

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

Swindon Parkinson's Activity Group



Proudly supporting those affected by Parkinson's in the Swindon Area since 1978

The Swindon Parkin Lot

Newsletter November/December 2022

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



Events

Broadway Trip



As a new member I enjoyed a lovely day-out in September which included a steam train ride from Cheltenham to Broadway. It was my first event attending Parkinson's Swindon Activity Group and a nice break in my working week. What was notable throughout was how friendly everyone was and, despite a few clearly struggling with mobility issues, just how they cracked on with a smile and determination to enjoy themselves.



The sun came out during the train journey which enhanced some lovely views and insights to the countryside. Broadway itself has some nice eateries and shops.

Sue Grice kept everyone informed as well as sending goodies to eat on the coach; she deserves a big thank you for organising this event.

*Thank
You*

A big thank you to all the generous people who donated to Parkinson's Swindon on the coach journey. Over £69 was raised

Nikki Sturmey new member



Regular events



Music & Movement Come and join us

WHERE? Neuro Wellbeing Centre, Bradbury House in Westmead Drive, SN5 7ER

WHEN? On Fridays from 1.30 – 2.30 (plus tea and chat) during term time only.

There is plenty of room for new people who would like to come and give it a try.

Contact: Anna Newman on anewman.parkinsons@outlook.com or phone 01793 695698

Walking Football



Chris Hooker is still taking names for the new Walking Football group, which will meet on a Monday 11-12 at Supermarine (Swindon SN3 4BZ)



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

Help Wanted



1. We are looking to start more activities but we need organisers.

Sport England is enthusiastic to fund these extra activities for us.

We would like to start **Tai Chi and Boxing groups**.

Would you be interested in running or participating in one of these groups on a regular basis?

Perhaps a couple of people could organise the group together.

Cheron Biggs, our group fundraiser, would get involved to raise the funds and we could give guidance to any new organiser as to what is involved to run the groups.



Contact: Anna Newman on: anewman.parkinsons@outlook.com or mobile:07948 850234

2. We have had a request from a member who is waiting for DBS Deep Brain Stimulation and would like to talk to anyone who has received this treatment. If that may be you and you would be happy to share your experience, please contact:

Sue Grice on: SCgrice.parkinsons.swindon@gmail.com or phone: 07712003271

Fundraising

Sponsored Walk

Well done Cheron and Kevin! They completed their sponsored Cheron writes:

"Well we did it the 'Walk for Parkinsons' at Ashton Court Bristol on 30th September which had been postponed from 18th Sept due to the sad loss of her majesty our beloved Queen.

"It was a horrid cold rainy day and the terrain was mostly uphill on loose flint stones. Some places we had diversions because the ground had turned to bog. 'Never again' springs to mind, but a year is a long time.

"Kevin and I raised £700 between us and the day was expected to have raised £10,000 for Parkinson's research. If you ask me the best thing was a lovely cup of tea and a slice of homemade cake in the busy warm dry café, mmmmm lovely!"

If you still want to sponsor Cheron, it's not too late.
Please visit: events.parkinsons.org.uk/fundraiser/cheronbiggs



300+ Club Monthly Draw



Winners for October and November

October		
1 st £87.50 GD Falkingham		2 nd £37.50 D Logan
Bonus: £10 Voucher		R Morrison
November		
1 st £91.70 J Mead		2 nd £39.50 I Davey
Bonus £10 voucher		M Hailstone
Contact details for 300+ Club	Jackie Cowley 3 The Willows Swindon SN5 5DG	01793 872707 07831885239

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>

Nothing to do with Parkinson's

Visit Town Gardens

Have you seen the new arrival in Town Gardens? He is certainly worth meeting!



Richard Jefferies
Carved by Darren Scott

This beautiful tree sculpture by local artist Darren Scott, was commissioned by South Swindon Parish Council. It represents Swindon nature writer, Richard Jefferies, whose passion for the natural world has led him to be described as "the first and truest nature conservationist."

Born on a small farm at Coate, Jefferies wrote countless words about the world around him and our relationship with it all. The farm is now a museum dedicated to him and to everything he loved: www.richardjefferies.org

"Earth is always beautiful - always. We are always trying to find the statue in the rude block. Out of the vast block of the earth the mind endeavours to carve itself loveliness, nobility, and grandeur. We strive for the right and the true."

Field and Hedgerow





Don't forget these future events:

Two Social Events

We have the following two social events planned where the closing dates are soon:

A visit to The Valley, Evesham on 24th November
and to Bath Theatre to see 'Buddy – The Buddy Holly Story' on April 8th..

Closing date for booking for both events is 18th November.

