

The Swindon Parkin Lot

May/June 2025 Newsletter 3

Editor Kerry Hartman Email: spl2024@gmail.com

Dear Friends

At last Spring has definitely 'sprung' and we can enjoy some sunshine to lift our spirits. Tulips are in full bloom and have an important link to Parkinson's, see page 10 to find out why.

In April the Youldon Trophy for walking football and the prestigious Ted Wilson Award were both presented, see pages 12 & 13 for details. **Please note change of venue for walking football in May due to resurfacing at Swindome**, details on page 3.

There are plenty of events so enter the Duck Race, swot up for a quiz or come along to any of the cafes for some a cuppa, cake and company.

Important message: The PDNS helpline number has changed to 0300 247 0205 (Page 2)

Remember this newsletter is for all our members to enjoy and hopefully contains useful information regarding activities and events relevant to us all. If you have a story to share please email to me at splnews2024@gmail.com by Wednesday 25th June for inclusion in the next newsletter (July/August). As this is bi-monthly please check website for updates in between publications.

Kerry Hartman Editor

EVENTS.PARKINSONS.ORG.UK

Neil Fallon



I'm taking part in Walk for Parkinson's 100 Mile Challenge to help fund specialist care for people with Parkinson's. I'm uniting with thousands of others, all passionate about improving life for people with Parkinson's.

Neil is one of our fabulous volunteers and has Parkinson's, last year he raised over £1800 for Parkinson's research and is taking part again this year. Please support him.

Parkinson's UK - Swindon & District Activity Group. Contact: hspawls@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)

IMPORTANT NOTICE FROM THE PARKINSON'S SPECIALIST NURSES TEAM

Who aim to provide a range of services for people with Parkinson's, their family and 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.

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.

How to Contact Us

PDNS helpline number has changed to 0300 247 0205 . The old number of 01793 646436 will remain live for 2 months(June 2025) with people being informed of the new number when they call in. Communications are also going out to GP's, Hospitals, Care Homes and Agencies across the area. Patients will be informed within their new letters and by the staff when they have appointments.

Tel: 0300 247 0205. 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 or email 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

Diary of events

PLEASE NOTE: Walking Football in May will be at the Gerard Buxton Sports Ground, Brinkworth Rd, Royal Wootton Bassett, Swindon SN4 8DS on the outside pitches. Allow extra time for roadworks on Brinkworth Rd just passed Coped Hall.

May 2025	Event	Page
Mon 12 th 19 th	Walking Football 10:45am Gerard Buxton Sports Ground	4,12
Mon 19 th	Singing for Fun 2pm Des Moffat centre	4
Tues 6 th	Parkies Pals 10am – 12noon Shrivenham Park Golf Club	4,15
Tues 6 th 13 th 20 th 27 th	Seated Exercise classes The Grange LC	4
Wed 7 th 14 th 21 st 28 th	Balance & Exercise classes – The Grange	4
Wed 21 st	The Cricklade Club Cricklade House Hotel & Spa 10.30am – 12noon	4
Wed 28 th	Coffee and Cake Social 10am – 12noon Gorse Hill	4
Wed 21 st	Quiz, The New Century Club, Swindon 6.30 for 7.30 start	6
Thurs 1 st 8 th 15 th 22 nd 29 th	Tai Chi 2pm & 3.15pm Neuro Wellbeing Centre, Westmead	4
Fri 2 nd 9 th 16 th 23 rd	Movement to Music 1.30pm – 2.30pm	4
Fri 2 nd 9 th 16 th 23 rd	Walking Tennis Gerard Buxton Sports Ground 1pm – 2pm	4,9
Mon 26 th	Duck race Westcott Recreation Park 11am – 4pm	7
Fri 9 th	SPAG lunch 12.30 FULLY BOOKED	
June 2025		
Mon 2 nd 9 th 16 th 23 rd 30 th	Walking Football 10:45am Supermarine	4,12
Mon 2 nd 16 th	Singing for Fun 2pm Des Moffat centre	4
Tues 3 rd 10 th 17 th 24 th	Seated Exercise classes The Grange	4
Tues 3 rd	Parkies Pals 10am – 12noon Shrivenham Park Golf Club	4,15
Wed 4 th 11 th 18 th 25 th	Balance & Exercise classes – The Grange	4
Wed 18 th	The Cricklade Club Cricklade House Hotel & Spa 10.30am – 12noon	4
Wed 25 th	Coffee and Cake Social 10am – 12noon Gorse Hill	4
Thurs 5 th 12 th 19 th 26 th	Tai Chi 2pm & 3.15pm Neuro Wellbeing Centre, Westmead	4
Thurs 5 th	Cared and Cared for café 2pm – 4pm Gerard Buxton Sports Ground	7
Fri 6 th 13 th 20 th 27 th	Movement to Music 1.30pm – 2.30pm	4
Fri 6 th 13 th 20 th 27 th	Walking Tennis Gerard Buxton Sports Ground 1pm – 2pm	4,9
Sat 14 th	Barn Dance Gorse Hill Community Centre 7pm – 10.30pm	8

