: <https://medium.com/parkinsons-uk/following-the-path-to-a-new-drug-together-83dc4321e425>

Have you read the Newsletter?



Across

2. What can you have at North Star College
3. In what month is Awareness Week
6. This person is starting a singing group
7. Where does Walking Football take place
9. Who is our Local Hero

Down

1. Where can you join a coffee group
4. Where can you go on holiday
5. A group is starting - see page 6
8. What has been up dated - page 15
10. Shopping adventure took place here

Answers on
page 8

Our Own Local Hero



It is with sadness that we report the passing of Florence Cole who died peacefully on 22nd December. Flo had just reached her 100th birthday in October. She was a very special and interesting lady and raised thousands of pounds for Swindon Parkinson's Group

David Logan has kindly forwarded the following report about Florence, which he completed in 2014.

It is with great pleasure that the Swindon and District Branch of Parkinson's UK extends our gratitude to a very special lady, Florence Cole, or better known as Flo. Flo is not just special because of her unselfish support of those suffering with Parkinson's, but also because of her vital contribution to national security performed during World War II.

We will start Flo's story in 1943 when Flo was called up at age 20, initially being told she was going to be sent to work in a factory in Coventry. With her mother's help, between them they persuaded the officer in charge to let Flo follow her two brothers into the Royal Air Force.

Flo was sent for kitting out and basic training to RAF Innsworth in Gloucestershire. She recalls while at Innsworth, that on one very hot summer day in 1943 'coming to' on the parade ground to a very loud voice shouting, "Will someone pick that woman up".

From Innsworth Flo moved to Lincolnshire where she joined 617Sqn (The Dam Busters) in August 43, whilst waiting for her trade training course at RAF Cranwell. Although this was after the famous bombing raid on the Möhne, Eder and Sorpe dams Flo did meet some of the surviving crew members from that raid. Flo described how one day while with that famous squadron, she helped to load the bomb bay of a Lancaster Bomber with propaganda leaflets which were dropped over Germany. Many years later Flo managed to get hold of one of those very leaflets thanks to the Swindon Advertiser who also featured her story.



After 'passing out' from RAF Cranwell (where this picture was taken on that day) as a code breaker, Leading Aircraft Woman (LACW) Golding, as she was then known, was posted to a secret establishment at Chicksands Priory in Bedfordshire. Flo joined a team of 50, transcribing blocks of letters and digits transmitted by the enemy and intercepted by British wireless telegraphers. The transcriptions, on whose accuracy countless lives depended, were then sent to a very secret Buckinghamshire country house called Bletchley Park to be decoded. The very existence of this highly secret establishment was not officially acknowledged by the UK Government until the 1970's.

Once received at Bletchley these coded messages, which came in in blocks of 5 letters, were passed through what was then the most complex computer ever created which gave the Allies a vital advantage and almost certainly helped to shorten World War II. Many historians believe the code breakers' efforts shortened the war by two years because vital information about what German forces were planning was intercepted.

Flo explained that the Germans were very clever and past-masters at deceit; not only did they change their codes every 24 hours, but also sent a lot of rubbish to cause confusion. At the beginning of September this year, approaching her 92nd Birthday, Flo attended a reunion at Bletchley Park. She said there was no one there any younger than 89.

In July 2009 Flo's war time service was finally acknowledged and she received a gold medal and a certificate, signed by Gordon Brown. This was titled "**The Government Code and Cypher School**" with Flo's name on it and stating:

"The Government wishes to express to you its deepest gratitude for the vital service you performed during World War II".

The medal reads "**Bletchley Park and out stations**" while on the back it says "**You also served**". Flo has also been awarded the Freedom of Bletchley Park and is on their Roll of Honour.



Flo encouraged everyone to visit Bletchley Park where you can see those magnificent machines, the Enigma, the Colossus and the Lorenz and when you think how they worked all those years ago is unbelievable.

We now move forward in time to the era of Flo's famous Coffee Mornings which have raised an astounding figure of over £11,500 to date. This has only been possible due to the determination of Flo and great support from her daughter Elaine and loyal friends from Shrivenham where she lives and to whom so much thanks is due.

Flo's late husband Trevor suffered from Parkinson's disease and following his passing in 2000 aged 81 she has made it her mission to raise as much money as possible in support of Parkinson's sufferers. Trevor was a Royal Engineer on mine detection and destruction duties with the Desert Rats in North Africa during WW2 and later went into France on D Day + 2. Flo says it is hard to believe Trevor survived all that before developing this dreadful debilitating disease.

In June 2011 aged 88 Flo celebrated her 10th Coffee Morning raising £2,536 thanks to a cheque given to her for £1,250. This large amount was raised by Lesley and Geoff Ham to celebrate Flo reaching this milestone. Shrivenham Memorial Hall was packed with people who turned up that morning and tucked into homemade cakes of all varieties and sandwiches in support of the charity.



Flo celebrates her 10th Coffee Morning in 2011



2014

This year (2014) saw Flo's 13th event where with her loyal helpers she raised the grand total of £911, yet again another fantastic amount.

Over the year's one can only imagine the huge mountain of cakes and sandwiches eaten and gallons of tea and coffee drunk in support of Flo's efforts. This is in addition to the amount of plants, cake, bric-a-brac & raffle prizes to name but a few items donated in support of the mission Flo set herself.

Whether Flo has finally decided to hang up her tabard or been persuaded to do so, there is no doubting we owe her much thanks for her unquestionable support and all the funds her 13 year mission has raised for Parkinson's in memory of Trevor.



When I saw her recently she still had that twinkle in her eye. Thank you Flo, Our Own "Local" Hero.

*By Dave Logan Chair - Swindon & District Branch
22 September 2014*

Check Out Our New Website

<https://www.swindonparkinsons.org.uk/>

Swindon Parkinson's Activity Group

Alan Huggan, our new webmaster, has converted our old website into a new updated version.



He has given it a more modern look, but still keeping the familiar Parkinson's colours and similar headings. Why don't you check it out. There is a new calendar with all our future events, so you don't miss any socials/meetings.

Alan will also be keeping it up-to-date on an on-going basis.

So Thank You Alan for all your hard work. We really appreciate it.

**Thank
You**

Volunteers

Two volunteers have decided to resign this year:

Margaret Hylton, who arranged many great social get-togethers last year, will be taking a well-earned rest. Thank you, Margaret. You put a lot of hard work into those socials at Grange; they were well attended and enjoyed by many members.



Cheron Biggs our Fundraiser has also decided to step down. We would also like to thank her for her hard work in securing funds from Sport England for our Walking Football group, and all her craft and fundraising events.



We are now looking for more volunteers. We need someone who would like to take on Fundraising, and also someone to organise Social Activities.

If you are interested please contact:

Sue Grice: email: scgrice.parkinsons.swindon@gmail.com

mobile: 07712 003271

or

Anna Newman: email: anewman.parkinsons@outlook.com

Tel: 01793 695698

*We send you greetings for the New Year and
hope to see you at our activities*



*Thank you to all those who have contributed to this newsletter.
The deadline for articles for the next newsletter is March 1st 2023.*

Parkinson's UK - Swindon & District Activity Group. Contact: E: anewman.parkinsons@outlook.com. It is a local Group of Parkinson's UK (PUK), and responsible for raising all funds to support those affected by Parkinson's in the Swindon and District area. The Group carries the same charity number as PUK which is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (258197) and in Scotland (SC037554)