

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 September / October 2023

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

Membership

Local Membership Payments are Changing

In future all memberships that are paid directly to Swindon Parkinson's Group will be due in January each year. This does not apply to memberships paid via Parkinson's UK.

To facilitate the change over -

- All memberships paid between January to June 2023, will be due again in January 2024.
- All memberships paid between July and December will not need to be paid until January 2025.

New Members

- If a new person joins during the year between January and September their membership will be due in January the following Year.
- Any membership paid in October to December will have the next year's membership free.

Sue Grice Membership Secretary

scgrice.parkinsons.swindon@gmail.com



Volunteers



Help Needed: Secretary and People to Run Social Events

We still need a secretary for the group and also some people to run social events. Maybe a group of you could get together to organise an afternoon or evening social.

Help and advice given, if needed.

Sue Grice Membership Secretary

Parkinson's UK - Swindon & District Activity Group. Contact: jhenderson@parkinsons.org.uk. 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)

Thank you

Presentation from the Rotary Club of Swindon North and Thamesdown



The activity group was invited to a presentation evening hosted by the Rotary Club of Swindon North and Thamesdown on 15th May, to receive a donation of £500 to help fund the start-up of The Parkies Singers. The Parkies Singers meet on the 1st and 3rd Mondays of each month.

Ian and Jackie Cowley attended the event and Jackie received the cheque on behalf of the Group. The Group would like to formally thank the Rotary Club for the very kind donation. *Ian Cowley. Treasurer.*



Offer from Monahans Chartered Accountants, Swindon



We are very pleased to say that Monahans (Chartered Accountants Swindon Branch) have approached us and offered to raise funds for us over the next year. They have a

variety of fundraising activities and quizzes throughout the year, the proceeds from which they will donate to us.

The first event they are running is a sports quiz on the 16th November to be run by David Roblin.

I am making more contacts with other local businesses and hoping this will produce further fundraising opportunities.

Graham Vaughan. Group Volunteer /fundraising

David Roblin, who was the quiz master at our successful quiz a couple of months ago, is again running his sporting predictions competition which is due to begin soon. He uses this to raise money for us each year. *Sue Grice*

monahans
Chartered Accountants & Business Advisers

Save the date
Monahans 2023 Charity Sports Quiz

[Save the Date - Monahans 2023 Charity Sports Quiz - 16th November 2023](#)

I am delighted to announce that the **Monahans Charity Sports Quiz** is back!

We have secured our resident **quizmaster Dave Roblin** again, so this will be the 30th anniversary of the quiz and we hope to make it the biggest yet in terms of teams taking part and the amount raised for this year's charity, **Swindon Parkinson's**. Please block out the evening of 16th of November 2023 in your diaries, at the Legends lounge of Swindon Town FC's County ground.

Events in August

Picnic



Once again Victoria invited the 'Parking Lot' to Broadwater house, her delightful home and garden, for a picnic. This was also the Air Show weekend, so displays were anticipated .

Originally set for the Saturday, it was hastily switched to Sunday because of the awful weather on Saturday. Sunday was mostly dry but still very windy .

There was a good number of guests to try and make a dent in the delicious, fully loaded buffet table. Food for thought was provided in the form of quiz sheets.

Little was seen of any aircraft, but the noise generated proved their existence on occasions. However, we had our own Flyer, when a gust of wind caught her umbrella and lifted her clear out of her chair! (She didn't go far.)



Another enjoyable get together, thanks. *John Hern. Group Member*

Carer and Cared-For Café at Royal Wootton Bassett

Thursday 3rd August saw the second of the Parkinson's UK – Carer and Cared-For Cafés at this lovely venue in The Gerard Buxton Sports Ground in Royal Wootton Bassett. There is ample parking to the front of the building and level access throughout. Inside the bright and airy room is split into two, so that both groups can separate and discuss their needs.