Trip to 'The Valley' for Christmas Shopping



THURSDAY 24TH NOVEMBER

The Valley has 25 shops, a fabulous garden centre, and 4 eateries and is set in the beautiful Worcestershire countryside.

More information can be found on the following website

<https://www.thevalleyshopping.co.uk/>

This trip has been very popular in the past, so will sell out quickly,

BOOK YOUR SEAT NOW. Members £7 Guests £11. Booking closes 18th November

A coach which will take us to The Valley for approximately 11.15. The pick-up for the return will be 3pm.

If you are interested, please let us have the following details and send details to:
Mrs A. Newman at: anewman.parkinsons@outlook.com or phone on 07948 850234.

Please notify us of the following:

- Name(s) of attendees and whether they are members or non-members
- Which coach pick-up you want
- Mobile contact for the group for any last minute problems

The pick-ups will be

- West Swindon 9.15 (at the coach pull in, outside the Cinema)
- Bus station 9.35
- Outside Matalan 9.50 (Pavement outside)



Payment can be made by cheque or directly into our bank account as follows:

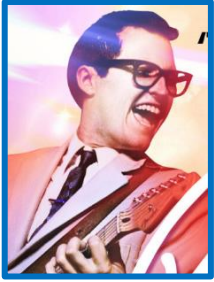
- Cheques made payable to Swindon Parkinsons and send to:
Mrs A Newman, 13 Bryanston Way, Nythe, Swindon, Wiltshire. SN3 3PG,
- Or payment to Barclays Bank, Account - Swindon Parkinsons,
Sort Code 20 00 00 Account 93616452 with reference of your surname/Vall

Booking Closes on NOVEMBER 18th 2022

If you have any questions please contact Anna on 07948 850234

Trip to Bath Theatre to see 'The Buddy Holly Story'

SATURDAY 8TH APRIL



This is a matinee performance but we will arrive in Bath in the morning in plenty of time for you to get some lunch before the show: 'Buddy – The Buddy Holly Story'.

The seats will be in the stalls which have easy access - 7 steps or a lift to the stalls then max of 1-2 steps to your seat. They can also accommodate 2 wheelchairs.

Members £39 Guests £50

We will provide a coach which will take us and drop us near to the theatre at approximately 11.15/11.30 and be in the same place for the return journey after the show. The show starts at 14.30 and finishes about 16.30.

More information can be found on the following website

<https://www.theatreroyal.org.uk/event/buddy-the-buddy-holly-story>

We need to confirm with the theatre before the end of November for the seats I have reserved, so booking will close **18th November**. There is also a limited number of seats.

If you are interested, please let us have the following details and send details to

- Sue Grice at scgrice.parkinsons.swindon@gmail.com
- or telephone her on 0771 200 3271.

Please notify us of the following:

- Name(s) of attendees and whether they are members or non-members
- Which coach pick-up you want
- Mobile contact for the group for any last minute problems

The pick-ups will be

- Outside Matalan 09.20 (Pavement outside)
- Bus station 09.40
- West Swindon 10.00 (at the coach pull in, outside the Cinema)



Payment can be made by cheque or directly into our bank account as follows:

- Cheques made payable to Swindon Parkinsons and send to Mrs S Grice, 7 Millstone Close, Royal Wootton Bassett, Swindon, SN4 8FG ,
- Or payment to Barclays Bank, Account - Swindon Parkinsons, Sort Code 20 00 00 Account 93616452 with reference of your surname/buddy

Booking Closes on NOVEMBER 18th 2022

If you have any questions please contact Sue on 0771 2003271



Christmas Afternoon-Tea Trays



Thank you for your continued support fundraising for Swindon Parkinson's Activity Group.

As the Afternoon-Tea Trays were such a huge hit the last 2 years, here they are again.



There is a free raffle ticket with each tray purchased and extra tickets can be purchased for £1 per ticket. There are homemade Christmas hampers up for grabs along with other prizes. There is a limited number of trays available so first come, first served.



When? Weekend of Saturday 17th or Sunday 18th December only from 12pm till 4pm each day.

Sorry, NO early collections as the Trays are made up fresh on the day.

Orders and payments have to be in by Sunday 4th Dec, or cash on collection/delivery by arrangement only.

Meat or vegetarian trays only.

The price is the same as last year: £25 tray which is enough for two people or £20 tray with more than enough for one person.

Once costs are covered, remaining money will go to Swindon Parkinson's Activity Group.

We will deliver within Swindon area.

Check with me for delivery on the outskirts of Swindon.

Just send me a message with your name and number and I will call/or message you,

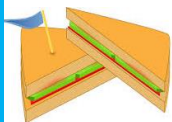
or email me on: sharonfulcher@aol.com

or ring or text me on 07958165423 and leave a message.

