



The Swindon Parkin Lot

March/April 2024 Newsletter 2

Editor: Kerry Hartman Email: splnews2024@gmail.com

Editorial Comment

Hopefully we can look forward to some warmer times and opportunities. Check out our exercise classes; join PURE GYM FREE; fill your diaries with entertainments on offer, join the 300 club, explore your creativity and please send comments or feedback to me at splnews2024@gmail.com



We would like to thank Sue Grice and Alan Huggin for their hard work and contributions to our group committee in their roles as membership secretary and webmaster. Sue helped keep the group from going under and has set the foundations for the strong way we run today. Alan brought the website up to date and has been maintaining it for the past months. Thank you both.



Gail Fallon has taking over as Membership secretary and Daniel Thomas is our new webmaster. Welcome to the team.

It is important to remember that our committee is run by 'Volunteers' who generously give time and energy to support activities, offer a wide range of opportunities and signpost services for all of us with Parkinson's and those who Care for people with Parkinson's. If anyone has any ideas to explore or any concerns please contact a member of the committee or email splnews2024@gmail.com and I will forward appropriately.

Thank you, please remember no one has to be alone. *Kerry Hartman*

The Sun Inn Lunch – Monday 11th March – 12.30



Just a reminder that this is on Monday 11 March at 12.30pm. We are eating in the conservatory. Please either settle at the table and get your drinks or get your drinks on arrival. There is ample parking. Look forward to seeing you.

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)



Email or snail mail!



Newsletters are due to be released on 1st day, every alternate month:
January/March/May/July/September/November.

These are immediately received by those on our email list but can take up to a week for the posted version to be put through your letter box. If you have access to email and would like to add your address to our email listing then please inform our membership secretary at gfallon.parkinsons.swindon@gmail.com

You can still receive the posted version as well, especially if you do not have a printer but at least you will get information earlier and not miss anything!

Please keep your contact details updated, email gfallon.parkinsons.swindon@gmail.com

Events since last news

Swindon Connections Monday 12th February 2024 2pm - 4pm



We met at the Des Moffat Community centre to listen to a talk by Graham Carter, local historian, called "Connections". He started with Diana Dors and took us through many names of locals who had an impact on the town, the country and sometimes the world.

By way of Thomas the Tank engine, Supermarine and the first 100 mph steam train. We discovered that a local lad, Desmond Morris who was born in Purton published his book in 1967 "The Naked Ape" that studied human behaviour and was the talk of the town and the world then.

Graham took us through these and other references of some lesser well known but amazing people.

Such as Edith New who was the first suffragette to use the tactic of chaining herself to railings and throwing bricks through Downing Streets windows to protest. She was born in North Street, Swindon and a blue plaque marks the house to this day.

Finally, Graham brought us back to Diana Dors. Did you know she had a fling with Desmond Morris, apparently meeting in Queens Park, off Drove Road!?

These are just a couple of examples of interesting facts about our town that we learnt.



Then it was time for tea, sandwiches and some lovely cakes (thanks Gail) we chatted for an hour. Thanks to Graham Carter and to all those who helped put chairs out, made tea and clearing up. Well done all. It was a good venue and as we haven't had a speaker event for some time we've made lots of notes of what went well and not so well.

Graham Vaughan

New coffee and cake social

A fabulous new 'Coffee and Cake' social café opened its doors on Wednesday 24th January in Gorse Hill Community Centre, thanks to the hard work, dedication and baking skills of Sharon Fulcher. There were nearly 60 people attending on 28th Feb who enjoyed some amazing bakes and good company. **Come along and see for yourself, every 4th Wednesday of the month.**



Please feel free to join us for a Coffee and Cake or Tea and biscuits, relax, make new friends and chat. We will meet in the hall at:

Gorse Hill Community Centre. Chapel Street. SN2 8DA From – 10.30am till 12.30pm.

The venue has a large hall, lots of free parking, is on a regular bus route and has disabled access and disabled facilities. There will be a small cost, so please cash only.

Unlimited Tea & Coffee with a piece of cake £5. Unlimited Tea & Coffee with Biscuits £3
Cake to take home (if any cake left) £3 per slice

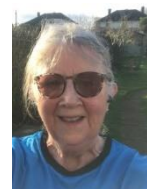


'So just sit and chat with old friends and make new ones too. I have a 6 month booking so please come along and support us to keep us going thereafter. Please send me a quick text each month just to say if you are coming so I can make enough cakes - on 07958165423 or email sharonfulcher@aol.com or What's app.'