Our invited visitor was Wiltshire Councillor – Jane Davies – Cabinet Member for Adult Social Care, SEND and Inclusion. Jane introduced herself to all present, briefly explaining what her role entails and how Wiltshire Council might be able to help. The Cared-For group stayed in the main area and sat around in groups. Topics of conversation were various including medications and sleep issues. The important part



of the day was that those with PD could talk freely with others who experience similar issues; they could then share their thoughts, ideas and what worked (or not), for them. Sue Jackson from the PDNS team at GWH hospital also sat in with this group and helped to answer questions.

The unpaid Carers group set up in the second area around a large table so that all were facing each other. Councillor Davies sat in with this group and took part in the discussions where she could offer some answers or solutions. A list of what had been written onto the Flip Charts at The Cricklade Hotel meeting was tabled to prompt the discussions; most people joined in and asked questions or offered their own ideas. We didn't get very far through the list but it served its purpose of bringing out into the open areas of concern for carers.

Jane Henderson of Parkinson's UK hosts these quarterly events, and the cost of hiring the venue plus coffee and tea is gratefully paid for by PUK Swindon Activity Group. Dawn and Mike have also volunteered to assist with the running of these events. Looking long term, the November event will be the last one under the arrangements noted above. Jane Henderson is looking for volunteers to take on the role of organisers and volunteers to run these events going forward. Councillor Jane Davies has stated that Wiltshire Council do have a fund which might make a payment to cover the ongoing costs. This would need to be submitted as a request to the Wiltshire Council Area Board for consideration. If you feel that you would like to volunteer to be the coordinator of this event and / or volunteer to help these days be a success, please make yourself known to Jane Henderson at the November 2nd Café. (see page 8)

Vincent Mobey, PUK Volunteer and Cricklade Café Coordinator.

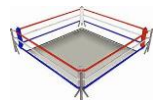
Regular Events

Boxing for Those Living With Parkinson's



Here are the details of the Boxing for PD in Malmesbury:
It's basically every two weeks on a Wednesday at 2.00pm.

- 13th September 2023
 - 27th September
 - 11th October
 - 25th October
- And so on



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



Tai Chi



Our new Tai Chi class starts on Thursday September 7th at the Neuro Wellbeing Centre, Bradbury House, Westmead Drive, SN5 7ER, from 2pm to 3pm. There are only 15 places available, so first come first served. Please arrive a bit earlier so as to start promptly. Comfy clothing is advised and also a drink for refreshment.

Any takers please contact
Neil Fallon, taff.hammer@Yahoo.co.uk tel: 07504851672
or Graham Vaughan, graham.vaughan1@gmail.com

Walking Football



Walking Football restarts at Swindome at Supermarine, Webbs Wood Stadium, SN3 4BZ on Monday 4th September at 11.00 am to 12.00. Please arrive a bit earlier for prompt start.



Any new starters are welcome and please contact:
Neil Fallon taff.hammer@Yahoo.co.uk
Sarah Rhodes sarahrhodes5153@yahoo.co.uk
Julian Farmer julianfarmer@btopenworld.com

Neil Fallon. Group Volunteer



Love to Move



'Love to Move' with Parkies Pals is every week from 12.30 to 13.30, starting September 11th at Shrivensham Park Golf Club.

To join, please contact:
Kerry Hartman at ParkiesPals@outlook.com or 07875416236



Movement to Music



The Friday Music to Movement will start again on Friday 15th September, 1.30 at the Neuro Wellbeing Centre, Bradbury House, Westmead Drive, SN5 7ER.

The new contact for the class is Linda Barrett on:
lindaj19@hotmail.co.uk 07876 068500.
Linda will not always be at the class each week, but will be there at the first one on the 15th.

Don't forget these future events:



Barge Trip 12TH September



A Trip on a Barge has been offered to us by the Rotary Club on Tuesday 12th September from Hungerford to Great Berwyn.