If you would like a delivery you must make sure recipients of the tray will be home for delivery from 12pm to 4pm on that day, otherwise you must collect from me.

The Tray contains an assortment of sandwiches cheese, ham, egg, etc, all on white Kingsmill bread, along with pork pie, pickle, cheese savouries, quiche, small dish desserts, sultana or plain scones with jam and Roddas clotted cream, assorted cakes, biscuits and sweets and my homemade cupcakes, not forgetting a bottle of Bucks Fizz.

All contents are subject to change.



If you don't want a tray you can make a donation or buy some raffle tickets.

The raffle will be drawn on 16th December.

Thank you. *Sharon & Les Fulcher*



Christmas Lunch

Christmas Lunch
Sunday December 11th 2022
12 00 noon @ Double Tree by Hilton, Swindon

The Menu

Starters

Roasted Tomato and Fennel Soup (V) (DF/GF) Basil Infused Crème Fraiche
Pulled Chicken and Duck Terrine (GF) Fine Leaves, Plum and Apple Chutney, Crisp Toast

Main Course

Traditional Roast Turkey, Pigs in Blankets, Sage and Onion Stuffing, Roast Pan Gravy
Ratatouille and Feta Gratin Tart (V) Roast Red Pepper Sauce.

(All main courses served with traditional Roast Potatoes and Panache of Vegetables)

Desserts

Salted Caramel Cheesecake, Whipped Cream, Toffee Sauce, Cracked Honeycomb Pieces
Traditional Christmas Pudding (DF) Brandy Crème Anglaise or Coconut Ice Cream
Rich Chocolate and Raspberry Tart (VE/GF) Berry Compote
Cheese and Biscuits (Diabetic)

Freshly Brewed Coffee, Tea and Mince Pies.

Entertainment by the Ellendune Singers

(Members £12 Guests £26)

V vegetarian; DF Dairy Free; GF Gluten Free.

*Booking form is on the last page of this Newsletter
to be returned by 18th November 2022.*

Research

Smell Test Leading to a Test to Identify Parkinson's

Researchers at Manchester University are developing a test which could identify someone at risk of developing Parkinson's or who is already in the early stages but not showing any symptoms. Early identification can lead to early and more efficient intervention and treatment.

The test consists of running a swab or cotton bud around the back of the neck. The skin oil or sebum collected on the swab is examined for chemical changes triggered by the disease.

The test is being developed after scientists learnt that Joy Milne of Perth in Scotland claimed that she could detect someone with Parkinson's by their distinctive odour. She first suspected this ability when she noticed a change in her husband's odour before any typical Parkinson's symptoms were apparent – six months later he was diagnosed as having Parkinson's. Scientists conducted tests with Mrs Milne and found that she could detect people with Parkinson's and those without the condition by smelling T-shirts which they had worn.

Dr Beckie Port, Head of Research at Parkinson's UK, said:

"So far the work has been carried out in the lab, comparing sebum samples from those known to have Parkinson's with those who do not. The next step will be developing it to be used in a clinical setting to see how it can potentially diagnose people with Parkinson's, at what stage and to test the accuracy. That's how we'll know if we have a definitive diagnostic test."

<https://www.parkinsons.org.uk/news/smelling-parkinsons-research-could-make-it-quicker-and-easier-diagnose-parkinsons>

Information

Care and Share Morning



Anna Newman attended the Care and Share morning by Home Instead held at the Grange on Monday 24th October and hosted by Parkies Pals.

She reports:



"It was an interesting morning and two nurses spoke about how to look after ourselves, (one about constipation and how to avoid it, and the other about exercise), followed by Dave Logan talking about Attendance Allowance. There were other people there from the Carers and Dressability, with tables for people to browse. We had teas, coffee and cake and it was suggested to me that we should do such an informative gathering more often."



www.swindoncarers.org.uk/



www.dressability.org.uk

Parkinson's Adviser for South West

We have received this email from Parkinson's Adviser- South West, Caroline Craig

Hello

I want to introduce myself as a new member of the Parkinson's Adviser team for the South West.

I will be covering the North Wiltshire area.

I have worked as a nurse for many years and hope to bring valuable experience to this role. My aim is to support as many people affected by Parkinson's as possible. I will be in touch to organise my attendance at your meetings and how we can enable your members to receive individual time for support during the meeting.