Sharon Fulcher Fundraising Volunteer



Hi Folks, I am trying to raise some money for Parkinson UK which goes towards finding a cure for this horrible, life changing condition. I have challenged myself to doing Couch to 5K, which is a NHS run challenge to get people more mobile. You will notice that I am not a natural athlete and I do not enjoy running. I can't jump out of an aeroplane or abseil down a tall building but I feel this is something I can do through grim determination because it is so close to my heart. I am following a regime and I am on week 7 and am hoping to do the 'Park Run' at Lydiard at the beginning of March.



If you would like to help me by donating, please find: 'Just Giving' on your computer and putting my name, **Dee Vaughan** into the search. It will then talk you through what to do next. Many, many thanks. **Dee**

Well done Dee. At the time of going to press Dee has raise dover £1300. Fantastic and we look forward to report without the blisters in next newsletter.

Music motivation and Exercise



There is no doubt that exercise is good for everyone, for promoting mobility and enhancing our physical and mental well-being. It is proven to be help to control the progression of Parkinson's. Whether you are a PD Warrior, gym bunny, dog walker or one slow step, at a time toe tapper there is a level and exercise for everyone.

Linda Barrett (on the right in photo) is our exercise instructor and PD Warrior motivator. She runs seated and standing exercise classes at Grange Drive Community Centre on Tuesdays and Wednesdays. She is an experienced fitness instructor who is qualified in providing exercise for people with

Parkinson's and other neurological conditions. Her classes are targeted at specific areas to help develop balance, improve posture, increase stamina and strength through exercise routines and incorporating PD Warrior techniques. Linda is also the contact for information for the 'Movement to Music' sessions at The Neuro WellbeingTherapy Centre, Westmead, Swindon on Fridays.



Contact Linda to find out more about her classes and arrange for her to assess your fitness level and capabilities and ensure you are matched to the class that will be of most benefit. Contact Linda on 07876 068500 or email lindaj19@hotmail.co.uk

Home Exercise program: Exercise at home alone or ask a friend to join you...you don't have to wear lycra and leggings! Just find something you enjoy, put on your tunes and enjoy. There are so many exercise classes and support available on YouTube to cover all levels of fitness and mobility.

Personally I recommend 'Power For Parkinson's' <https://www.powerforparkinsons.org/> and Generation Games At Home exercise video - www.generationgames.org.uk



Parkinson's UK have some excellent advice and YouTube exercises:

<https://www.parkinsons.org.uk/information-and-support/physical-activity-and-exercise>

PURE GYM – FREE Membership: Yes, you've heard right! PURE GYM are delighted to be able to support people with Parkinson's within the UK. Just a few details needed to get the membership set up. Please email purehelp@puregym.com with the following details, and they will set up the membership:

Full name:

Date of birth:

Email address:

Mobile number:

Home address:

Which Pure Gym location you would like to use:

Do you require access to our DDA, easy access door (otherwise entry will be via our POD system): Yes/No

Need more motivation: make up a playlist and just loose yourself to the beats.



Regular Activities

Current activities available with Swindon Parkinson's Activity Group

When/where	Activity	Contact
Monday 11:00-12:00 weekly Swindome Stadium, Supermarine SN3 4BZ	Walking Football	Neil Scott Fallon 07504 851 672 Taff.hammer@yahoo.co.uk Graham Vaughan graham.vaughan1@gmail.com 07764 219 916
Mondays 14:00 1 st & 3 rd monthly Des Moffat Western Community Centre Somerset Rd SN2 1NF	Singing For Fun	Kathy Hobson 07923 473 261 Hobsonkathy3@gmail.com
Tuesdays 14:00 weekly The Grange Leisure and Community Centre, Grange Drive SN3 4JY	Seated Exercise Classes	Linda Barrett 07876 068500 Lindaj19@hotmail.co.uk
Wednesday weekly 13:00-13:45, 14:15-15:00, 15:30-16:15 The Grange	Balance & Exercise Classes	Linda Barrett 07876 068 500 Lindaj19@hotmail.co.uk
Thursdays 14:00 weekly The Swindon MS & Neuro Therapy Centre Westmead Drive SN5 7ER	Tai Chi	Neil Scott Fallon 07504 851 672 Taff.hammer@yahoo.co.uk Graham Vaughan graham.vaughan1@gmail.com 07764 219 916
Fridays 13:30 weekly The Swindon MS & Neuro Therapy Centre	Movement to Music	Linda Barrett 07876 068 500 Lindaj19@hotmail.co.uk

These activities are free to members of the Swindon Parkinson's Activity Group.
For more information go to our website: swindonparkinsons.org.uk
or email: gfallon.parkinsons.swindon@gmail.com or jhenderson@parkinsons.org.uk

Social Cafes



Parkies Pals meet every 1st Tuesday of the month 10:00–12:00

We are a friendship and support group for people with or without Parkinson's
All welcome. £3 to cover coffee and cake

Shrivenham Park Golf Course, Pennyhooks Lane SN6 8AX

ParkiesPals@outlook.com 07875416236

Parkinson's UK – The Cricklade Café.