Regular Activities available with Swindon Parkinson's Activity Group

When/where	Activity	Contact
Monday 10:45-12:00 weekly Swindome Stadium, Supermarine SN3 4BZ	Walking Football In May this will be at Gerard Buxton Sports Ground	Neil Scott Fallon 07504 851 672 Taff.hammer@yahoo.co.uk Graham Vaughan graham.vaughan1@gmail.com 07764 219 916
Mondays 2pm 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 2pm weekly The Grange Leisure and Community Centre, Grange Drive SN3 4JY	Seated Exercise Classes	Linda Barrett 07876 068500 Lindaj19@hotmail.co.uk
Wednesday weekly 1pm – 1.45pm, 2pm – 2.45pm, 3pm – 3.45pm The Grange	Balance & Exercise Classes	Linda Barrett 07876 068 500 Lindaj19@hotmail.co.uk
Thursdays weekly 2pm & 3.15pm Neuro Wellbeing Centre, Westmead Westmead Dr 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 Neuro Wellbeing Centre, Term time only	Movement to Music	Linda Barrett 07876 068 500 Lindaj19@hotmail.co.uk
Fridays 1-2pm Gerard Buxton Sports Grd	Walking Tennis	Dawn Mulrain Dawn.jarvis2@btinternet.com 01666 860845

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

Parkinson's social cafes

Friendship and support groups for people with or without Parkinson's



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

All welcome. £3 to cover coffee and cake

Shrivenham Park Golf Course, Pennyhooks Lane SN6 8EX

Kerry Hartman: ParkiesPals@outlook.com 07875416236



The Cricklade Café meet every 3rd Wednesday of the month

10.30am – 12noon Cricklade House Hotel and Spa

Common Hill, Cricklade SN6 6HA All welcome, no booking required.

Café co-ordinator Vincent Mobey: parkinsonscafecricklade@gmail.com

Parkinson's Coffee and Cake Social meet every 4th Wednesday of each month 10am – 12noon

Gorse Hill Community Centre, Chapel Street SN2 8DA

sharonfulcher@aol.com 07958165423



300+ Club Monthly Draw



Winners for March and April 2025

March 2025	April 2025
1 st : 96 D Humphries	1 st : 26 Mary Hailstone
2 nd 36 G Ham	2 nd : 192 T Falkingham
Bonus: £10 voucher: 306 H Moss	Bonus:£10 voucher: 329 J Hewitt

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.

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.

What's on next?

A poster for a Quiz Night event. The background is blue with a subtle pattern of horizontal lines. At the top, the words "Quiz Night" are written in a large, green, cursive font with a yellow outline. Below this, there are several colorful speech bubbles: a red one with a white question mark, a yellow one with three dots, a blue one with a white question mark, a purple one with a white question mark, and a yellow one with three dots. The words "Raffle" and "Bar" are written in a black, cursive font on either side of the central speech bubbles. Below the speech bubbles, the date "Wednesday 21st May" is written in a white, cursive font. Underneath the date, the text "Doors open 6.30pm for a 7.30pm start" is written in a white, cursive font. Below that, "£25 per team of 4" is written in a white, cursive font. Then, "To book email dawn.jarvis2@btinternet.com" is written in a white, cursive font. Below that, "Or call 07793 463409" is written in a white, cursive font. At the bottom, "The New Century Club, 27 Bright St, Swindon, SN2 8 BU" is written in a white, cursive font. Finally, "Raising funds for Swindon Parkinson's Activity Group" is written in a white, cursive font at the very bottom.

Quiz Night

Raffle **Bar**

Wednesday 21st May

Doors open 6.30pm for a 7.30pm start

£25 per team of 4

To book email dawn.jarvis2@btinternet.com

Or call 07793 463409

The New Century Club, 27 Bright St, Swindon, SN2 8 BU

*Raising funds for Swindon
Parkinson's Activity Group*

Get your friends and families together, swot up on your knowledge in a wide range of areas and have some fun. To book your teams contact:

Dawn Mulrain on dawn.jarvis2@btinternet.com or call on 01666 860845

Once again our local Rotary Club of Swindon Old Town are supporting Swindon's Parkinson's Activity Group with their annual Duck Race and we are asking for help from you wonderful people, your friends and family. We need people to sell tickets and provide items for the tombola as well as come along and have fun.

