

The Swindon Parkinson Lot

Newsletter July / August 2023

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

Volunteers Urgently Needed

Secretary and Help with Movement to Music Class

We are still looking for a volunteer Secretary to take on Anna's role. We have had someone come forward who will look after correspondence for any kind of donation, but we still need a permanent secretary to organise our agenda, run a meeting and take minutes.



We also need someone to come forward and look after the Movement to Music class.

It could be different people to take on each task or each task could be shared, so that there is not so much of a commitment.

Please contact Sue Grice 0771 200 3271, or Ian Cowley 07831 885 239, if you think you could help.



Christmas Steam Fair 2nd and 3rd December 2023

We will be running a table again at the Steam Fair later this year. Sharon Fulcher has kindly offered to organise this event and she will need some help to do this.

We are looking for members to come forward and offer help at any of the following times:

- Set up on the Friday afternoon
- Run the tombola on Saturday
- Sell Craft on the Sunday

Please contact Sharon on 07958 165 423



Events in May / June

Visit to the New Parkinson's Café in Royal Wootton Bassett

On 11th May, Graham and I went to the new Parkinson's UK cafe at Gerard Buxton Sports Centre, Royal Wootton Bassett, SN4 8DS (see last month's Newsletter page 10). It is a great venue, easy to find with good access and plenty of parking. The staff are very friendly and welcoming. Tea, coffee and cake were available for a small donation; the bar was open but it was not used – a bit early in the day for most I suspect! It was good to meet new faces and the location meant those local to RWB could attend easily.



Jane Henderson welcomed us on behalf of Parkinson's UK and explained that this cafe was the result of the inaugural 'Carers and Cared-For' meeting at the Cricklade Hotel. The venue is able to offer two separate rooms and so, after the initial welcome, we divided into two groups. The idea is great. However, I did feel the discussion for the carers would have benefited from a facilitator who could encourage everybody to share their views. Meanwhile those who have Parkinson's chatted in the main room.



Vincent and Maggie Mobey have invited two guests for the carers group: **August 3rd** – Councillor Jane Davies – Cabinet Member for Adult Social Care, SEND and Inclusion; and in **November 2nd** – Frances Barrone PGCE (FHAЕ) - Prevention and Wellbeing Team North Wilts, which should stimulate some interesting discussion. Jane Henderson will be inviting some suitable visitors who can sit in with the cared-for group. *Dee & Graham Vaughan*

Congratulations

On Wednesday 17th May, Kerry Hartman received the **Ted Wilson Award** 'for outstanding service to Parkinson's UK Swindon Branch' and a **Certificate of Appreciation** from PUK 'for contributions to the local Parkinson's community and for setting up and running a local group (Parkies Pals), organising activities and fundraising



Kerry says: *I am delighted that the Parkies Pals ethos is recognised as a symbol of support and friendship to anyone living with Parkinson's or has any interest in this condition. Local groups are so important, providing a safe, relaxing space for people to share experiences, pick up information, enjoy a cuppa, cake, chat and laugh. No one has to be alone with Parkinson's.*



Care and Share in Wantage



This event was on Friday 26th May and organised by Parkinsons.me, Swindon Home Instead and Parkies Pals. These events help bring together services and information useful to anyone associated with Parkinson's and is well supported by the fabulous Parkinson's nurses team and physios, so look out for more.



Trip to Weymouth 29th May (see January's Newsletter)

Thank
You



Thank you Sue White (Malmesbury Branch) for organising and co-ordinating this trip. I can't speak for all on the coach, but Ray and I certainly enjoyed the break.

We were picked up at Swindon bus station along with people from surrounding areas promptly at 10:00 by Zac our Barnes coach driver. The coach was adapted with a lift for wheelchairs (thankfully none of us needed it), though a couple used it to avoid the steep coach steps. After picking up in Wootton Bassett, Malmesbury and Chippenham and a stop for lunch we arrived to a warm welcome at the Russell Hotel in Weymouth.

On Tuesday the lovely Zac took a group for an excursion to Westbay and Portland Bill, and others spent the day in Weymouth. Wednesday was a free day when some of us used our bus passes and went to Dorchester where the weekly market was on. Thursday we went on another excursion by coach to Swanage and then on the chain ferry from Sandbanks to Poole.

We had entertainment every evening which included a quiz, bingo and live singers (Elvis was on Wednesday night :-), some even got up and danced, which they hadn't done for years. We were lucky with the weather all week, apart from a cold wind (which we could shelter from), and the sun shone. Friday we headed for home with a couple of hours for lunch in Salisbury. Once again thank you so much to everyone involved in the organising of this trip. I can't wait until the next time. *Best regards from Shirley and Ray Tucker. (Swindon group).*

Cricklade Café 21st June

There were celebrations and sadness at the Cricklade cafe this month.