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

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.



Parkinson's Coffee and Cake Social.

We meet on the 4th Wednesday of each month between 10:30-12:30.

Gorse Hill Community Centre, Chapel Street SN2 8DA

sharonfulcher@aol.com 07958165423

New Events

Royal Wootton Bassett supports Parkinson's

Come along and join in this special purpose event to encourage Carers to take some valuable time out and chat together, whilst the people with Parkinson's spend time making friends, sharing experiences and playing games. Held quarterly the first one is **Thursday 7th March, 2-4.30pm**. No need to book, entry free, donations requested for refreshments.

PARKINSON'S CAFES

For people living with Parkinson's and their loved ones or carers

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

Thursday 7 March
Thursday 6 June
Thursday 5 September
Thursday 5 December
2-4:30pm

Join us to meet others living with or caring for someone with Parkinson's, as well as Parkinson's health and support professionals.

We'll start as a group for a chat and drink, then separate into people living with Parkinson's and carers/partners for a peer support session.

No booking required. For more information contact Jane on 0344 225 3694 or jhenderson@parkinsons.org.uk

PARKINSON'S^{UK}

Saturday 16th March 7.30pm

Share a moment in time with the Swindon Male Voice Choir at St Paul's Church and Community Centre in Swindon. They are very generously donating all proceeds from the evening to Parkinson's so come along enjoy some beautiful singing and raise funds for our cause.

Contact for tickets: Parkinson's 07764 219916
Swindon MVC 01793 822495

Email: swindonmalevoicechoir@msn.com

Call or email to reserve for door collection





In support of World Parkinson's Day
Shrivenham Park Social Putters
and Parkies Pals



invite you to join them for:
PUTTING COMPETITION and AFTERNOON TEA
Friday 12th April
2pm - 4pm



Shrivenham Park Golf Club
£3 per person pay at the door

Come along and join the fun, prizes to play for, raffles to win, cakes and scones, teas, coffee and great company. Everyone welcome.

All donations go to the Swindon Parkinson's Activity Group

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

For more details contact Kerry 07875416236

Please wear flat soled shoes for putting

Walking Football Match - Monday 15th April



Come along to the Walking Football Match and see if 'The Shakers' (our walking football team) can repeat their victory against 'The Sparks' (The Parkinson's Nurses and Physios Team) this year and retain the Roger Youldon Trophy.

At Swindome Supermarine, 11am kick off with a presentation at 12pm, Our aim is to give everyone some game time. Refreshments available after for post match chit chat! PUK photographer and local dignitaries may be attending. *Neil Fallon*

**You are invited to join the following events being hosted
by Malmesbury Parkinson's Branch.**

- **Contact** - If anyone wishes to attend one of the Malmesbury events please contact Sue White direct, preferably by email suewhite4@btinternet.com or tel 07870 788110.
- **Swindon Pick-Up** - The pick-up point for Swindon members is Shaw Ridge, West Swindon, at the coach parking outside the entrance to the cinema. Lots of free car parking there, Whitehill Way, Shaw Ridge Leisure Park, Swindon SN5 7DN

Events: 🎭 Bonnie & Clyde the Musical at Theatre Royal Bath – 1st May 2024

Members with Parkinson's no charge, Members £55pp, guests £69pp. £10 non-refundable deposit by 1st March 2024.

🏠 Holiday at the Hermitage Hotel, Bournemouth

22nd – 27th September 2024 (Sunday to Thursday). Members with Parkinson's no charge, Members £400pp, guests £490pp. £40 non-refundable deposit by 17th February 2024. Anyone with Parkinson's must be accompanied by a partner or carer. The deposit date is past but contact Sue White to check availability if interested.

🎄 🍷 Christmas Carvery Lunch at Abbey Mill, Tintern

27th November 2024 Members with Parkinson's no charge, Members £44pp, guests £49pp (Deposit will be required later in the year, date TBA).

