

**PARKINSON'S<sup>UK</sup> 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 2022*

**Editor: Ruth Panting. Email: [ruthpanting@yahoo.co.uk](mailto:ruthpanting@yahoo.co.uk)**

### **Queen Elizabeth II**



1926 -2022

It is with great sadness that we learn of the death of her Majesty Queen Elizabeth II and we join with the rest of the UK in mourning her passing.

Parkinson's UK - Swindon & District Activity Group. Contact: E: [anewman.parkinsons@outlook.com](mailto:anewman.parkinsons@outlook.com). 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)

# Membership Roles

## New Fund Raiser

Welcome to our new Volunteer Fundraiser - Cheron Biggs - who has agreed to take on the role for fundraising for the Swindon Activity Group.



Thank you, Cheron, for volunteering

Cheron is already organising events as well as taking part in a sponsored walk later this month.



Please see 'Future Events' in this newsletter

Contact details: Mobile 07934675658

Email: [cheron.PD@outlook.com](mailto:cheron.PD@outlook.com)

## Change of Membership: Membership Secretary and Treasurer

I am sad to say that our Membership Secretary, Ian Davey, will no longer be dealing with membership matters because of poor health.



**Thank you, Ian, for the huge contribution you have given to the Swindon Parkinson's Branch over many years**



Sue Grice will be taking over the Membership role  
Ian Cowley will be taking on the Treasurer's role.

Should you need to contact anyone regarding banking or membership here are their contact details:

**Treasurer:** Ian Cowley. Email: [lancowley.parkinsons.swindon@btinternet.com](mailto:lancowley.parkinsons.swindon@btinternet.com)  
Mobile: 07831 885239

**Membership:** Sue Grice. Email: [scgrice.parkinsons.swindon@gmail.com](mailto:scgrice.parkinsons.swindon@gmail.com)  
Mobile: 07712 003271

Anna Newman remains as **Secretary**  
[anewman.parkinsons@outlook.com](mailto:anewman.parkinsons@outlook.com)  
Tel: 01793 695698

## Swindon Concert Band

On 25<sup>th</sup> July we attended a delightful concert given by the wonderful Swindon Concert Band (SCB) which is a 45 member symphonic wind band. They are a group of about 40 musicians of all ages who play for local charities and who are very successful in national competitions. The event took place in Royal Wootton Bassett Memorial Hall. The band give five concerts annually, and the proceeds from this summer concert are being given to the Swindon Parkinson's Group.

The programme of fourteen pieces was a good mix of music from popular shows, classical music and brass band music. We also heard two solo pieces from two of the bands talented instrumentalists. My favourite was The 'Typewriter' by Leyroy Anderson when the band was accompanied on an antique typewriter.

During the interval tea and coffee was served, and there was a bar. The raffle with several prizes was drawn.

It was altogether a very enjoyable evening. Our thanks go to all the members of the SCB and also to the organisers who gave of their time so generously and made this such a successful evening.

If you were unable to join us this time, please look out for future concerts by the Swindon Concert Band <http://www.swindonconcertband.co.uk>.

*Gay Perry. Group Member*



## Victoria's Picnic. Saturday August 20<sup>th</sup>.



A lovely day at Victoria's garden overlooking the River Coln; the weather was perfect and food and drink was aplenty. It was a good opportunity to meet old friends and make new ones. Coach transport was provided, but some made their own way there. A quiz got the brain cells working.

Many thanks to our host Victoria, and Sue Grice and Anna Newman for all that they did to make it a memorable afternoon.

*Katherine Arnell. Group Member.*

# The Many Activities of Parkies Pals



## Parkies Pals Update - August 2022



Despite the depressing economic forecast I have been totally overwhelmed by the support and generous donations we have received recently through a combination of events;

### Memorial donation:

£167.60 was donated to Parkinson's in memory of our dear friend Ian Cox.

### 'SPIN' for Parkinson's':

David Lloyd Gym in Woking hosted a Spin Class in August to raise funds for the Parkies Pals Skydiving Team. With motivational instruction and music from Andreas and Jen and the enthusiasm of the Spinners, many generous donations were made enabling the Skydiving team to beat their £3000 target.

I took part in this class and absolutely loved it. Exercise and fitness are so crucial to maintain mobility (and sanity).



### Shrivenham Fete August 2022:



After 2 years, it was nice to get the Parkies Pals show on the road again. With bubbly bottle bag game, fabulous crafts for sale and stalls full of friendly welcomes, we raised £245 in total and gained 2 new members who were looking for support.

Thank you to everyone who came along to help and donated time and money so generously.