Firstly we celebrated Vince and Maggie's five year anniversary of starting the cafe. We thanked them for all their hard work and success at how it has grown over those five years: from a small side room into the main event area with over forty people attending each month. Everyone finds it really useful to socialise and be able to talk to the guests that are invited each month. Sharon Fulcher, very kindly made two fabulous cakes to thank Vince and Maggie, and for everyone to eat. We would also like to thank Sean and Ray for volunteering and helping out at the cafe.



Thank
You

Secondly we presented Anna Newman with a certificate to say thank you for all her hard work over the last six years as Secretary of the Swindon Group. Anna also looked after the Movement to Music group and arranged many popular social events throughout those years. It is also very sad that Anna has had to step back from the role but also good that she and Brian will still be involved and will be attending events. *Sue Grice*

Thank
You



Future Events

Victoria's Picnic. Saturday 15th July 1pm – 4pm

£7 per Member £13 Non-Members



We have been invited again this year to Victoria's for a picnic. All food and drink will be provided. The Fairford airshow is on this weekend as well, and the planes fly over Victoria's Garden, so you will be able to enjoy the display while you enjoy your picnic.



PLEASE NOTE THE PLANES CAN BE NOISY.



Unfortunately, this will be the last year that the picnic will be held at Victoria's.

If you are interested in going please contact or send details to Sue Grice at scgrice.parkinsons.swindon@gmail.com or telephone her on 0771 200 3271.

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

- Cheques payable to Swindon Parkinson's and send to Mrs S Grice, 7 Millstone Close, Royal Wootton Bassett, Swindon, SN4 8FG ,
- or payment to Barclays Bank, Sort Code 20 00 00, Account 93616452, with reference of your surname/Vic.

Please notify us of the following:

- Name(s) of attendees and whether they are members or non-members
- Any dietary requirements
- Mobile or email contact for the group as there are going to be some diversions for the air show which may affect your route to Victoria's. These will only be available in the last few days before the 15th. Please only give your email address if you check it regularly.

We will not be organising a coach this year. If anyone would like to go but does not have transport, let Sue know and we can try and arrange something for you; conversely, if you are able to give a lift to someone, please also let Sue know.

Booking Closes on July 4th 2022

The address is Broadwater House, The Park, Fairford, Glos, GL7 4JQ.
For more details, contact Sue Grice



PLEASE BRING A LIGHTWEIGHT CHAIR



Charity Concert. September 10th 2023

The 'Swing Birds'
SWINDON'S ALL FEMALE BIG BAND AND SINGERS
CHARITY CONCERT
IN AID OF THE
SWINDON AND DISTRICT ACTIVITY GROUP

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.
REGISTERED CHARITY NUMBER: 258197

SUNDAY SEPTEMBER 10th 2023
THE DEANERY CE ACADEMY
Wichelstowe
SN1 7DA

7.30PM 'TIL 10PM
DOORS OPEN 6.30 PM
LICENSED BAR - RAFFLE PRIZES

TICKETS £10

<https://www.ticketsource.co.uk/stardustdance>
PROMOTION & PUBLICITY - STARDUST DANCE EVENTS

A massive call out to all of our members

The wonderful Swing Bird Band are kindly donating their time and their following to Parkinson's.

They will take all costs other than their time from the proceeds, so please come along and support their kindness and generosity by purchasing a ticket and enjoy a surprising and entertaining evening.

Tickets only £10.

To further the proceeds and to add to the entertainment we need raffle prizes – and lots of them – so please donate either gifts or money to purchase gifts.

I am happy to collect.

Just call 07934675658

or email aboutme1@hotmail.com

Best wishes to you all. Hopefully I will see you at the concert.

If you think it's not your thing you will be surprised. I was!

Tickets are available from Ticketsource website from 3rd July (see flyer)

Cheron Biggs Group Member



Fund Raising



300+Club. Winners for May

1 st Mr John Kyte	2 nd Mr Leslie Judd
Bonus: £10 Voucher	Mrs Glennis Larcombe

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

If anybody would like to join to support the club and have a chance of winning a prize in the monthly draw please email or text Jackie Cowley.

Her contact details are j.cowley27@btinternet.com and 07554006501

Jackie can then send you the documents that are required to set you up as a new member. All the funds raised by the club go towards supporting our activity classes and social events.

Cash for your Trash

Recycle and raise funds

1 Request sack with a free call

2 Receive and fill sack provided

3 Call free to arrange collection

4 Receive cheque within 8 weeks

Plus Inkjet cartridges

Tel: 0800 633 5323
Email: info@recyclingforgoodcauses.org
Web: www.recyclingforgoodcauses.org

Recycling
FOR GOOD CAUSES

We've been organising recycling projects for over 21 years and it couldn't be easier to raise funds for your charity, good cause or group. Collect and recycle unwanted items from around your house, workplace or from friends and family.