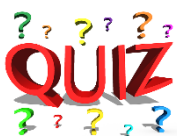
Make a note - Future events to book

Fill June with Music, singing and dance - **make a note more details to follow:**

Saturday 15th June 2-4pm, Parkies Pals and Swindon Home Instead are organising a Sing and Swing Afternoon Tea event in Shrivenham Memorial Hall. Dust off your blue suede shoes guys and bring out the petticoats ladies.

Saturday 22nd June - Classical Guitar Concert at St Michaels's Church, Highworth 2.30pm
Tickets £10

Saturday 29th June – Swindon Concert Band at Ellendune Community Centre, Wroughton



Start revising as plans are afoot for a quiz later in the year



300+ Club Monthly Draw



Winners for January and February

January 2024	
1 st No 220 - Dawn Falkingham	2 nd No 37- Ian Davey
Bonus: £10 Voucher Dawn Mulrain	
February 2024	
1 st No 177 Anna Newman	2 nd No 269 Ian Davey
Bonus: £10 voucher DE Greenberg	

Join the 300+ club and you could be a winner

You've got to be in it to win it

Help boost our fundraising, support the group and get a chance to win every month by joining our 300+ club draw. For a stake of **£1 per number per month** your name could appear in our winners grid above.

If anybody would like to join, or buy more numbers, to further support the group please email or text Jackie Cowley j.cowley27@btinternet.com and 07554 006 501 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

Rules on our website: <http://www.swindonparkinsons.org.uk/fundraising.htm>



Website & FaceBook

For any further information and details check out our website: swindonparkinsons.org.uk or join our Facebook 'Swindon Parkinsons Activity Group'

It's a quick, easy way to share group photos and friendship

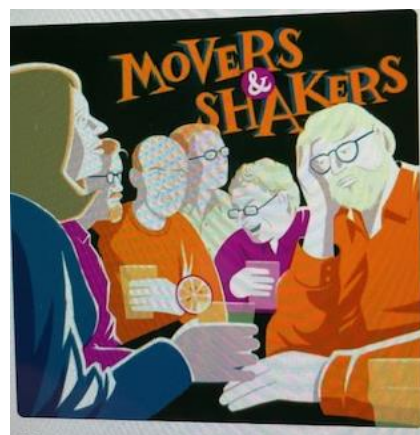
You will need to answer the questions that appear, then our admin team can approve you. This is done because we are a private group, which means we do not allow advertising. If you have any problems please send an email to dearymee66@gmail.com and we can send you an invite.

Recommend to a friend

Sometimes you may come across something that you read, watch or listen to that you have found particularly helpful and may be of interest to others. If you come across anything please drop me an email to splnews2024@gmail.com and I can include it in subsequent newsletters if appropriate. Or join our FaceBook group and share them there.

I recommend 'Power For Parkinson's' <https://www.powerforparkinsons.org/> and Generation Games At Home exercise video - www.generationgames.org.uk

I recommend the **Movers and Shakers Podcasts**. Where 6 friends – Rory Cellan-Jones, Gillian Lacey-Solymar, Mark Mardell, Paul Mayhew-Archer, Sir Nicolas Mostyn and Jeremy Paxman – meet in a Notting Hill pub and discuss the realities of living with Parkinson's. The good, the bad and the darn ugly! It is incredibly informative, moving and amusing and covers a whole variety of issues in weekly podcasts which are available on Apple Podcasts.



