



The Swindon Parkin Lot

Newsletter March / April 2023

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

Event in February

Cricklade Event 23rd February

We found the well-attended Cricklade Parkinson's event on 23rd February an uplifting and encouraging one. I was thankful that an upmarket and comfortable venue, the Cricklade Spa Hotel, had been chosen; it made me feel valued and happy.

After a delicious lunch including cake, we had some short informative talks about support locally - Vincent Mobey spoke of the increasing importance of local support and friendship groups such as the Cricklade Parkinson's Café, which he organises, and Parkies Pals in Shrivenham organised by Kerry Hartman. We also heard about

Healthwatch <https://www.healthwatchwiltshire.co.uk/> and

Dressability <https://www.dressability.org.uk/> and

which I found the most interesting.



We then separated into 2 groups; either: a) Partners/Carers and family or b) People living with Parkinson's. As a carer I found it invaluable listening to others and being listened to. I hope the swap of ideas was useful.

We all agreed a regular group like this would be beneficial. There were some stands where it was possible to talk to the speakers and get advice.

Besides this we made some great new friends and then ... tea!

Sarah Rhodes. Group Member and Volunteer

Don't forget these on-going and future events:



Movement to Music

This group meets at the Neuro Wellbeing Centre, (Bradbury House, Westmead Drive, SN5 7ER) on Fridays in term time at 1.30 for an hour, and then we have tea and chat for those who can stay. People living with Parkinson's and their 'other halves' all welcome.

We would love to have a few more members.

It is very enjoyable and Sarah (our trained instructor) makes everything easy for us.

More information from Anna Newman, phone 01793 695698

Parkinson's Awareness Week April 10th-17th

**PARKINSON'S
AWARENESS WEEK**

Help needed. Amongst other events during the week, we are having a stall at Tesco, Ocotal Way, from 10am – 4pm on Saturday 15th April, and we need a few more helpers to man the stall. We won't be selling things, just letting people know that we are there to help people with Parkinson's. People often want to stop and chat about Parkinson's or other members of their family. We will have plenty of free booklets which can be given out.

We have the morning covered but we are looking for a few people (hopefully 2 per hour) to be there between 1 – 4pm.

Please let us know if you can be there for an hour or two that afternoon.

If you can help please phone Anna Newman 01793 695698.

Facebook



I am pleased to tell you that we have finally launched our very own private Facebook page. In order to join, you first need to be a member of Facebook.

You will need to search for: **Swindon Parkinson's Activity Group**.

In order to keep it private you will need to answer three questions and agree to the rules. This is so we can ensure we keep it private and do not open it up to all sorts of advertising and undesirables.

I am very conscious that we have some vulnerable members within the group and safety will be paramount.

Dee Vaughan Group Volunteer

If you have any problems Sarah Rhodes and myself will be here to help.

sarahrhodes5153@yahoo.co.uk

dearymee66@gmail.com,

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



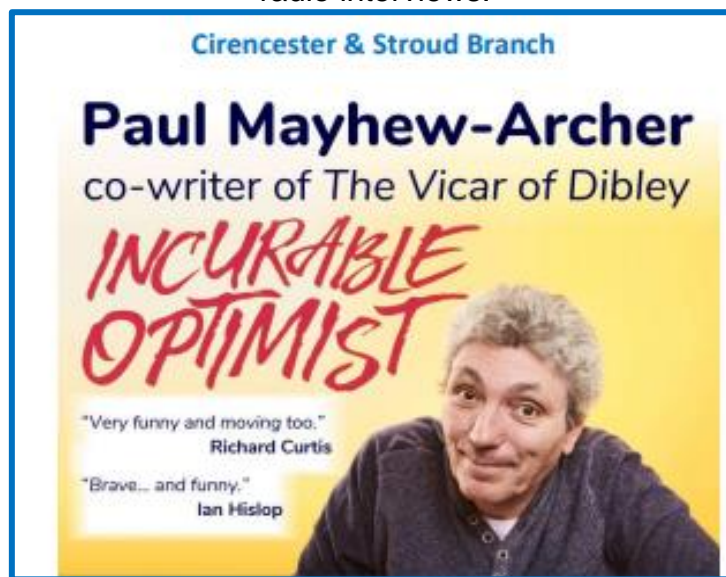
Incurable Optimist

You may be interested in Paul Mayhew-Archer's show in Cirencester on Wednesday April 12th at 7.00pm at the Bingham Hall, Kings Street, Cirencester GL7 1JT in aid of the Cirencester & Stroud Branch of Parkinson's UK, Tickets £20 from Karen Young, Cirenstroudpuk@yahoo.com Tel 07780 994765 Includes free entry into a prize raffle.

<https://cirencesterradio.co.uk/localevents/incurable-optimist>

<https://www.Chortle.Co.Uk/Review/2019/03/23/42604/Paul-Mayhew-Archer-Incurable-Optimist>

Paul has entertained us at our AGM's in past years and helped raise awareness in radio interviews.