The event is totally free – the Rotary Club hire a barge every year and offer free days out to various groups. The boat they hire is specially adapted to cope with a wide range of physical challenges: *“It has lifts for chairs, hoists, scissor hospital bed, adapted WC’s, etc, etc. In the past we have had some profoundly challenged individuals join us and have coped very well. The idea is to create memories for folks, give them a chance to do something different, have a go at steering the boat (that can often be interesting!! We’ve gotten very used to getting ourselves out of some tricky situations 😊).*

“The trip is between Hungerford and Great Bedwyn and you will be picked up at one location and dropped at the other. Pickup at the start will be approximately 9.30am and drop off at the end of the trip will be approximately 4pm. We’re well used to the necessary car logistics so can help with that (i.e. parking at one location and needing a lift back when dropped at the other.)”

Neil Russell, the guy who ran from London to Barcelona

<https://cureparkinsons.org.uk/2023/05/65-year-old-pwp-to-run-970-miles-for-research/>

and who is speaking at the Westlecot Bowls Cub on 6th September, may well be on the trip where it will be a great opportunity for you all to have a more intimate chat with him.

It's a lovely relaxing day out, doing something different and all you need to bring is a packed lunch and a willingness to either relax or get stuck in to help out!!

We need to know numbers very quickly and by 8th September.

Please contact Graham Vaughan if interested:

graham.vaughan1@gmail.com or telephone 07764219916.

First come , first served

Sue Grice Membership Sec. for Parkinsons Swindon Activity Group
scgrice.parkinsons.swindon@gmail.com

PPU6 Concert

Kevin Young of Parkinson's UK - Cirencester and Stroud Branch, has asked for their upcoming event to be shared with you all.

Maggie and I have attended one of these music nights some years ago and I remembered that there was an interesting and somewhat sad story to how these fund raising nights came about. I asked Kevin to remind me of the circumstances and his reply is seen below. Please support this event if you can. It sounds as though it's going to be a loud and fun night.

If you have any questions regarding this event or wish to purchase tickets or donate a raffle or auction prize, then please contact Kevin's Team as per the details on the poster.

As to the history of PPU -

Dave Trinder has PD, and has had it for many years; he is a very well-known man of Cirencester. The story goes like this:

Dave was in a well-known pub in town for a beer and a chat with a couple of his mates. He went to the bar to buy a round. While waiting to be served, his shaking and tremors began a little; his speech has always been a bit slurred. The barmaid refused to serve him as she thought he was drunk; he was not.

Dave explained; "No, I have Parkinson's, do you know about it?" She ignored this, Dave asked for the Manager who said, "If the barmaid thinks you are "pi\$\$ed" then we cannot serve you." His mates all stood up for him but there was no way he would be served so they all left.

This inspired Dave to set up this fundraiser and called it 'Parky Pi\$\$ Up' (PPU) to raise much more awareness - obviously I do not market it as such; we just say PPU. This year will be the sixth year - PPU6.

Last year was the first year that the Stroud branch actually supported Dave. Previous committee did not want to know (due to the inference of the PPU abbreviation as mentioned).



The poster for the PPU6 concert features a blue and white color scheme. At the top left, a diagonal banner reads "PARKINSON'S UK CHANGE ATTITUDES. FIND A CURE. JOIN US." The main title "PPU6" is in large, bold, blue letters. Below it, the date "SATURDAY 23RD SEPTEMBER 2023" is displayed in blue. The time "7.30-12.00" and venue "BINGHAM HALL, CIRENCESTER" are listed, with a note "(Doors open at 7pm)". The live music lineup includes "LEON DAYE BAND", "THE SEVEN 77'S", and "THE ABSTRACTS". It also mentions a "LIVE AUCTION & RAFFLE" and that "ALL PROCEEDS TO CIRENCESTER & STROUD BRANCH OF PARKINSON'S UK". Ticket information is provided: "TICKETS £10 AVAILABLE FROM: CIRENSTROUDPUK@YAHOO.COM or Branch Mobile: 07586 532635". At the bottom, it is sponsored by "Greg Power Ltd" with a logo featuring a stylized 'P' and the text "Will Write's Ltd".