DONATIONS PLEASE:



We are looking for donations of bottles of champagne or wine or bottles of bath/shower gels with or without bottle bags for our **Bubbles and Fizz** tombola at the duck race on 26th May and hope to see you there. **Donations can be dropped off at any of the cafes or activities.** Thank you for all your support.

Contact Dee Vaughan for tickets and offers of help dearymee66@gmail.com

Contact Sharon Fulcher regarding donations SharonFulcher@aol.com



Join us at

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

Gerard Buxton Sports Ground, Brinkworth Road, Wiltshire, SN4 8DS
We meet quarterly, 2-4pm. 2025 dates:
Thursday 6th March | Thursday 5th June
Thursday 4th September | Thursday 4th December

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



No booking necessary. For more info contact Hannah on 0344 225 3778 or hspawls@parkinsons.org.uk



Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A registered charity. Incorporated in England (268807) and in Scotland (SC037594).

Supported by



Cared and Cared For café –

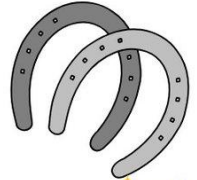
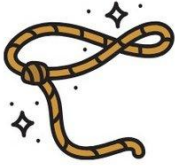
Thursday 5th June 2-4pm

Gerard Buxton Sports Ground,
Brinkworth Road, SN4 8DS

If your loved one has Parkinson's and you have any unanswered question, we might be able to help to get that aired by experience?

If you have Parkinson's you need to talk with someone who understands, we might be able to help? We are all in this together. As the new PUK tag line says **"We're here to support every Parkinson's journey, every step of the way"** If you have any questions regarding these cafes, then please contact Hannah by phone (as per the poster) or otherwise you can contact me by email. In the meantime, our great team of volunteers look forward to seeing you!

Vincent Mobey PUK Volunteer



BARN DANCE

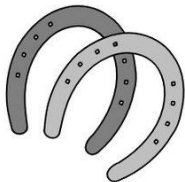
Come along and join us for a fun night out with
The Cowshed Ceilidh Collective.



At Gorse Hill Community Centre,
Chapel Street, SN2 8DA



On 14th June Doors open 7pm till 10.30pm
Adult Tickets £12



There will be a cash only bar & Raffle
So don't forget your pennies.



Space is limited so book your tickets now.



Call Sharon on 07958165423 or Dee on 07793463409

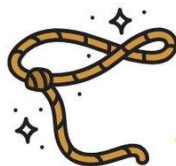
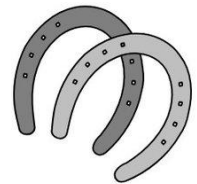
Leave a message and I will get back to you.

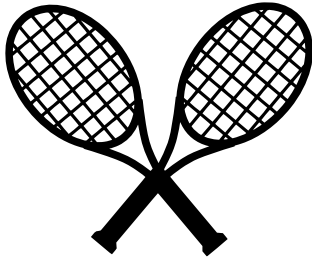
or email at Sharonfulcher@aol.com or

Dearymee66@gmail.com



All proceeds will go to the Swindon
Parkinson's Activity Group.





Anyone For Tennis?

Where: Gerard Buxton Sports Ground in Royal Wootton Bassett.

When: Fridays 1-2pm

The new walking tennis sessions started on the 21st March, this is a new activity which we have added to our activity classes.

Our instructor Jon started everyone off with basic ball skills and exercises to ensure that we are able to control the ball. We then moved on to working across the net in pairs one throwing the ball and the other returning it using the racquet, then we progressed to playing in pairs across the net and graduated to working on our back hand and finished the latest session by playing a mini tournament. Everyone taking part has been enjoying the new sessions and they are looking forward to rest of the season. The weather has been kind to us, so far with sunshine each week, although we have had to get used to playing in windy conditions. **If anyone is interested in finding out more about the sessions please contact Dawn on 07748 632779.**



Join us for

Watersports taster sessions in Bristol Harbour in May

Would you like to get out on the water either sailing, kayaking or rowing in a gig? We have partnered up with All-Aboard Watersports to offer an afternoon of free tasters on 24th May 2025.

You can choose a 45 minute session in one of the watersports, which will be led by an experienced Instructor with a maximum of 6 people in each session. All-Aboard already offer Sailability & Paddleability sessions.

