

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 2023

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



Volunteer Call for:

Webmaster. Alan Huggan is stepping down as our webmaster. Alan completely rewrote our website to produce a much more up-to-date and user-friendly site and he has been maintaining it ever since. The skills needed to keep this up-to-date would be for a graphical user interface system such as Windows or Mac. It would be preferable for someone taking over the site to have previous WordPress experience, but is not essential. If interested please contact Alan on ahuggan@outlook.com or 07825 760922

Swindon Parkinsons Activity Group
Now on Facebook

Would you like to join?

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

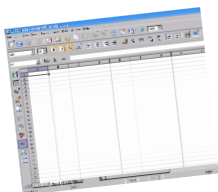
[facebook group](#)

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.

If you have any problems please send an email to dearyme66@gmail.com, and we can send you an invite.

Membership Secretary. Sue Grice is stepping down from Membership Secretary. Most of the membership fees in future will be due in January; Sue will finish at the end of January, so time to give a handover to any new volunteer. This role involves using a spreadsheet to keep and update the members' records, collecting and banking subscriptions, reminders for lapsed memberships and sending out occasional emails to members. The number of hours that this takes per week is approximately 10 hours per week. If interested please contact Sue on scgrice.parkinson.swindon@gmail.com or 0771 200 3271



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)

Events in September and October

Swing Birds Concert



The Fabulous All Female Swindon-Based Swing Birds Performed the Charity Concert on Sunday 10th September.

The Swing Birds performed a variety of music and vocals from movies, including songs from bygone eras and Big Band memories, to Queen and Tina Turner: all this was accompanied by lead Bird, Mo Squires, with light-hearted humour. The evening was a great success both entertainment wise, and financially for us and Parkinsons UK.

After expenses and including the raffle, we raised a total of £1826, from which we will make a donation of £600 to PUK to put towards much-needed and under-funded research. On the subject of the raffle there were a few unclaimed prizes which I will now donate to the Christmas meal raffle.



I would like to thank all of you who attended in support of our group, and I am sure that some of you will have become fans and followers of The Swing Birds. A massive thanks to the Birds for giving up their time to raise funds for us.

Cheron Biggs. Group Member



Barge Trip

Kennet and Avon Canal by Barge



Swindon Rotary Club very kindly offered us a day on the canal in a specially adapted barge for wheelchair users and those with mobility issues.

It was very short notice as they had a cancelation, so we put a call-out and on Tuesday 12th September eight of us assembled at the wharf in Hungerford. There, we despatched four cars to our destination which was Great Bedwyn. Thirty minutes later one car came back and we were set to go. We weren't sure what to expect but we found a well-fitted out barge with ramps for wheelchairs, as well as disabled toilet facilities and a kitchen for teas and coffees to have with our packed lunch.



We were pleased that Neil Russell and his partner joined us. Neil is the gentleman with PD who ran from London to Barcelona to attend the Parkinson's Convention last March.

The weather was mixed but we could sit on the deck at times listening to Neil talk about his challenge and chat to each other. After a cloud burst later when PJ, the Rotary Club host, bravely kept the helm, the sun came out again and we mostly all had a go at manoeuvring the barge into the locks and parking (that's not the right word I'm sure!). We sometimes reached speeds of 4 - 5 miles an hour!



It was a pleasant day and something a bit different. If it is something that anyone feels they would like us to try and repeat, please let us know.



Graham Vaughan 07764 219916 Graham.vaughan1@gmail.com
Photos by Anna Newman and Graham Vaughan



Cricklade Café Talk by Rachel

Wednesday 18th October saw a different format for The Cricklade Café. The visitors at the previous Carers and Cared for café had separately discussed Parkinson's sleep issues and it was obviously something that left unanswered questions. I asked Rachel Gardner, Lead PDNS from GWH, if she might be able to present a talk on Sleep to The Cricklade Café and she kindly agreed to do so.



Prior notification of the presentation went out and, on the day, the number of visitors filing in grew to a record of sixty four. Sean, Ray and Maggie carried out a herculean effort to get everyone seated and comfortable and ready to hear what was said. Rachel was suitably positioned in front of the stage and a near hush fell across the room. Who knew that there could be so many effects of Parkinson's and medications on sleep? Some people fell asleep during the presentation and so Rachel had found one way of helping!