Jewellery

Any unwanted jewellery: odd earrings, broken chains, costume jewellery, watches. In all materials: plastic, wood, gold, silver or metal.



Currency

Any unwanted currency from ANY COUNTRY and of ANY AGE, so all of those obsolete pre-euro notes and coins are a perfect start!



Gadgets

Sat navs, games consoles and games, tablets, cameras/video cameras, mobile phones, iPods/MP3 players. All of ANY CONDITION or AGE.



Stamps

Loose or single stamps. First day covers and presentation packs.



Chris Ponting is our drop off point for recycling items to raise money for Parkinson's research.

Her contact detail are:

Mobile: 07760 216 266 and email: chrisponting31@gmail.com

Please contact Chris if you have items to donate, or if you require further information.



Information and News



Parkies Pals Update

Diary Notes:

- **'Love to Move'**- These sessions have been popular and we hope to run again in the Autumn on a weekly rather than bi-weekly basis. Watch this space.
- **Tuckmill Nature Reserve presentation** - Nan Pratt will be coming to our meet-up on 3rd July to tell us more about this fabulous area of nature and beauty on our village. For more information check out www.tuckmill.org
- **Parkinson's Nurse** - One of our super Parkinson's nurses from Great Western Hospital should be in attendance on 3rd July if you have any questions.
- August 26th – we will have a stand at the village show. **Bubbles/bubbly donations** – If you have any bottles of anything 'bubbly', such as lemonade/tonics/prosecco/bubble bath etc, or any gift bottle bags that you would be happy to donate for our fundraising game in August – please bring along to the meet-up in July or August or give to Kerry or Shirley. Thank you for your support.
- **TUESDAY 5th September – Please note Parkies Pals will be meeting the first Tuesday of the month from September**
- **Saturday September 30th** - September table sale at the Shrivenham Park Golf course, 10 – 12. Come along and browse a variety of stalls. If anyone is interested in a table for £5 please contact Kerry or Carole Lees. Contact details below.

Community cafés

- The Community café meets at the Shrivenham Park Golf Club on alternate Fridays, 2 – 4pm to include putting, chat and a cuppa for £2. Everyone welcome . **JUST COME ALONG AND JOIN THE FUN**
- Parkinson's Cricklade Café – every 3rd Wednesday of the month. At Cricklade Café 10.30 -12, Cricklade High Street SN6 6AY

Please remember you are NOT ALONE with Parkinson's. Sharing the load helps us all to cope. Thank you for all your support. Please contact me if you want any more info
Kerry Hartman Text/Call 07875416236

Email: Parkiespals@outlook.com website: www.Parkiespals.co.uk

Carole Lees is the contact for Shrivenham Park Golf club community putting events Email: Carolelee0701@gmail.com Text/Call: 07467 657964

Next Parkies Pals Meeting will be July 3rd 10 – 12 Shrivenham Park Golf Club



Boxing

Malmesbury Boxing Club is a community club in the heart of the town. It has been in existence in some form since the 1920's but in its current format since the 1980s. All the tutors at the club are qualified ABA coaches, and some hold professional certification with the British Boxing Board of Control. All coaches are DBS checked and First Aid trained.

Head Coach Mike Rees recognises the proven benefits that boxing training can have on people dealing with Parkinson's and is keen to offer group sessions to those dealing with this disease. The sessions would be low impact and more about movement than fitness or strength, to enable people of all ages and stages of development to participate. The different boxing exercises will help to address Parkinson's symptoms such as tremor, balance, posture and strength, as well as increasing fitness levels.

Our intention is to offer these sessions free of charge initially and subsequent session there may be a minimal charge circa £3.

The taster session will be at 2.00PM on 5th July at Malmesbury Boxing Club at Gloucester Rd, Malmesbury SN16 9JS, Wiltshire (at the rear of Gloucester Road Coop).

If anyone is interested, then please contact Mike Rees at malmesburyboxing@gmail.com



Parky's Singers



I am really enjoying leading the Singing Group and I know Chris enjoys playing the piano for us. We regularly add new songs to our repertoire (often from suggestions made by members) and remove ones we don't like!

We start with a few "exercises" to help with breathing etc, and then sing for an hour or so. We have a few laughs as well!



Of course there is tea and biscuits afterwards (thanks to the Catering Team!).

We meet on the first and third Mondays every month (unless it's a Bank Holiday). 2pm at the Des Moffett Western Community Centre, Somerset Road, Swindon . Why not come along and join us?

Kathy Hobson hobsonkathy3@gmail.com 07923 473261

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