To register your interest & for more information contact Jane Henderson, Area Development Manager on 0344 225 3694 jhenderson@parkinsons.org.uk



supported by:



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World Parkinson's Day

World Parkinson's Day is celebrated globally on April 11th an annual event that has been taken place since 1997. In 2005 the tulip was adopted as the official symbol of Parkinson's at the 9th World Parkinson's Disease Day Conference in Luxembourg. However, the flower had been informally associated with the disease for more than 20 years prior to that. Back in 1980, a Dutch horticulturalist named J.W.S Van der Wereld – who was living with Parkinson's – developed a new red and white variant of the tulip.



He named his newly cultivated flower the *Dr James Parkinson* tulip in honour of the medico who first documented the features of Parkinson's disease in his 1817 publication *An Essay on the Shaking Palsy* recognising Parkinson's as a medical condition for the first time.

We mark his birthday every 11th April with World Parkinson's Day, shining a spotlight on Parkinson's, raising awareness in the wider community. Together, we can create a greater understanding of the challenges people with Parkinson's and their loved one's face. And it's a brilliant opportunity to raise funds for research and support services.

Why Light Up Blue:

Blue is associated with Parkinson's disease primarily through the "Light Up Blue" campaign, which is a global initiative to raise awareness and support for the condition. This campaign encourages people to light up their homes, buildings, and local landmarks in blue on World Parkinson's Day, April 11th, according to Parkinson's UK. Blue is often seen as a colour representing hope and optimism, and the campaign aims to show solidarity with the Parkinson's community and highlight the need for ongoing research and support.

The 'Spark the Night' or 'Light up Blue' campaign is a global event to raise awareness by lighting up monuments and buildings in blue. Swindon Borough Council lit up the Central Library.



SPAG and Parkinson's Nurses promote awareness on World Parkinson's Day

Parkinson's UK stands were set up in the Atrium at GWH with Lauren McDivitt and Emma Galos.

There were also stands at the Savernake Hospital and in the reception at Malmesbury Primary Care Centre (where the GP's work and Parkinson's Nurses hold clinics). Along with a study day for Nurses across GWH and Savernake hospitals which was very well received.



Cream teas and cakes offered at Parkies Pals Putting event and balloons outside houses all helped to raise awareness.



Champions and Awards

April saw the presentation of 2 prestigious Awards:

1. Roger Youldon Trophy awarded on Monday 14th April to the winners of the

Annual Walking Football Match between The Shakers (Team of Parkies) Vs The Sparks (team of Parkinson's health professionals)



On Monday, 14th of April, our Swindon Parkinson's walking football team (Shakers) played in our annual match against our wonderful Parkinson's health professionals (Sparks) from GWH. It was played at our home venue, Swindome, Super Marine. It was a fantastic event with some great skills from both teams. The atmosphere was brilliant, and everyone gave it their all. It was amazing to see so many families and supporters cheering the players from the sidelines.

After the game, Teresa Youldon and her daughter Tracy Hutchings presented the Roger Youldon trophy to Sandip Chane, our newest and valuable volunteer. Many photos were taken before everyone retired to the viewing gallery for refreshments and a wonderful selection of cakes made by Gail Fallon. Unfortunately the mayor was unable to attend due to illness but we were very fortunate to have PUK's Philip Lindley (Physical Activity Communications Officer), Hannah Spawls (Local Volunteer Officer) and Lauren Macdivitt (Parkinson's Local Advisor) join us. Thank you to all that attended, whether you played or supported - you made it a fantastic event.

Many thanks Neil and the team 🍷 ⚽

Shakers took the trophy again this year winning 6 - 3



2.Ted Wilson Award

This year the award ‘for outstanding service to Parkinson’s UK Swindon Branch’ was given to the whole Parkinson’s Nursing team.

Vincent Mobey presented the trophy at the Cricklade café to a very surprised Rachel Gardner on behalf of this amazing team. Very well deserved and we are very lucky to have such an excellent team of approachable and friendly nurses.

This is the fifth and final year this award will be presented and it seems appropriate that it will remain in the Parkinson’s nursing team display cabinet at the GWH to remind them that we do all appreciate what a great service they provide.



I was the very proud recipient of this award in 2023 and share this privilege with Ian Davey, Sharon Fulcher and Dee Vaughan in the last 5 years.