When comedy writer, Paul Mayhew-Archer, was told he had Parkinson's he refused to take the serious illness too seriously. Instead, he started doing jokes about it, with appearances at the Royal Albert Hall and The Comedy Store. In 2015 he made an award-winning documentary about it called *Parkinson's - The Funny Side*.

In 2018 he did his first one-man show about it entitled *Incurable Optimist*.

Meanwhile his wife lives in hope that a cure will be found so that Paul will finally shut up about it.

Paul is also an ambassador for cancer support charity *Maggie's* and last year he was awarded an MBE for services to people with Parkinson's and people with cancer.

In this special charity performance on April 12th Paul brings his original show to Cirencester with new material about what has happened since.

'Paul isn't just one of the country's funniest writers. It turns out he's also a brilliant performer.' Josh Widdicombe

'So funny... and true in the way only comedy can express.' Rory Bremner

In Support of World Parkinson's Day



Shrivenham Park Social Putterers and Parkies Pals



invite you to join the fun at Shrivenham Park Golf Club

for a: **PUTTING COMPETITION and
AFTERNOON TEA**

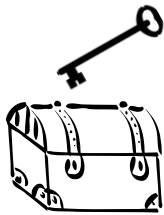


Friday 14th April

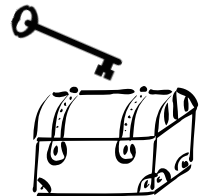


2pm - 4pm

£3 per person



Prizes to win, everyone invited



Buy key to open Parkies Pals Treasure box

All donations will go to support

Swindon Parkinson's Activity programme.

Come along and pay on the day.

For more details contact Carole 07774 348614

or Kerry 07875 416236

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

Please wear flat soled shoes for putting.

Quiz with Cod & Chips Supper and Raffle



Monday 24th April 16.30 for 17.00 start

Members £5 Guests £10



Closing date is Monday 17thth April.

At Hook Village Hall, 3 Hook Street, Royal Wootton Bassett, SN4 8EF

Tea and coffee will be provided with the meal, but you can also bring your own drinks for during the evening.

Please bring your own cutlery.

Fish and chips are from China Chef - voted best in Wiltshire on Trip Advisor.

The quiz is being run by David Roblin, who has been raising money for us each year.

We are looking for one person to help David add up the scores and a couple of people to help make the refreshments.

Also looking for people to help set up the tables and chairs from 4pm.

Please let Sue know when you book if you can help.

Tables of 6 maximum for the quiz Raffle prizes welcome.

To book, contact Sue Grice on 07712 003271

Payment can be made by cheque payable to Swindon Parkinson's and sent to:

Mrs S Grice, 7 Millstone Close, Royal Wootton Bassett, Swindon, SN4 8FG

or to Barclays Bank, Account - The Parkinsons Disease Society of

the United Kingdom, Sort Code 20 00 00 Account 93616452

with reference of your surname/fish



Fundraising



300+ Club Monthly Draw

| | |
|---|--|
| February | |
| 1 st Teresa Youldon £92.75 | 2 nd Dawn Falkingham £39.75 |
| Bonus: £10 Voucher | John and Christine Mackenzie |
| March | |
| 1 st Elizabeth Denman £92.75 | 2 nd Maureen Green £39.60 |
| Bonus £10 voucher | Raymond Lavin |

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.

Great North Run



Helen, the daughter of Josie and Martin Lloyd two of our members, is going to do the Great North Run in September in aid of Parkinson's UK. She needs to raise £350. Their grandson is also running this event; he was lucky enough to get a place in the ballot but is very supportive of Martin. It would be great if you could sponsor them. This is the just giving link.

<https://events.parkinsons.org.uk/fundraisers/helenbrown>

Please be generous.

"The great North Run is the largest half marathon in the world, taking place annually on North East England each September. Participants run between Newcastle Upon Tyne and South Shields."

Thank you Wikipedia

Research

Cue Band


Parkinson's UK has funded a study that aims to help tackle drooling symptoms in people living with Parkinson's. So far, we have shipped 400+ of our Cue Band wearable devices to participants around the UK but we are looking to recruit more, and would like to promote uptake in your local area.

Francesca Hookway, MSc Psychology Assistant, Health Psychology

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

Are you currently living with Parkinson's? Do you experience issues with drooling?

We have created a wrist worn device that provides discrete vibration cues that could help manage your drooling.






Cue Band is already being used by people living with Parkinson's Disease in your local area.
Sign-up today and receive a free Cue Band

How do I get involved?

To take part in the study and obtain a Cue Band Device all you need is a smartphone device to be able to download the Cue Band app and follow the instructions.

Please go to the site: <https://cueband/app> or scan this QR code to be taken to the download page.



Get it on time

Parkinson's medication management while in hospital

Researchers at Manchester Metropolitan University are investigating whether changes in medication management while in hospital has an impact on recovery when people return home.

Who do the researchers need?

- 350 people with Parkinson's
- who are taking Parkinson's medication
- and have recently attended a hospital visit or have a visit planned in the near future

What is involved?