It was a very interesting talk, with some people calling out during the presentation, followed by a brief Q&A session.

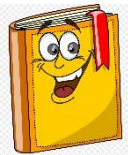


This presentation followed on from a similar event held at Grange Leisure Centre some time ago by Sue Thompson PDNS, and organised by Kerry Hartman and Cat Attwell, on the very interesting subject of Poo! Due to the attendance and the fantastic support of this particular one, we are considering how to move forward with further presentation style cafés in the future.

Vincent Mobey PUK Volunteer and Cricklade Café Co-ordinator



What have our members been up to?



David Logan's Book – My Masirah



I thought I had not heard from Dave Logan (former chairman of Swindon Parkinson's UK Branch) for a while! Now I know the reason – he had been writing a book which has just been published and is now available.

Go into KDP. Amazon.uk and type in 'My Masirah'. Here you can order the book online. All profit goes to Parkinson's Research.

In his book, Dave recounts his time he spent on the island of Masirah during his thirteen month tour of duty at RAF Masirah in 1968 .



'Masirah Island, also referred to as Mazeira Island or Wilāyat Maṣīrah, is an island off the east coast of mainland Oman in the Arabian Sea, and the largest island of the country.'

Thank you Wikipedia

Amazon writes a very positive review: *'Dave Logan takes you on an exhilarating journey through time and across continents. Through Dave's vivid writings, readers will find themselves transported to the golden sands of Masirah, feeling the scorching desert winds and hearing the distant roar of jet engines'.*

Reviews from Jane Asher, Actor, Author and President of Parkinson's UK, Sir John Robert Buckland, MP for Swindon, and Paul Mayhew Archer writer, script editor and comedian, tell us that they consider the book an excellent read: *'Powerful and touching, dramatic and romantic, and entertaining'.*



Don't forget these future events:



Cricklade Cafe

At the November cafe, Debi from The Neuro Wellbeing Centre, will be making a short presentation explaining what services are available to us at the centre. Maggie and others are already using the equipment. Afterwards, Debi will make herself available to speak to anyone who wants to know more information. Don't miss this date! We look forward to seeing you there....

Parkinson's UK – The Cricklade Café.

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

Forthcoming dates are:, 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.



Boxing



Update: because the session on Wednesday 6th December clashes with the Malmesbury Group's monthly meeting at the Town Hall, the boxing sessions on this date will be at the earlier time of 12.30pm

Please see below the details of the Boxing for Parkinson's sessions in Malmesbury up to Christmas.

Unless notified, all sessions will take place at Malmesbury Boxing Club at Gloucester Rd, Malmesbury SN16 9JS, Wiltshire starting at 2pm.

All welcome.

Wednesday 8th November at 2pm

Wednesday 22nd November at 2pm

Wednesday 6th December at 12.30pm

Wednesday 20th December at 2pm

If you are interested, or for more information, please contact either Mike Rees at malmesburyboxing@gmail.com or Martin Hanington at martin.hanington1@btinternet.com

Quiz

As you may be aware, Monahans have nominated the Swindon Activity Group as their charity this year. They hold various events to raise money and one of those events is a Sports Quiz, with quiz master David Roblin (who ran our quiz at Hook village hall this year).

We have been asked if we would like to enter a team. As you can see below, the team size is 4. If you would like to get back to me I will enter you and can hopefully make up a team. I also have T-shirts you can wear if you wish.



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

Graham Vaughan is organising the teams so please contact him on:
Mob: 07764 219916 email: Graham.vaughan1@gmail.com

Message from Monajans:

We are delighted to announce that booking for the Monahans Charity Sports Quiz is now open - simply click [here](#) to download the booking form from our website.

*You may well have received a 'save the date message' about this year's Monahans Sports Quiz. We are delighted that **John Francome**, who has been a great supporter over the years, will be bringing along a team. He will also be presenting the prizes at the end, including the infamous jammie dodgers.*

*We hope to make this **30th anniversary** our biggest yet and achieve that magical number of 50 teams taking part. To help us please feel free to forward the invitation to anybody else who may be interested. It would also be great if all past winners could be there.*

The proceeds this year will go to our chosen charity - [Swindon Parkinson's](#)

Please book your team (of up to 4)

*for the evening of **16th of November 2023**
at our usual venue at **The Legends Lounge, Swindon Town Football Club**
7pm for a 7.30pm start.*

**Christmas Steam Fayre 2nd/3rd December 2023
at the Steam Museum**

**Parkinson's at the
Steam Christmas Fayre**

Hi for those that don't know me yet, yes there are a few, my name is Sharon I am married to Les Fulcher. I am also known as the Cake Lady by many. I am running this year's Parkinson's Tombola and Craft stalls at Steam and I have had lots of offers for help so Thank you, I now have enough.

