

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

OUR WEBSITE

www.cirenstroudruk.co.uk

News Headlines

Our newsletters are now seasonal, as we now have our own website that is constantly updated. All of the information written here is also on our website, links are provided throughout to guide you to the relevant online pages. If you can get online, please try it out, feedback any comments you may have. There's a lot been happening since the summer edition.

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Fundraising

We planned and completed FOUR fundraising events, with the aim of trying to raise approximately £13,000 in 2023 (to help fund our 2024 activities) as well as for a research donation to Parkinson's Brain Bank Project. Here's a summary of where we are:

PAUL MAYHEW-ARCHER EVENT 12th April £4,768

HILL AND VALLEY SINGERS 13th May £1,500

CLUBBING TOGETHER 19th May £7,200 (£6,700 sent to research, £517 to branch)

PPU6 23rd September £3,496

The total raised, from our involvement this year is **£16,981** (with **£6,700** already sent to research and **£10,281** to branch accounts).

Many thanks to everyone who helped and attended these events. More similar events are being planned for 2024.

Website link to Fundraising page for more information is [HERE](#)

Chamber of Commerce Awards

You will have read in the last newsletter that in July we were asked to submit an entry for Team of The Year in the Cirencester Chamber of Commerce awards for 2023. The presentation ceremony was held on 7th July, we are proud to report that we were awarded a 'Finalist' award see pictures below. Taking part in this event raised the profile of the branch in Cirencester and wider community and was an enjoyable thing to be part of.



Pictured: Karen Young (Branch Secretary), Kevin Young (Branch Chair), Angie Fenton (Committee Volunteer)

Committee Changes

A few changes have been introduced over the last 3 months. Steven **Goldblatt** and **Kath Clements** have been appointed Vice-Chairs to help the Chair with organising the Committee activities. A recent addition is **Barry Thornicroft** from Stroud who has joined the committee in October to help set up a local group in the Stroud area. See next article.

Website link to Committee page is [HERE](#)

Cam Local Group

Cam and Dursley coffee mornings take place on the third Thursday of each month from 10 am until 12:30 at the council offices in Cam.

Over the last few months we have on average welcomed 15 people with Parkinson's, carers and supporters each month. A number of new members have joined others who attend regularly. We have enjoyed talks from Severnside Freewheelers, a group of volunteers who provide out of hours support to the NHS, Steve Tilley, who walked the coast of England and Wales for charity, Hedgehog rescue and Mary Burton, physiotherapist who specialises in Parkinson's.

Forthcoming events:

Thursday 19th October - Caroline Robson, Aspire Holistic fitness, will be doing some gentle, adapted exercise with us.

Thursday 16th November - use it or lose it will be running a session.

Everyone is welcome to come along at any time and join us for a cup of coffee, a chat and often a laugh. You may even be lucky enough to win a raffle prize.

Stroud Local Group (NEW)

In the next few weeks, we will be setting up a new group in Stroud where coffee mornings, events and other interesting events will take place. We are currently looking for a suitable venue. All information will be sent around the membership when things are confirmed and also added to the website (see link below). It is important to reach out to anyone living with Parkinson's in the Stroud area so that we can offer help, support, a friendly place to chat and share stories or make new friends or even take part in exercise and well being events without having to travel to Cirencester.

Link to Stroud Local Group on our website is [HERE](#) where all information will be uploaded as it develops.