Last year (when tickets were £5 each) over £5000 was raised. Fantastic value for three really good live bands playing good rock music, well known and their own songs. Also there was a raffle and a large auction with very big prizes: a week in Spain, a week in Devon, many more things.

They aim to get a maximum of 400 people in Bingham Hall. NHS staff go free as a thank you for their work. This year the tickets are £10 each for the same full night of events, so hoping to raise much more for the branch.

Dave has raised over £30,000 since that day in the pub from fundraising things that he does / has done. As many people know Dave in town, they know about the reasons and all want to support him.

The backstory is a bit of tale but is very true and a reflection of the lack of awareness of Parkinson's at times.

Vincent Mobey. PUK Volunteer and The Cricklade Cafe Coordinator.

New Parkinson's Café

NEW PARKINSON'S CAFES

Gerard Buxton Sports Ground
Brinkworth Road
Royal Wootton Bassett
SN4 8DS

Thursday 11 May
Thursday 3 August
Thursday 2 November

2:30-4:30pm

We'll host two cafes on the day - one for carers and partners and one for people living with Parkinson's.

Join us for conversation, laughter, friendship, and mutual support.

Everyone welcome, no booking required.

For more information contact Jane on 0344 225 3694
or jhenderson@parkinsons.org.uk

PARKINSON'S^{UK}
CHANGE ATTITUDES.
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At the November café, our special visitor will be Frances Barrone of Wiltshire Council. Frances works for the Prevention and Wellbeing Team North and is a Mental Health Advocate. She comes to us with a huge knowledge of matters which affect us all and will take part in our round table discussions. If there is time, we will continue to work through our list.

We look forward to seeing you all in November.

Vincent Mobey

Christmas Lunch

Christmas Lunch

Sunday December 10th 2023

12 00 noon @ Double Tree by Hilton, Swindon

The Menu

Starters

Roasted Tomato and Fennel Soup (V) (DF/GF) Basil Infused Crème Fraiche
Pressed chicken and Apricot Terrine (GF) Fine Leaves, Plum/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
Rich Chocolate and Raspberry Tart (V/GF) Custard
Cheese and Biscuits (Diabetic)

Freshly Brewed Coffee, Tea and Mince Pies.

(Members £12 Guests £28)

V vegetarian; DF Dairy Free; GF Gluten Free

Our Parkies Singers will be entertaining us

*Booking form is on page 15 of this Newsletter
to be returned by 17th November 2023.*

Steam Fair

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 is grateful for the help volunteered already, but she still needs more help.

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

Sharon is also collecting items suitable for the tombola

Please contact Sharon on 07958 165 423

Fundraising



300+ Club Monthly Draw

Winners for June and July

June	
1 st John Kyte	2 nd Leslie Judd
Bonus: £10 Voucher	Glennis Larcombe
July	
1 st Richard Kennedy	2 nd T Falkingham
Bonus £10 voucher	A & E Ware

*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 group 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.

Information



Facebook

Would you like to join the **Swindon Parkinsons Activity Group** Face Book page?

It is a quick, easy way to share information, photos and friendship.

Open your face book page and click on the magnifying icon at the top right hand corner and type

Swindon Parkinsons Activity Group into the 'search Facebook' space.

You will need to answer the questions that appear, then our admin team can approve you. This is done because we are a private group, which means we do not allow advertising or any undesirables to join.

If you have any problems finding it, alternatively you can send me your email address and then I can send you an invite, its really very easy.

dearymee66@gmail.com

News from the Cricklade Cafe

Parkinson's UK – The Cricklade Café.

We meet on the 3rd Wednesday of each month between 10:30 – 12:00.

Forthcoming dates are: 20th September, 18th October, 15th November and 20th December 2023.

It is a Drop-In Café so arrive when you like and leave when you like!

The address is: The Cricklade Club, 38 High Street, Cricklade SN6 6AY.