Parkinson's advisers, like myself, can help someone who:

- *[has just been diagnosed](#) and is looking for advice and information*
- *is looking for tips on how to deal with the [day-to-day impact of Parkinson's](#)*
- *needs emotional support*
- *wants to find out more about the services available in their area*
- *wants to learn about their [rights and entitlements](#)*
- *needs help navigating the [benefits process](#)*
- *needs information on where to find [grants and financial help](#)*
- *is looking for support on [employment issues](#)*
- *needs support with anything else relating to their life with [Parkinson's](#)*

Referrals: *Please drop me an email or call me if there is anyone whom you would like me to get in touch with. All I need is the person's consent, telephone number and their details together with a little information on what sort of support they need. We offer home visits to those affected that need it due to their individual symptoms and situation.*

Signposting: *If the person would like to contact us directly themselves, please give them our Helpline number which is 0808 800 0303. Alternatively they can email hello@parkinsons.org.uk or use the [general enquiry form](#) on our website. If more in depth support is required they will be referred to our South West Team of Local Advisers.*

Caroline Craig Parkinson's Adviser - Parkinson's UK SW
craig@parkinsons.org.uk 020 7963 3696—





Singing is good for us!!

Our fundraiser Cheron is in contact with Sheila Harrod who runs Kentwood Show Choir. Sheila used to be a member of the Swindon Parkinson's Branch and her husband had Parkinson's. In the past, Kentwood Show Choir has supported Swindon Parkinson's Branch with one of their Christmas concerts.

With Cheron's help, one of the long-time choir members, Cathy Hobson, is going to start up a singing group for us; she will run the group each week and give instruction. This will be organised on our behalf by Cheron, who will also hold the member list.

Cheron will be approaching a company to raise funds for this, to pay for the various costs.

Sheila has asked if we would advertise/support her choir's Christmas event at the Wyvern



Kentwood Cracker
Wyvern Theatre
SUN 20 NOVEMBER 2022 AT 6.00PM




The **Kentwood Show Choir** is back with the spectacular **Aldbourn Band** and **Open Door Choir**

Tickets: £20.50. A £3.65 transaction fee may apply to your order.

<https://swindontheatres.co.uk/Online/tickets-kentwood-cracker-swindon-2022>

Some useful contact details

The following links take you to some useful leaflets and details about organisations in Swindon and Wiltshire, and information on the various activities which take place.



www.swindoncarers.org.uk/

EMAIL: info@swindoncarers.org.uk

CALL: [01793 531133](tel:01793531133)

Community Directory for Wiltshire including Royal Wootton Bassett and Cricklade

<https://crickladetowncouncil.gov.uk/residents/caring-and-welfare-groups.html>

Scroll down the page to 'Community Directory'

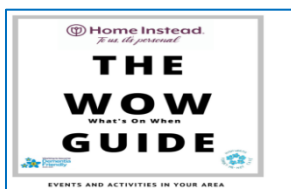


www.carersupportwiltshire.co.uk/whats-on

EMAIL: admin@carersupportwiltshire.co.uk

CALL 01380 871690

[Autumn Winter 22 What's On Guide COPY.pdf](#)



https://issuu.com/homeinstead-swindon/docs/wow_guide_sept_oct_22_final_v1

Highworth 'Forget Me Not' Café and the local Dementia Community.



CHRISTMAS MEAL BOOKING FORM



Vegans only -

Starter Roasted Butternut squash or Roasted Tomato soup (can be made vegan)

Main - Roasted Squash and Beetroot Filo

Gluten Free only

Main - The turkey dinner can be made GF

Please specify your dietary requirement to ensure you are served the correct meal.

Name _____ Member Y/N

Please circle whether or not a member of Swindon & District Parkinson's or guest

Telephone number: _____

Starter _____

Main _____

Dessert _____

Dietary requirement _____ Dairy free/GF etc.

Name _____ Member Y/N

Please circle whether or not a member of Swindon & District Parkinson's or guest

Telephone number: _____

Starter _____

Main _____

Dessert _____

Dietary requirement _____ Dairy free/GF etc.



Payment Amount £ _____

Please make payment in one of the following ways:

1. **By BACS** to "Parkinsons Disease Society of the United Kingdom" (or as much of this name as your bank allows), with reference of your initial, surname and "xmas". Sort Code 20 00 00, Account 93616452 . Please also email booking form or details with menu choices and payment method to: scgrice.parkinsons.swindon@gmail.com

2. **By Cheque** payable to "Parkinsons Disease Society of the United Kingdom" and forward with booking form & Menu choices to Mrs S. Grice, 7 Millstone Close, Royal Wootton Bassett, Swindon SN4 8FG,

Receipt required? Y/N email address _____

If you require a receipt please include your email address where possible

Closing date: Friday November 18th



Thank you to all those who have contributed to this newsletter.

The deadline for articles for the next newsletter is Monday 3rd January.

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)