Membership

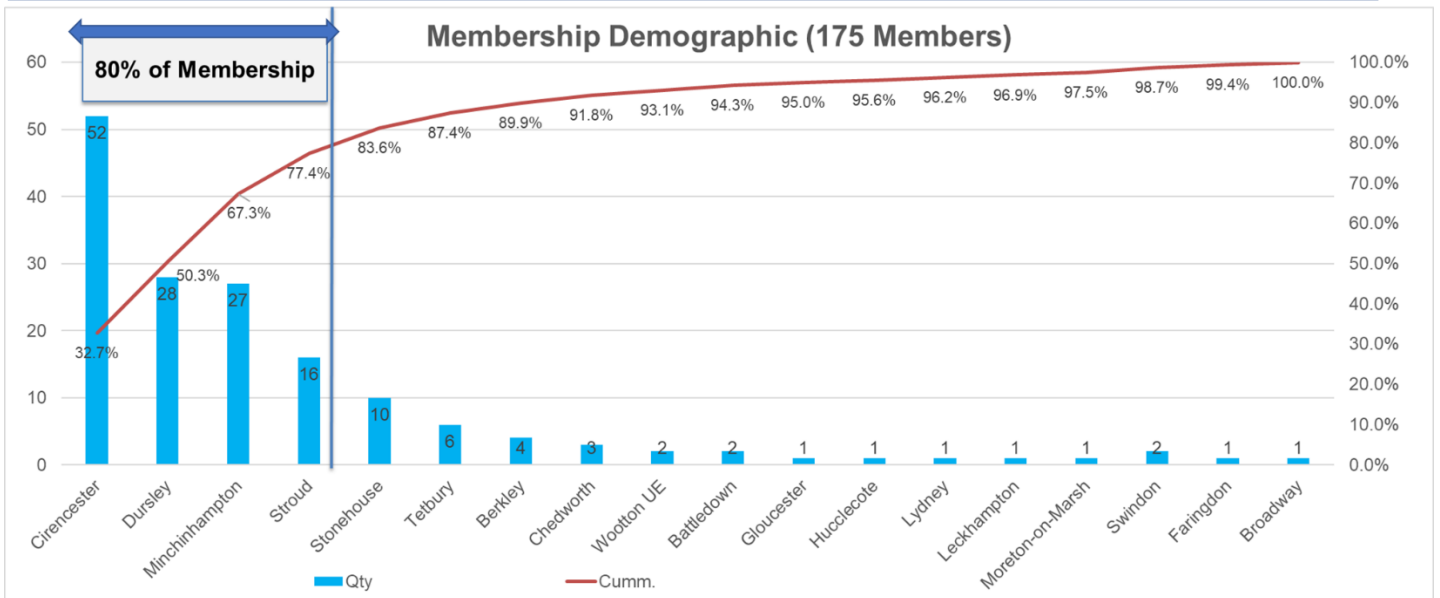
We have increased our member numbers from 145 to 175 since the last newsletter, this includes 27 members who prefer to be contactable with postal information – this Newsletter for example. We have sadly lost three members, John Robbins from Wootton Under Edge died in July, Richard Jones from Kings Stanley died in August, Chris Osgood from Dursley died October and Cynthia Stevens from Brimscombe, died in October. Cynthia was a member of the branch committee when it was first formed.

We are looking to utilise our website to allow us to be 'found' by local community organisations and hope to find more people living with Parkinson's in our Branch area who are unaware of the Branch and support activities. The branch website details are given to all Parkinson's Nurses and consultant surgeries as well as medical practices for distribution to newly diagnosed patients.

We have seen people with Parkinson's from neighbouring branches ask to participate in our activities such as walking football and Stroll (see later article about this new technology). We hope to grow further by setting up the Stroud activities as mentioned.

We have a very geographically dispersed membership, 80% of whom live at Cirencester, Dursley, Minchinhampton and Stroud post codes (including care support / spouse / partner). See chart on next page explaining the membership locations.

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Events & Special Events

In July we had a talk from Dolcetti Ice cream and some samples to taste and also a demonstration of the new **Stroll technology**.

STROLL - is a set of wearable glasses which are programmed with activities that help people with Parkinson's move better. For example, the wearer will see images and be asked to follow prompts. Some of the prompts are to walk to lines in view which helps with walking and gait. Other prompts can be for moving arms, lowering / raising the body and many other aspects of moving your body better.

This is brand new technology and is being demonstrated across the country. We had the pleasure of the inventor of the software Tom Finn (pictured) demonstrate the device to us.

We are working with Lynsay Mills from Get Ahead Physiotherapy Ltd in Gloucester who is a Specialist Neurophysiotherapist. She will make a personal assessment of the needs of each person. As part of a regular personalised activity session determined by Lynsay, the wearer can use the glasses following a prescribed routine. The cost of the sessions is being subsidised by the branch. For details contact Karen on 07586 532635 or email cirenstroudpuk@yahoo.com to set up an assessment with Lynsay.



Pictured: Alan McDonald following visual prompts from the Stroll Glasses and walking (striding) without his stick

In August we had Phil Jones from **'Inspire Drums'** aiming to explain the neurological benefits of kit drumming from his work with autistic children.

It was a very enjoyable, active meeting. At the same time as digital drum kits for us to play on, Dr Tina Smith from Wolverhampton University was invited along to set up special 3D 'markerless' cameras. This technology looks at movement of all parts of the body while being active and can help determine areas of stiffness and so on.