Kerry Hartman Editor and Volunteer

The Ted Wilson Award



Ted Wilson was the CEO of the NHS trust which managed healthcare in North Wiltshire. He knew of Parkinson's from a family connection and supported Vincent and Maggie's campaign for better services for those living with Parkinson's. When 2 NHS trusts merged Ted was made redundant, but he made it his quest to make the necessary changes before he left to provide a vital service. His actions and determination resulted in the provision of a Parkinson's nurse service dedicated to this area providing access for 100's more people with Parkinsons'. A truly selfless man who wanted no reward but was delighted to give his name for this award to be presented to those who have made a real difference and provide outstanding services dedicated to help those living with Parkinsons.

Countdown to Skydive

Martin Upfold takes to the skies on behalf of Parkinson's UK Saturday 14th June



Martin Upfold, a dedicated volunteer Presenter with SWINDON 105.5 for 16 years, is preparing to undertake a remarkable feat to raise awareness of Parkinson's disease. Diagnosed in 2020, Martin is keen to demonstrate that people with disabilities can achieve incredible milestones.

The Station has provided ongoing support enabling him to manage to record his weekly brass band programmes, instead of presenting live. Swindon Parkinsons Group has provided empathetic opportunities through singing and exercise.

Both Organisations provide wide ranging support to local people. Martin will carry out his skydive on **14th June 2025**. Both gained Queens Awards for their service.

"I am aiming to raise £5,000 for each of them, which will really help as operating costs rise - and I know I will feel emotional and proud". Thank you.

<http://justgiving.com/page/swindon1055>



Indoor Skydiver faces her fears for Parkinson's



Helen Hammond doesn't like heights or the wind but faced her fears and did an indoor sky dive as a birthday treat raising over £330 for Parkinson's UK. Huge thanks to Helen.

Her Justgiving page is still open if you wish to make a donation.

Enormous thank you to everyone who walks, runs, dives, cycles or does anything to raise funds for valuable research into ways of making life for those living with Parkinson's more manageable.

Past events

Putting for Parkinson's

This is becoming a popular annual event at Shrivenham Park Golf Club, hosted by Parkies Pals and the Shrivenham Social Putters. An afternoon tea with raffles, cakes, bakes and the infamous Putting competition. On Friday 11th April, 50 people came along to enjoy fun in the sun and raised £185 through generous raffle and cake donations and competed for the medals and trophies kindly donated by Carole Lee, our liaison at the Golf Club.

This year's Parkies Pals winners are: 3rd place: Graham Vaughan, 2nd place: Neil Fallon and 1st place: Mike Mulrain . Margaret Hern received a medal for 3rd position in the Social Putters group.



This year all the proceeds will go to Support Martin Upfolds Skydiving challenge. Thank you to everyone who supported this event and particularly Hannah Spawls for travelling up from Bristol and letting me beat her in the Putting. With practise we might both carry off the medals next year!!

Enormous thanks to my fabulous friends and Parkies Pals helpers, Shirley Dalton-Morris and Margaret Disney, without whom I would not be able to run such events or my regular cafes.

Kerry Hartman Parkies Pals Founder and SPAG volunteer



Swindon Male Voice Choir. Saturday 27th April 2025

It's that time of year again! By that I mean the time that SMVC put on a show and raise money for SPAG while also performing their vast range of beautiful music.

This year they were joined by a ladies choir from South Wales "Côr Persain" (pure sound). We were treated to alternate segments from each choir and finally the two choirs sang "An American Trilogy" together producing a magnificent sound that blew our socks off!!

The two musical directors kept us entertained as they introduced each piece, often having arranged the music themselves! So thanks to Kirsty Smith and Huw Morgan for their conducting and humour during the evening.

Kerry Hartman arranged for us to raffle some hampers and flower arrangements, Janet Ainscow and Kathy Hobson stepped in to sell tickets and the fiddly task of folding those tickets!

At the time of going to print newsletter we're not sure of the exact amount raised yet but it will all help to fund our activities for the future. A huge thank you to all who sang, bought raffle tickets and came along to listen, it was a wonderful evening.

Graham Vaughan Volunteer



LAST WORD: This newsletter issue helps to illustrate the variety of activities and events SPAG are involved with. We are a very pro active group and anyone wishing to become more involved as a volunteer or join the committee please contact gfallon.parkinsons.swindon@gmail.com.

However, I do feel it is important to stress that the idea of the 'group' is to offer support and friendship to anyone who is living with the effects of Parkinson's whether having the condition, or as a Carer, friend or interested party. Whilst Fundraising is an element of many of the events it is more important that people feel they can come along to meet others, share experiences, find out relevant information and know they are not alone. Look out for some flyers in the next few weeks looking **'Behind The Mask'** where you will be invited to comment, share and gain relevant information to help benefit us all. *Kerry Hartman Editor*

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