Thank  
You

### Crafty sales:

Shirley Dalton-Morris's Parkies kitchen and gardening pinnies continue to be successful and she has now developed a range of colourful, practical phone bags which are popular and at £7.50 are selling well. Shirley has raised £350 from recent sales which has been donated to the Swindon Activity group to help fund the Exercise and Movement to Music classes.



Ann Strowger has created some beautiful rucksacks and bags too, which will be available to view at our monthly meetings, or email [ParkiesPals@outlook.com](mailto:ParkiesPals@outlook.com) if you wish to view or order these items.

Thank  
You

Thank you ladies for these amazing and beautiful crafty creations.

## Parkies Pals Jumpers Skydiving Team



This significant fundraising challenge is due to take place 17<sup>th</sup> September when my four crazy friends, Ann, Hannah, Jess and Andreas, are planning to throw themselves out of a plane for Parkinson's.

I will be supporting them from a safe spot on the ground!

[www.justgiving.com/fundraising/parkiesjumpers](http://www.justgiving.com/fundraising/parkiesjumpers)

**Parkies Pals meet on the first Monday of the month at 10am – 12,** at the Shrivenham Golf Club. Everyone is welcome.

**Next Wonky Veg Club – Monday 19<sup>th</sup> Sept 10 – 12** at Roves Farm.

### **Would you 'Love to Move':**

Love to Move is specially designed to get older people moving and functioning better. For more information about the Love to Move Programme, to watch a short video or to download a co-ordination booklet, please visit

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

Try before you commit: Annamaria has offered us a FREE taster session on

**Wednesday 14<sup>th</sup> September 10 – 11am** at Shrivenham Golf Club

Come along, feel the music, try the exercises

**Interested?** Let Kerry know ASAP as places are limited.

**Date for the diary:** Monday 24<sup>th</sup> October 1.30 – 12 at The Grange.

Parkinson's Care and Share – more details to follow.

**Parkies Pals** is fundamentally a support and friendship group created in 2017 when I was first diagnosed. We are now being recognised beyond the borders of Shrivenham and have valuable links with other Parkinson's groups, support agencies and local community projects.

Personally it is the real people, fellow Parkies, sharing and caring together, discussing issues that affect us now, and understanding each other's torments and frustrations, that is the most valuable asset of the Pals. Communication and friendship is the key to cope with this condition as none of us need to face this alone.

**Thank  
You**

Thank you so much everyone

*Kerry Hartman*

Text/call 07875 416236

Email: [Parkiespals@outlook.com](mailto:Parkiespals@outlook.com)

Website: [www.ParkiesPals.co.uk](http://www.ParkiesPals.co.uk)

## Event in September

### **Ploughman's Lunch and Afternoon Tea. 10<sup>th</sup> September**

What a wonderful time we had when 46 members, which included families and friends, attended this event.

We would like to say a big thank you to Margaret Hylton for organising a lovely ploughman's lunch and tea for us all, also to all who volunteered and assisted her in making the afternoon such a great success.

*Thank  
You*

After lunch we were treated to a marvellous thirty minutes of music and song by the Ellendune Entertainers who gave up their free time to be with us. During that time we were able to wish and sing Happy Birthday to Helen Hooker.

The Ellendune Entertainers sang various songs, encouraging us to join in with them. They even had folks dancing with them to their last few songs which included '(I've had) The Time of my life.'

After that we enjoyed afternoon tea and the raffle was drawn with lots of nice prizes that were kindly donated to raise money for the Parkinson's Group Swindon.

*Ray Clarke Group Member*



## Don't forget these future events:

### **Sponsored walk**

Cheron Biggs will be taking part in a 5 mile sponsored walk to raise funds for Parkinsons UK research at Ashton Court Bristol on September 18<sup>th</sup>.

*'If anyone would like to come and cheer me on that would be lovely.*

*If not perhaps they would be kind enough to sponsor me'.*

<https://events.parkinsons.org.uk/fundraiser/cheronbiggs>





## Book Sale



The Toby Carvery, Abbey Meads Village Centre, Swindon SN25 4YX, have kindly given permission for me to have a second-hand book stall outside on the 9th October 11am - 4pm

If anyone has any good condition books to donate, any genre, I am happy to collect. Please also feel welcome to come along, maybe pick up a great book, maybe book a table to enjoy an 'All you can eat Sunday roast', or pop in and have a drink.

*Cheron Biggs Group Volunteer for fundraising* [cheron.PD@outlook.com](mailto:cheron.PD@outlook.com)



## Craft Sales



Cheron is also organising three Craft Stalls at various venues. If you have any crafty pieces you could donate for sale, Cheron would be pleased to receive them. The first craft stall is at the end of September at Millbrook Junior School, Freshbrook. The second is on 22<sup>nd</sup> October at the Co-op in Manchester Road and the third is on 19<sup>th</sup> November at Wroughton Bowls Club.