However for the Tombola I am still after all those little or large new unwanted birthday or Christmas gifts that never got opened, Bottles of drink go down very well as well as cans, Chocolates/Sweets/Biscuits, Candles/Diffusers, Boxed Pencils/Crayons, Perfumes, Gift sets etc, Brand new boxed games or any other small items all gratefully received. Items for the Craft Stall that have been handmade will be great. I can arrange collection or you can drop off to me just call on 07958165423 and leave a message I will get back to you.

Merry Christmas!



Christmas Lunch

Don't forget to book for the Christmas Lunch by 17th November. The lunch will be held at Double Tree by Hilton, Lydiard Fields, Great Western Way, SN5 8UZ on 10th December.

The menu and booking form are in the September/October 'Parkin Lot' newsletter.
Contact : scgrice.parkinson.swindon@gmail.com or 0771 200 3271

Parkinson's Brand-New Coffee and Cake Social Afternoon



Starting on 22nd January 2024 Sharon and Les, along with other volunteers, will be running the New Coffee and Cake Afternoon Social for a trial period of 6 months.



If all goes well we will keep this going throughout the year, so please make use of it.

Where? – Tesco Ocotal Way, Community Room.

Time? – 2pm till 4pm. Every 4th Monday of the month.

There is free parking for 3 hours only so, if you do shopping after, please be aware of your time.

Some months there will be a guest to chat to for advice, so don't miss out.

Cost will be £5 for a piece of cake and unlimited tea or coffee,

Or unlimited tea and coffee and biscuits for £3.

Come and chat, make new friends or just enjoy the cake.

Sharon Fulcher. Group Volunteer.

Current Activities

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Swindon Parkinsons Activity Group

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

Current activities available with the

Swindon Parkinsons Activity Group

Mon 10:45 Walking Football. Webbswood stadium, Supermarine
SN3 4BZ

Contact: Neil Scott Fallon - 07504 851672 or taff.hammer@yahoo.co.uk

Mon 1st & 3rd Mon 14:00 Singing for Fun -
Des Moffatt Western Community Centre,
Somerset Road. SN2 1NF
Contact: Kathy Hobson - 07923 473261

Tue 14:00 Seated Exercise Classes

Wed various times Exercise Classes
The Grange Leisure and Community Centre,
Grange Drive, SN3 4JY
Contact: Linda Jean - 07876 068500

Thu 14:00 Tai Chi - The Swindon MS & Neuro Therapy Centre,
Westmead drive, SN5 7ER
Contact: Neil Scott Fallon - 07504 851672

Fri 13:30-14:30 Movement to Music - with tea and biscuits after.
The Swindon MS & Neuro Therapy Centre, Westmead Drive, SN5 7ER
Contact: Linda Jean - 07876 068500 or linda19@hotmail.co.uk

These activities are all free to members of the Swindon Parkinson Activity Group.

For more information go to: swindonparkinsons.org.uk

Or email: sgrice.parkinsons.org.uk or jhenderson@parkinsons.org.uk

Date for your diary 2024

On **Monday 11th March** we are hoping to have a pub lunch at the Sun Inn at Coate.
Best wishes Sarah Rhodes. Group Volunteer



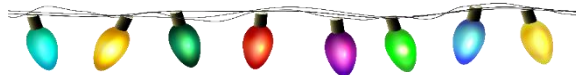
Parkies Pals



Parkies Progress October 2023

Warm welcome to our new Pals. We had four lovely new members come along this month and I hope they will return. That's what our group is for, to provide friendship and support to people with Parkinson's, provide an outlet for carers to share experiences and for friends to enjoy coffee and cake.

Love to Move sessions - These have been very successful and we hope to be able to fund 6 more sessions in the new year. Watch this space!