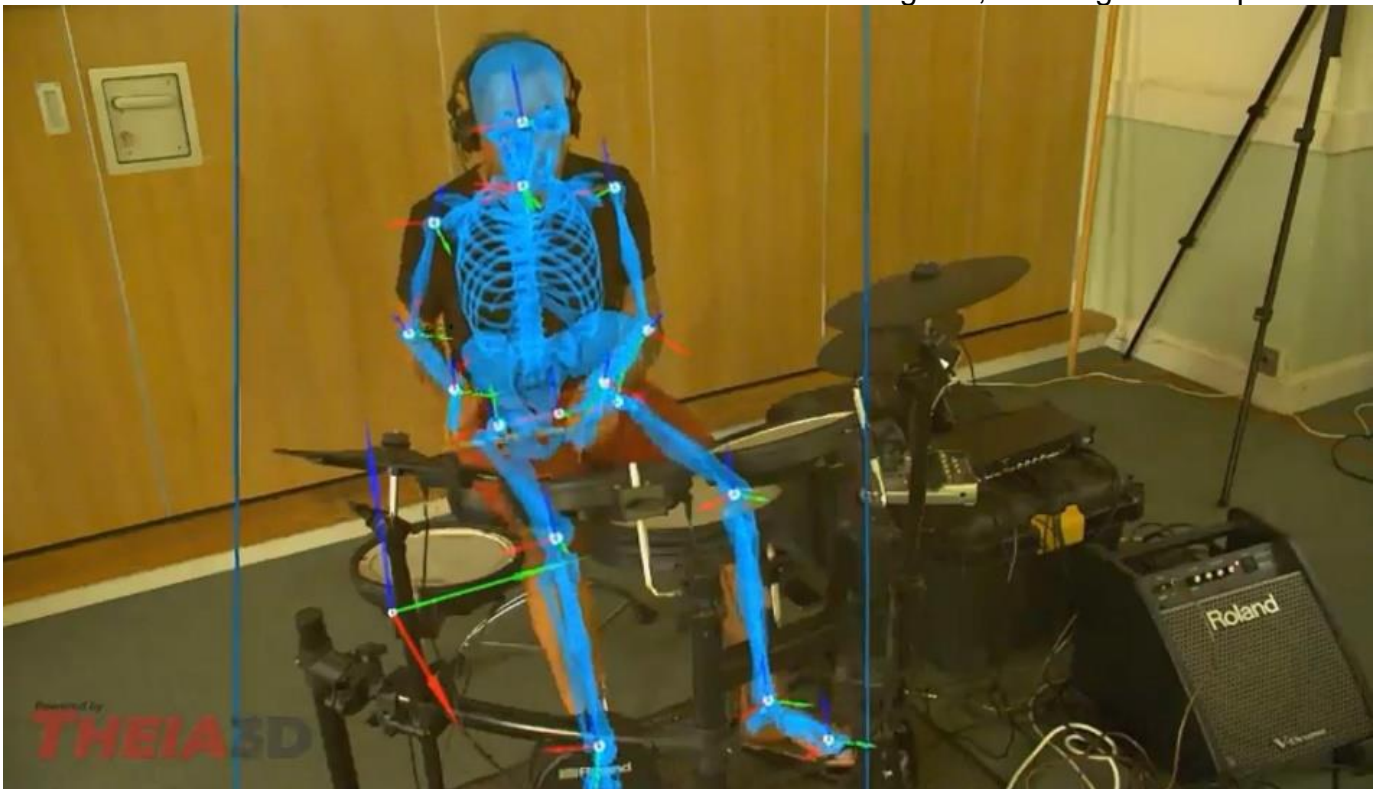
The pictures below show two of our members playing along using headphones with Phil while following a track. Phil uses special techniques to record and 'map' the student so that he can help teach improvement in drumming timing, power, technique etc.

The extremely interesting aspect of drumming as therapy has been verified by a study of a few of Phil's young autistic students. Working with a renowned MRI specialist with these young people, through drumming training sessions has shown remarkable new neurological pathways developed in the brain. We are discussing the possibility of involving some of our members participating in drumming sessions with Phil to learn a new musical skill, and at the same time have MRI scans to determine the degree of benefit to a person with PD.

We will be working with both Phil Jones and Dr Tina Smith to better understand if there are any benefits / impacts from drumming as therapy for people living with Parkinson's. There will be more updates on this as it develops from here.



Pictured: Phil Jones on drums with two of our members following him, listening on headphones



Pictured: 3D image of Phil Jones' joint movements drumming taken from 'markerless' cameras

In September, we had '**Pets as Therapy**' attend our Cirencester meeting. Dogs are loving friends and are used to help people relax.

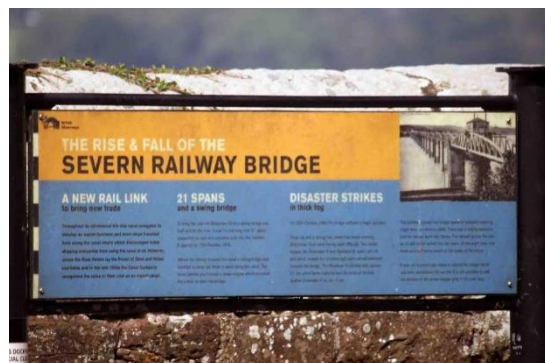


We also listened in awe to **Alison Anderson**, Parkinson's Ambassador, about her incredible trip to the World Parkinson's Congress in Barcelona, Spain on 4th – 7th July.