Please contact Cheron for more details or if you can help.



## Coffee Morning



On the 22<sup>nd</sup> October at Highworth Methodist Church there will be a coffee morning and sale of craft in aid of our Activity Group – Swindon Parkinson's. It will be from 10.30am – 12 noon.

Please come and support it if you are able.

Also if anyone can make us a cake to cut up, or a few small cakes, that would be great. (I can collect if necessary).

Thank you in advance, Anna Newman. Tel: 01793 695698



## Walking Football



We are looking to re start the Walking Football in September. Would anyone who is interested in playing walking football, ladies or gents, please contact Chris Hooker by email:

The sessions are likely to be held at Supermarine (**Swindon SN3 4BZ**) on Mondays at 11.00 to 12.00.

Contact Chris Hooker.

[christopher.hooker23@icloud.com](mailto:christopher.hooker23@icloud.com)

Or by telephone: 01793 763769



Parkies Pals

## Parkinson's Care and Share



You don't have to have Parkinson's to want to know more!

### Parkinson's Care and Share

**Monday October 24<sup>th</sup> 2022 10.30 – 12noon**

at The Grange Leisure & Community Centre, Grange Drive,  
Stratton St Margaret, Swindon, SN3 4JY

This event is open to everyone with and without Parkinson's, or affected by Parkinson's in any way, or just interested to understand more.

Parkies Pals and Home Instead, Swindon, are organising this event to share ideas and experiences.

A list of speakers is to be confirmed, but will cover personal insights, local projects and support services, as well as general advice.

Donation of £2 payable at the door includes refreshments

Reserve a place by emailing

Kerry Hartman at [ParkiesPals@outlook.com](mailto:ParkiesPals@outlook.com) or call 07875416236

## Craft Group



**To all crafty people out there – we need you.**



A small, very friendly Parkinson's Craft Group meet once a month with a view to sharing ideas and eventually raising money for our Group when opportunities arise to sell our goods.

If you can make things that might be saleable, or if you are interested in learning, then please come and join us.

We also drink coffee, do a lot of chatting, and support each other.

Why not pop in and say hello?

We meet on the **first Thursday of the month** at the Olive Tree Café in Manor Garden Centre, Cheney Manor, SN2 2QJ. 10 – 12pm.  
More information from Anna Newman (Tel: 01793 695698)



## Music and Movement



**The Music and Movement group will start again on Friday 16<sup>th</sup> September**

It takes place at the Neuro Therapy Centre (previously the MS Centre) on Fridays from 1.30 – 2.30 followed by a cup of tea and chat.

The address is Bradbury House, Westmead Drive, Swindon, SN5 7ER.

It is a very friendly class and Sarah our leader makes the exercise very enjoyable.

There is no charge for the class to anyone with Parkinson's.

More information from Anna Newman (Tel: 01793 695698)



# Fundraising



## 300+ Club Monthly Draw



### Winners for August and September 2022

August	
1 <sup>st</sup> John Bishop £87.15	2 <sup>nd</sup> Mrs Johnson £37.35
Bonus: £10 Voucher Dawn Falkingham	
September	
1 <sup>st</sup> Mary Hailstone £87.50	2 <sup>nd</sup> B Brymor £37.50
Bonus £10 voucher Neil Fallon	

We have been unable to contact the following prize winners: Patrick Keating, Mrs Johnson and B Brymor. If anyone has details of their contact telephone numbers or addresses, would they please contact Ian Cowley on email: [iancowley.parkinsons.swindon@btinternet.com](mailto:iancowley.parkinsons.swindon@btinternet.com) or mobile: 07831 885239

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

If you are not already a member and would like to join the monthly draw you will find the rules on our website: <http://www.swindonparkinsons.org.uk/fundraising.htm>

Thank you for your interest in the 300+ Club Monthly Draw.



## Don't Forget Fundraising On-Line



<https://www.easyfundraising.org.uk/causes/parkinsonsuksd/?referral-campaign=c2s>



If you internet shop, it's so easy to support our Branch. Please keep and use the link above. It will take you to all your usual shopping places such as Amazon, eBay, John Lewis etc. who will make a donation to our Branch. It does not cost you anything. So please do try to use this link.



Thank you.

I use the above link and so far have raised £19.19, and a total of £978.16 has been raised so far for our Group by all those who use this link.

**Easyfundraising** If 50 people register within a month we are given some money. It does not cost you anything and you can register without buying anything. So please **Get Registering**



## Recycling

How to make the most out of your recycling sack

Fill your sack to between 10Kg & 30Kg

**No Thank you**

- ✗ Laptops
- ✗ Home phones
- ✗ Fax machines
- ✗ DVD players
- ✗ Printers
- ✗ Modems or routers
- ✗ Kitchen appliances
- ✗ Porcelain or glass items
- ✗ Personal Grooming items (straighteners razors, hair dryers, etc.)