Swindon Parkinson's Group Christmas lunch on Sunday 10th December, 12 noon at Double Tree by Hilton Swindon. **Please book by November 17th**. A lovely festive occasion to share with friends and introduce new ones in the Parkinson's community. The Parkinson's choir will be entertaining us, so come along and support them.

Parkies Pals Christmas Party on Tuesday 5th December. Dust off the Christmas Jumpers! Come along for coffee, bubbles, mince pies, pass the parcel, hamper raffle and some festive fun. There will be some lovely Christmas craft for sale if you need some special gift ideas.



Keep fit and fresh! Bamboo cotton tee shirts are soft, cool and absorbent. Relaxed fit, suitable for men and women, perfect for exercise or even sleeping in!



Do you know any sports groups that may like a few for training shirts?

Please contact Kerry if you would like any. **Black or white in sizes Large, XL and XXL only left.** Any donations (£5 each suggested) made will help support the Swindon Parkinsons Activity Group's programme.

Diary Notes:

Tuesday 7th November/5th December - Parkies Pals Meetings 10 - 12noon at Shrivensham Park Golf Club.

Tuesday 5th December Parkies Pals Christmas Party - 10 - 12.

Community cafés. The **Community café** meets at the Shrivensham Park Golf Club on Friday 17th November and December 1st, 10 - 12noon for 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 more info.

Kerry Hartman Text/Call 07875 416236 Email: Parkiespals@outlook.com
website: www.Parkiespals.co.uk

Carole Lee is the contact for Shrivensham Park Golf Club Community Putting events Email: Carolelee0701@gmail.com Text/Call: 07467 657964

Fundraising



300+ Club Monthly Draw



Winners for September and October

1 st Richard Kennedy £87.50	2 nd H&F Case £37.50
Bonus: £10 Voucher	Mary Hailstorm
1 st C Brown £87.50	2 nd D E Greenberg £37.50
Bonus £10 voucher	H&F Case

*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.

Poetry Corner

Christmas Poems

Joan Hartley has kindly given us permission to include this poem, written by her husband, David Hartley, who was previously the editor of "Parkin Lot".



christmas



If I could change one very small thing
It would be to remember the old days
Christmas would bring;
The days when children would marvel at toys
That Santa had brought and all the joys.

Finding the box a compendium of games,
And the book of the Beano and other big names,
The fruit at the bottom of the sack that they hung
At the foot of their beds helped by Dan and Mum.

There'd be the joy that the cake had been eaten.
And the carrots put out for Rudolf, Dommer and Blizzen
The snowman with coal black eyes had seen
Santa on his sleigh and the wonders that had been.

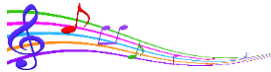
Now all is changed, it's no longer books and games,
But Wii, computers and other expensive names.
Why can't I have a mobile, Toby has one,
His is brilliant; you can use it, just like a gun.

Too many cards this year to send,
So this poem for you I have penned
To wish you all a Happy Christmas, it is clear,
Peace reflecting and a Happy New Year.



The Christmas Party

by Kerry Hartman 2023



The Parkinson's Christmas Party
Is the celebration of the year!
We may be slow to start things off
And get into our party gear!
But get the music started,
We can certainly pick up the beat.
With our own version of rock n roll
Known as 'shake and shuffling' feet



Set up the Christmas stage,
And strike up the festive band.
Plenty of tambourines and jingle bells,
(Other instruments may need a steadier hand!)
We may crack jokes with no hint of a smile,
But can play poker with a frozen straight face!
We can provide you with great cocktails,
Shaken not stirred at our own unique pace!



We may not be able to smell the Christmas turkey
Or to appreciate the fragrance of the pine!
But we can shake sugar over mince pies
And enjoy a glass of festive wine!
Don't let Parkinson's spoil your Christmas,
Enjoy special time with those you hold dear,
And raise a glass in cheers and good wishes.
Happy Christmas and a healthy New Year.



Happy 5th Anniversary of the Cricklade Club to Vince and Maggie, Founders of the Cricklade Club

By Kerry Hartman

Thank
You!



Parkinson's may not do us too many favours
As it effects how we cope with each day.
But without it we'd never have met up
And enjoyed the delights of the Cricklade café!

Vince and Maggie you are the fabulous founders,
Starting small with a few seats in the bar..
And look how we've spread in 5 years,
Despite the problems with parking the car!!