As The Cricklade Café has grown in popularity, so has the need for help to run it. We have now grown to a group of four volunteers – Maggie, Sean, Ray and I do a sterling job of welcoming our guests and making sure that they are suitably seated.

When possible, we have guests present who bring something PD related to share with us. At the September café, we will be visited by Debi Isaac-Taylor (communication and engagement manager) from the Neuro Wellbeing Centre at Westmead, Swindon. Debi will be telling us about the services available at the centre for those with Parkinson's and then be available to mingle with our group and answer any of your questions. We are currently working on inviting other guests to future cafés.

Rachel Gardner the Lead Parkinson's Disease Nurse Specialist from GWH is a regular visitor to the café and will be visiting us again on 18th October.

We look forward to seeing you all at a future PUK Cricklade Café!

From your Cricklade Café volunteers team

parkinsonscafecricklade@gmail.com

Call Vincent on: 07951 944760

Welcome to new Pals.



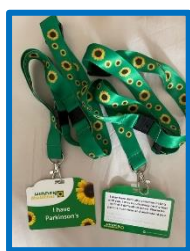
Shrivenham Fete

The Fete was well attended and the 'Bubbles or Bubbly' game was as popular as ever. Bob and Pip did a fabulous job of drawing people in and had given out 65 prizes and raised £132 in 2 hours. We're going to need more bubbles next year!! Together with selling some crafty pieces, poetry books and donations we raised £279 in all, which is excellent as we are primarily an awareness rather than fundraising attraction. Thank you to everyone who donated bubbles, bounty and time. Thanks Carol for organising the putting experience. It is great that we are becoming so recognised and several people took leaflets and were interested in what we did and the friendship and support we offer. Thank you all.

Tuckmill Nature Reserve Presentation

At the July Parkies Pals meeting Nan Pratt gave a very interesting and informative presentation on the area of natural beauty at Tuckmill Nature Reserve, between Shrivenham and Watchfield. For more information check out www.tuckmill.org

Hidden in plain sight! It's tough enough for Parkies on a good day but sometimes



we just need a bit of recognition and consideration rather than uninformed judgements when we are having a stumbling or freezing time out in public! These sunflower lanyards are a recognised symbol of 'hidden disabilities' and are available from many stores. I have got a few Parkinson's specific ones to sell for £3.50, or visit [Hidden Disabilities Sunflower \(hdsunflower.com\)](http://HiddenDisabilitiesSunflower(hdsunflower.com)) beware postal charge!

Love to Move sessions – After successful trials Annamaria is running 6 more sessions as weekly classes on Mondays 12.30 – 1.30 at Shrivenham Park Golf Club starting September 11th. Love to Move is a seated aerobic exercise specially designed to get older people moving and functioning better. There will be a one-off fee of £5 to register commitment and room cover. All tuition costs will be paid from Parkies Pals donations.

[These sessions are open to everyone so please advertise it to others who may benefit.](#) For more information about the Love to Move Programme please visit

website: <https://britishgymnasticsfoundation.org/lovetomove/>

If interested please contact Kerry or Shirley or email ParkiesPals@outlook.com

Poetry booklet – Thank you to everyone who has donated to my 2nd poetry book “Poetry in Slow Motion” (so far over £100). All donations made will go to support the fitness and exercise programme for our local Swindon Parkinson’s UK Activity group.

Diary Notes:

TUESDAY 5th September – Please note Parkies Pals will be meeting 1st Tuesday of the month from September

Sunday 10th September – The Swing Birds Charity Concert at The Deanery CE Academy, Wichelsove SN1 7DA 7.30 – 10pm. £10 tickets
<https://www.ticketsource.co.uk/stardustdance> look out for posters.

Monday 11th, 18th, 25th September – Love to Move 12.30 – 1.30 Shrivenham Park Golf club

Saturday 30th Sept - 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.

Saturday 7th October – Winter warmers Autumn Fair at St Andrews Church, Shrivenham 10.30 – 2.30.