## Yes Please

- ✓ Gold or Silver Jewellery
  - ✓ Watches
  - ✓ Stamps
  - ✓ Costume Jewellery
  - ✓ Banknotes & coins
  - ✓ First Day Covers
- The ONLY electrical devices we accept are:
- ✓ Mobile Phones
  - ✓ Cameras
  - ✓ Video Cameras
  - ✓ Sat Navs
  - ✓ Electronic gaming devices
  - ✓ Ipods/MP3 players
  - ✓ Tablet Computers



Chris Ponting deserves a big thank you – she has been collecting items for recycling for a long time outside the Exercise classes at Grange. Proceeds are for PUK. The poster gives a list of items that can be recycled. Please support Chris by donating your unwanted items as per the list.



## What's on When

### The WOW Guide

Home Instead is a care agency for home care for the elderly, supporting those being cared for and their families. A representative from the agency attended the Cricklade coffee morning to give a short talk and to present a monthly guide, 'WOW' (What's on When) which Home Instead produces with the Highworth 'Forget Me Not' Café and the local Dementia Community. The guide highlights many of the activities taking place by various organisations which provide support for older adults and their carers/families. Follow this link to see the guide on line.

[https://issuu.com/homeinstead-swinton/docs/wow\\_guide\\_sept\\_oct\\_22\\_final\\_v1](https://issuu.com/homeinstead-swinton/docs/wow_guide_sept_oct_22_final_v1)

Swindon and Vale of White Horse  
(SN1,2,3,4,5,6,7, 25 & OX12)

Hello Autumn

September/October 2022

## Volunteers Needed for a Clinical Trial

### Taking part in a clinical trial

Clinical trials are a vital part of searching for better treatments and a cure for Parkinson's. They rely on participants to help understand the potential benefits of a new treatment before it can become available. If clinical trials fail to recruit enough participants, important new treatments could be delayed by years, or risk never being made available at all.

#### Help manage symptoms

#### **Trial for a wrist worn device assisting daily life of people with Parkinson's.**

Professor Richard Walker (Consultant Physician Clinical Lead for the Northumbria Parkinson's disease (PD) service) and his research team have designed a wrist-worn device (cue band) that can send vibration prompts for swallowing as well as being able to help monitor symptoms for people with Parkinson's.

**WHO:** 2,700 people with Parkinson's who have access to a smart phone are needed.

**WHAT:** Participants will be given a device to be worn on the wrist, and asked to give feedback to the research team about any problems and suggestions for improvement.



Participants will be able to keep the wrist-worn device.

For more information please read the by following this link: [Participant Information Sheet](#).

\*There is one other component (Drooling Study) in the same study that participants can take part if they wish, as long as they meet all the criteria\*\*

Are you interested in taking part?

Sign up to take part by visiting the [study website](#) before 31st January 2023

For other general questions, please email [contact@cue.band](mailto:contact@cue.band)

# Information



## Membership List

### To all members of Swindon Parkinson's Activity Group

We believe that as a result of recent changes in committee roles, some people may not have been included on our latest membership list.

If you (or anyone you know) have enrolled as a member but are not receiving our by-monthly newsletter, or any other information about social events, then we need to hear from you to up-date your status as a member.

Alternatively, if you are receiving emails and our newsletter and no longer wish to receive information from us,

Please contact: Sue Grice on 07712 003 271

Or email: [scgrice.parkinsons.swindon@gmail.com](mailto:scgrice.parkinsons.swindon@gmail.com)



## Help Needed



### Webmaster

Unfortunately we are losing our webmaster who updates our website and we are looking for another volunteer to take on this role. If you have the skills, it is not an onerous task. It involves uploading our newsletter every two months, social event flyers and 300+ club winners uploaded every month, and minimal changes to our website beyond that.

I am told it needs the following skills:

- The website was developed from the ground up using html/CSS/JavaScript so these skills are needed to continue updating the current site.
- Alternatively, IONOS have Website Builder, which is a drag-and-drop application which is non-technical so it may be possible to re-use the existing text and images in that way.
- Another option would be to migrate to something like WordPress.

### Is there anyone out there who can help?

Contact: Sue Grice 0771 200 3271 or email [scgrice.parkinsons.swindon@gmail.com](mailto:scgrice.parkinsons.swindon@gmail.com)

## DIY

We are also looking for a good DIYer to see if our gazebo can be mended. It was blown over and damaged at the August picnic, but it might be possible to save it.

### Anyone volunteering?

Contact: Ian Cowley: [iancowley.parkinsons.swindon@btinternet.com](mailto:iancowley.parkinsons.swindon@btinternet.com) or 07831 885239

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