Such support groups are truly essential,
A place to pack up your worries and share.
Because you are never alone with Parkinson's
And inspiring people, like you guys, who care.

Thank you

Exercise

Tai-Chi Program on BBC Website

Graham Vaughan has sent us details of the BBC website on Tai Chi

<https://www.bbc.co.uk/news/health-67208745>

Philippa Roxby, Health Reporter, writes:

Tai chi may help slow down the symptoms of Parkinson's disease for several years, a Chinese study suggests.

Those who practised the martial art twice a week had fewer complications and better quality of life than those who didn't, the researchers say.

<https://parkinsonsnewstoday.com/news/long-term-tai-chi-may-slow-parkinsons-lower-medication-need/>



Patient Information

Parkinson Service Specialist Nurse Information Leaflet Swindon and North Wiltshire

Welcome

The Parkinson's Disease Specialist Nurses aim to provide a range of services for people with Parkinson's Disease, their family and their carers.

Aims

- To provide a point of contact for all patients diagnosed with Parkinson's Disease or Atypical Parkinsonism throughout the disease process.
- To provide support, advice and education for patients, their families and carers.
- To undertake detailed assessments of patients both in the hospital and in the community.
- To liaise with and refer to other professionals as necessary.

The Team

We work as part of a Multi-Disciplinary Team which includes Doctors, Speech and Language Therapists, Physiotherapists, Occupational Therapists, Rehabilitation Assistants and others.

Specialist Nursing Team



From left to right:

Suz Jackson	PDNS (Swindon & North Wilts),
Lucy Sweetman	PDNS (Swindon),
Rachel Gardner	Lead PDNS (Swindon & North Wilts),
Sue Thompson	PDNS (Swindon),
Emma Galos	PDNS (North Wilts)

Contact details: 01793 646436 or email: gwh.parkinsonsnursingservice@nhs.net

Please Contact Us

- If you have an increase of your symptoms that has not improved with your usual treatments.
- You are experiencing side effects which you feel may be caused by your prescribed medication.
- You or your family feel that you or they are not coping.
- You wish to receive advice and/or support.



Parkinson Service Specialist Nurse Information Leaflet Swindon and North Wiltshire

How To Contact Us

Tel: 01793 646436. A call handler will take details from you between 8am and 10pm each day (your name, address, date of birth and a contact number, as well as the reason for your call).

Email: gwh.parkinsonsnursingservice@nhs.net

We aim to return your call within 72 hours.