Monday 2nd, 9th, 16th October - Love to Move 12.30 – 1.30 Shrivenham Park Golf Club

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. This month it is Sept 15th.

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 {20th Sept}

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 information.

Kerry Hartman Text/Call 07875 416236 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 Meetings are September 5th / October 3rd 10 – 12

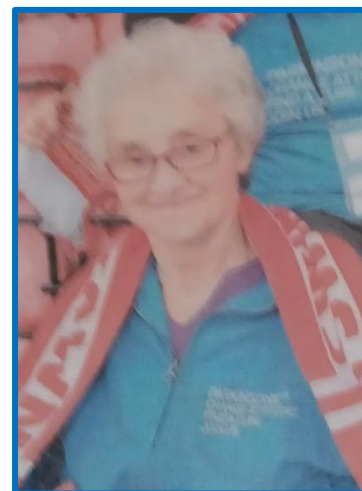
Shrivenham Park Golf Club

Sad News

Sandra Wanless

It is with great sadness that I am writing this tribute to Sandra whose funeral I attended 22nd August 2023. Sandra served as the Parkinson's Swindon & District Branch Secretary for many years providing exceptional support and help to Linda Duthie when Branch Chair, and also to me when I took over as Chair when Linda stood down.

Sandra was an exceptional organiser and knew everyone of importance such as the Mayor's secretary and the Swindon Advertiser. Nothing was too much trouble in her support role to all committee members.



Both Sandra and I were early risers due to our Parkinson's and, in Sandra's case, other medical conditions which she never let interfere with her Branch Secretary role. We would be on-line together many early mornings.

I remember when on 1st December 2013 I got a phone call from Sandra asking me to get to Menzies Hotel in Swindon quickly, and meet her there. On arrival she told me that the hotel had closed and gone into receivership. The Branch had booked and paid £1,000 deposit to the hotel for our Christmas Lunch booking on 14th December for over 100 people. Sandra had already contacted the Swindon Advertiser and a photographer was on his way.

This resulted in a nearly full page article in the Advertiser "Christmas cancelled for charity" with our photo outside the hotel. This resulted in two positive outcomes. The receivers refunded our money and Swindon Town Football Club offered us the use of their large room at the County Ground free of charge. We just had to pay for the food. Sandra's quick thinking and actions certainly changed the day.

Even on retirement as Branch Secretary Sandra continued supporting fundraising events and baking her famous chocolate cakes.

Sandra was one in a million and will be sadly missed. There was a good turn-out at Sandra's funeral of our older Branch members who knew Sanda well, Linda Duthie coming by train from Wales.

Our condolences to Ray, Sandra's husband, and the rest of her family.

Dave Logan Group Volunteer



Christmas Meal Booking Form



The cost of lunch has increased by £2 per head this year, but we are keeping the member price at £12, the same as last year, as we feel that we have the funds and haven't been able to put on many social events this year.

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 Gluten Free

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 Activity Group 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 Activity Group 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 17th

Research

There is so much research going on for Parkinson's. A useful source for learning about this, is of course the internet and you may be interested in the following website: <https://parkinsonsnewstoday.com>

<https://parkinsonsnewstoday.com/news/mesdopetam-reduces-levodopa-induced-dyskinesia-parkinsons-trial>

Mesdopetam is a dopamine D3-receptor antagonist being developed for the treatment of levodopa-induced dyskinesias (LIDs), a severe form of troublesome involuntary movements commonly occurring in Parkinson's disease.

<https://parkinsonsnewstoday.com/news/trial-results-lixisenatide-slow-parkinsons-progression-early-data-show>

Early results from a Phase 2 clinical trial testing lixisenatide (a medication used to treat diabetes) in people with [Parkinson's disease](#), indicate the treatment may slow the progression of [motor symptoms](#).

(Lixisenatide is used together with diet and exercise to improve blood sugar control in adults with type 2 diabetes.)

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