Diary of events

MARCH 2024	Event	Page
Mon 4 th 11 th 18 th 25 th	Walking Football 10:45 Supermarine	5
Mon 4 th 18 th	Singing for Fun 14:00 Des Moffat centre	5
Mon 11 th	Pub meal at the Sun Inn, Coate 12.30	1
Tues 12 th 19 th 26 th (No 5 th)	Seated Exercise classes The Grange LC	4,5
Tues 5 th	Parkies Pals 10:00-12:00 Shrivenham Park Golf C	5
Wed 6 th 13 th 20 th 27 th	Balance & Exercise classes – The Grange	4,5
Wed 20 th	Cricklade Café 10:30-12:00, Cricklade	5
Wed 27 th	Coffee and Cake Social 10.30 – 12.30 Gorse Hill	3,5
Thurs 7 th 14 th 21 st 28 th	Tai Chi 14:00h, Swindon MS & NT centre	5
Thurs 7 th	Parkinsons Café 2-4.30 Royal Wootton Bassett	6
Fri 1 st 8 th 15 th	Movement to Music 13:30-14:30.	4,5
Sat 16 th	Swindon Male voice choir 7.30pm	6
APRIL 2024		
Mon 8 th 15 th 22 nd 29 th	Walking Football 10:45 Supermarine	5,7
Mon 15 th	Walking Football Roger Youldon Trophy Match 11am -	7
Mon 15 th	Singing for Fun 14:00 Des Moffat centre	5
Tues 2 nd 9 th 23 rd 30 th (No 16 th)	Seated Exercise classes The Grange	4,5
Tues 2 nd	Parkies Pals 10:00-12:00 Shrivenham Park Golf C	5
Wed 3 rd 10 th 24 th (No 17 th)	Balance & Exercise classes – The Grange	4,5
Wed 17 th	Cricklade Café 10:30-12:00 Cricklade	5
Wed 24 th	Coffee and Cake Social 10.30 – 12.30 Gorse Hill	3,5
Thurs 4 th 11 th 18 th 25 th	Tai Chi 14:00 Swindon MS & NT centre	5
Fri 5 th 12 th 19 th 26 th	Movement to Music 13:30-14:30	4,5
Fri 12 th	Parkies Pals Putting/Afternoon Tea 2 – 4	7
MAY 2024		
Mon 6 th 13 th 20 th 27 th	Walking Football 10:45 Supermarine	5
Mon 6 th 20 th	Singing for Fun 14:00 Des Moffat centre	5
Tues 7 th	Parkies Pals 10:00-12:00 Shrivenham Park GC	5
Tues 7 th 14 th 21 st 28 th	Seated Exercise classes The Grange	4,5
Wed 8 th 15 th 22 nd 29 th	Balance & Exercise classes – The Grange	4,5
Wed 15 th	Cricklade Café 10:30-12:00 Cricklade	5
Wed 22 nd	Coffee and Cake Social 10-30 – 12.30 Gorse Hill	3,5
Thurs 2 nd 9 th 16 th 23 rd 30 th	Tai Chi 14:00 Swindon MS & NT centre	5
Fri 3 rd 10 th 17 th 24 th 31 st	Movement to Music 13:30-14:30	4,5

Please note that we try our best to keep events as advertised but sometimes details do have to be changed. Check your emails and website for updates.

Thank you to all those who have contributed to this newsletter.
This is a bi-monthly publication and the deadline for articles for the next newsletter is Wed 27th April 2024 for distribution 1st May 2024
(Preferred font Arial 11pt and please keep photos to a minimum)

Parkies Got Talent Presents:

Art

Some people have found hidden talents or find that some creative areas have been enhanced since being diagnosed with Parkinson's. This edition features Derelys Campbell, David Rhodes and John Hern who kindly agreed to share their talented journey with us.

Derelys Campbell is a talented artist and true Parkies Pal from Shrivenham. She started by painting murals on the nursery walls for her daughter and then moved on to portraits, still life and landscapes. She has also worked in silver and stained glass. Since her diagnosis in 1997 her work has increasingly been shaped and more recently limited by her Parkinson's. In 2007 she painted "**Parkinson's Mask**" to express her



feelings about the impact of the disease on her life. It is an expressive and emotive piece of art and the composition characterises many of the symptoms and effects of the disease. The fixed expression reflects the familiar Parkinson's 'frozen face' as the facial muscles stiffen and the figure can be seen as male or female as Parkinson's is no discerner of gender. There is the outline of a child as it is rare, but not unheard of, for young people to be diagnosed. The muted colours in the main portrait reflect the heavy burden of living with Parkinson's and the smaller image of the lady with drooping shoulders

further emphasises this depressed state. The blank squares represent the loss of dopamine, the "feel good" hormone.

David Rhodes, another talented artist from Shrivenham, used to teach civil engineering at the Defence Academy in Shrivenham and has been painting for many years. He was diagnosed with Parkinson's 18 years ago and until very recently has produced some beautiful landscapes in his home studio, usually in oils.



Derelys and David have been sharing ideas and trying to encourage each other experimenting with techniques.



John Hern is another talented artist from Shrivenham (bit of a pattern here with these lovely talented Parkies Pals) who still likes to draw and paint. This beautiful painting in oil pastels was inspired after having the kitchen decorated and the new blinds had birds on them. John decided to do a bird picture to compliment the blinds. An assortment of bird types in an old picture frame that he had found. Last year. John still enjoys his art and has joined the art group that meets in the Shrivenham Memorial Hall on a Wednesday morning.



We all have a story to tell, we are not defined by Parkinson's please share your talents and stories and let's show the positive side of Parkinson's. Send in your stories to Kerry Hartman at splnews2024@gmail.com

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)