***Please note that this is not an emergency helpline. If you have a medical emergency please call 999 or 111.**

Where To Find Us

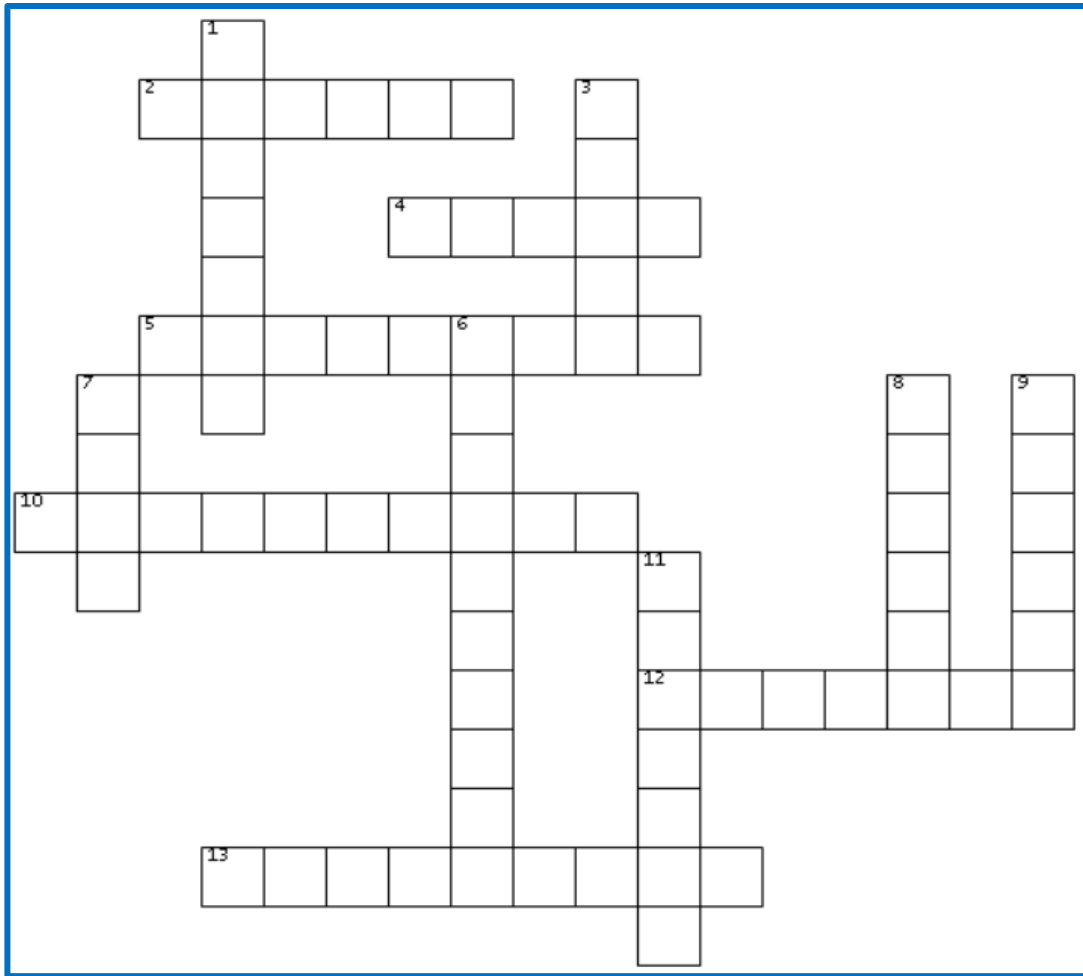
Parkinson's Disease Specialist Nurse Service
SwICC
Downs Way
Swindon, Wiltshire
SN3 6BW

Working hours Monday to Friday - 08:30hrs to 16:30hrs

Smoking will not be permitted on any NHS site in England. Smoking will not be permitted within any of our buildings or anywhere outside on our sites. Smoking facilities will not be provided. Please be considerate of others when vaping in hospital grounds.

This information sheet is available to order in other languages and formats. If you would like a copy, please contact us on 01793 604031 or email gwh.pals@nhs.net

Have you read this newsletter?



ACROSS

- 2. She gave a talk and they fell asleep
- 4. To be held at Steam Museum
- 5. He is stepping down
- 10. Cost of refreshments
- 12. Not permitted
- 13. Two poems

DOWN

- 1. Pals
- 3. A boat on the canal
- 6. A all-female singing group
- 7. I hope you know the answers
- 8. Exercise programme
- 9. Don't knock him out
- 11. An island

Answers

- Down**
- 1. Parkies
 - 2. Rachel
 - 3. Barge
 - 4. Fayre
 - 5. Webmaster
 - 6. SwingBirds
 - 7. Quiz
 - 8. TaiChi
 - 9. Boxing
 - 10. Five Pounds
 - 11. Smoking
 - 12. Smoking

Information Poster

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

Swindon Parkinsons Activity Group



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

**DO YOU HAVE PARKINSONS?
RECENTLY DIAGNOSED?
DID YOU KNOW THERE IS SUPPORT LOCALLY?**

**WE ARE A LOCAL GROUP
THAT SUPPORT PEOPLE TO
GET THE EXERCISE AND
ACTIVITY THAT IS SO
IMPORTANT!**

- 🎵 **MOVEMENT TO MUSIC**
- ☕ **SOCIAL EVENTS**

- 🦿 **PARKINSONS SPECIFIC EXERCISE CLASSES**
- ⚽ **WALKING FOOTBALL**
- 🙏 **TAI CHI**
- 🎵 **SINGING**
- 🚌 **DAYS OUT**
- ? **QUIZZES**

YOU ARE NOT ALONE ! CONTACT US FOR FITNESS AND FUN.

For more information go to:

swindonparkinsons.org.uk

or email: scgrice.parkinsons.org.uk or jhenderson@parkinsons.org.uk

Parkinson's UK - Swindon & District Activity Group. Contact: E: 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 to all those who have contributed to this newsletter.
The deadline for articles for the next newsletter is January 1st*