- You will be asked to complete one survey per month for 6 months following a hospital visit.
- The surveys can be completed online or by post and will take 30-40 minutes to complete.
- For more information, please read the [participant information sheet](#).

If people with Parkinson's don't get their Parkinson's medication on time it can seriously impact their health. The medication schedule is often unique for every individual, based on their symptoms. When people with Parkinson's attend hospital, they may not be given the opportunity to manage their own medication. The researchers aim to determine whether missed or delayed medication while people are staying in hospital can lead to health problems and unnecessarily extended hospital stays.

[Read more about our 'Get it on time' campaign](#)

Interested in taking part?

Find the link to register your interest on the [Take Part Hub](#) page.

If you have any questions or would like to take part by post contact Chesney Craig by email c.craig@mmu.ac.uk or phone 0161 247 5538 before **1 June 2023**.

The logo consists of the words "GET IT" stacked above "ON TIME" in a bold, black, sans-serif font. The text is centered within a yellow rectangular background that has a blue border on the left and right sides.



Information



Parky's Singers Group

A message from Kathy Hobson

Hello Everyone

Thank you to those who came to the meeting on 27.1.23 and to those of you who emailed or phoned to let me know you are interested in the singing group. The meeting was mainly to decide how the group will be run and we also had time to sing a few songs.

We decided that the name of the group will be "Parky's Singers" and we will meet twice a month on a Monday afternoon at 2pm. I have booked the small hall at the Des Moffatt Western Community Centre, Somerset Road, SN2 1NF for the first and third Mondays of each month starting on 20th February. Please see the dates below. I have booked the room for two hours together with the kitchen so we can have refreshments.



We also talked about the type of music we would like to sing and all agreed that Beatles, Abba, musicals etc. would be good – songs we all know. I have a list of songs that were suggested and some I think will be good so we won't run out!!!!

When I was first approached to run this group backing tracks were mentioned but, as I much prefer live music I asked Chris Williams who is a great pianist and played for us at the meeting, if she would help and she did not hesitate to say yes. As I said at the meeting, I am a Rotarian and asked my Club, Swindon North and Thamesdown, if they would donate £500 so we can buy a piano etc. and I am very pleased to say they have said YES.



I look forward to seeing you and of course anyone else who would like to come along on the 20th. I promise I will bring words and not sheet music!

Parky's Singers

First and third Mondays

Feb 20, March 6/20, April 3/17

May 1 bank holiday no meeting /15

June 5/19, July 3/17, August 7/21, Sept 4/18, Oct 2/16, Nov 6/20, Dec 4/18

Message from Jane Henderson



From Jane Henderson at Parkinson's UK -
"Swindon Activity Group is going from strength to strength thanks to a small group of committed volunteers keeping things going through the pandemic. In 2023 we have had new volunteers coming on board to increase the local activities on offer such as the walking football & singing. Plus a Facebook page & a new website! So an exciting time There are potential new activities being looked at as well, possibly Tai Chi, Boxing and cafes for partners and carers and also if you are living with Parkinson's."



Group secretary needed

However, sadly, our Group Secretary/Co-ordinator, Anna Newman, will be stepping down from her volunteer role this summer so

"The group needs someone to join the team and have an overview of what is going on across the area. You'll like admin, be organised and have a laptop. The role can be done from home and you'll use phone, email and occasionally Zoom to keep in touch with volunteers and take enquiries. Training is available for all aspects of the role as needed and best of all, it's a good sociable group to be a part of"



We are therefore looking for a volunteer to shadow Anna for a couple of months and then take over from her. The role involves the following tasks:



- Sending out the monthly Meeting Agenda
- At the committee meeting, taking the minutes and sending them out to all committee members and Jane Henderson.
- Keeping copies of the minutes.
- Maintaining a list of committee members and contact details and sending to all committee after any changes.
- Sending thank you letters for all grants, donations etc.
- Sending out condolences when appropriate.
- Receipt of info from PUK and general enquiries which in most cases can be passed on to relevant people.

If you are interested please give Anna a call to chat about it on 07948 850234

From Jane Henderson at Parkinson's UK:

You can apply using this link:

<https://volunteer.parkinsons.org.uk/opportunities/44221-group-coordinator-home-based-2023-02-28>

Or contact Jane at Parkinson's UK for more details - 0344 225 3694
jhenderson@parkinsons.org.uk



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Tai Chi



We are looking to start a new Tai Chi class.

We are initially gauging interest to see if this is viable, so please contact Neil Fallon on taff.hammer@yahoo.co.uk, if you would be interested in this class.

We are also actively looking for an instructor, so if you know of someone, please also ask them to get in touch with Neil.

Tai Chi did prove very popular before covid, so hopefully will be again.

If this group goes ahead we will also be looking for another volunteer to help out Neil when needed.

*Thank you to all those who have contributed to this newsletter.
The deadline for articles for the next newsletter is May 2nd.*

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)