Alison cycled the 1,600 km from Brighton to Barcelona with team of international friends from Norway, Canada, Australia and UK. She explained the difficulties a person with Parkinson's has to cope with on such an epic journey. It was even more epic because, as she lives in Cheltenham, she decided to cycle from her home to Brighton before they set off. The total distance she covered was approximately 1,750 km. The party cycled around 80 km each day until they arrived on 3rd July, just in time for the conference to begin. It is an incredible effort.

Link [HERE](#) read all about her efforts and other interesting stories that Alison gets involved with.

We also had our annual boat trip on the **Willow Trust** down the Severn Canal to Sharpness. Here are a few of the pictures taken on the day.



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4th October saw the first of many sessions of **Walking Football** at Cirencester Arena. We are working alongside Cirencester Phoenix Walking Football Club who are hosting training and playing sessions for any of our members who wish to participate. You don't have to play, perhaps just take part in the light exercise then watch. It is a very enjoyable time with plenty of laughs and of course, exercise. See some of the exercises being done here:



As well as these well attended events, we have had some of our newest members attend coffee and cake meetings in Cirencester and the newest venue - Tetbury Goods Shed.

If anyone has any suggestions on events or activities for 2024 that they wish to see, take part in, or attend, please contact Karen on 07586 532635 or email cirenstroudpuk@yahoo.com. We are booking events for next year's program right now.

Finally on events, we have booked our annual **Christmas Lunch** at The Old Lodge, Minchinhampton Common, Stroud, GL6 9EH for 12:30 on Wednesday 13th December.

Price: **2 courses £30pp (£20 for members/partners) | 3 courses £37ppv (£27 for members/partners)**

Can you please advise if you want to attend, along with your menu choices by Friday 1st December

Payment via a BACS transfer to: Barclay's Business account name: (needs to be typed in exactly as below):

PARKINSONS DISEASE SOCIETY OF THE UNITED KINGDOM sort code: 20-00-00 a/c 13890260

*Please use reference – 'Xmas lunch' on the bank transfer **OR** post a cheque with choices to: 25, Millennium Way, Cirencester, GL7 1FJ.*

Starters

V Pumpkin soup, chive & chilli crème fraiche, sourdough *GF Available

Chicken liver parfait, spiced plum chutney, lamb lettuce, toasted brioche *GF Available

V Goat cheese mousse, beetroot & basil oil

VG, GF Heritage tomato, marinated and grilled artichoke salad

Braised squid, chorizo, paprika and fennel, garlic crostini

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554)

Mains

GF Roast turkey, chestnut & apricot stuffing, roast potatoes, pigs in blankets, honey glazed carrots, parsnip puree winter greens, turkey gravy

V Wild mushroom risotto, parmesan foam, rocket

GF Braised belly pork, tomato fondue, fennel, bubble & squeak potato cake, pork jus

VG Roasted harissa cauliflower steak, Bombay potatoes, confit tomatoes and chimichurri

GF Pan fried hake, Grenobloise sauce (capers, onion, chicken stock) potato mash, carrots, tender stem broccoli

Desserts

Chocolate tart, orange sorbet

GF Christmas pudding, brandy sauce, red currants

V Sticky toffee pudding, vanilla ice cream, toffee sauce

Classic sherry trifle, with Irish cream

Selection of local artisan cheese, crackers, grapes & celery, quince jelly (£2.00 supplement) *GF Available

Link [HERE](#) to all events on our website

Longfield's Wellbeing Centre

14 members and partners attended the taster day session planned at Longfield's Wellbeing Centre on 25th September.

We had the chance to try out a few of the activities on offer at the centre, suited to people living with Parkinson's and carer / partner, involving – Moving Better (including Tai Chi), Creative Arts, Music Therapy, Relaxation Therapy, Carer session and lunch. We were very well looked after by the superb staff.

We will be working closer with Longfield's staff from now on. We highly recommend that our members contact and take part in as many activities as possible.

Longfield Hospice, Burleigh Lane, Minchinhampton, Gloucestershire GL5 2PQ (01453 733706).

Nordic Walking

It is well known that exercise is good for us. Nordic Walking combines the simplicity of walking with core and upper body conditioning similar to Nordic skiing. This gives you a full body workout, which means that you can:

- Burn around 20% more calories compared to walking without poles.
- Release tension in your neck and shoulders.
- Improve your posture and gait.
- Strengthen your back and abdominal muscles.

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- Reduce the impact on your joints.

And because Nordic Walking doesn't feel like hard work, you'll be happy to walk further and for longer.

We are considering setting up sessions in Stroud and Cirencester to begin with. More on this very soon on our website.

Link [HERE](#) to British Nordic Walking website

Cirencester Community Awards

In August we were invited to submit an entry into the Community Awards for 2023.

Awards were held at the Kings Head Hotel on 11 October and presented by the Lord Lieutenant for Gloucestershire for each of three categories which demonstrate the breadth of community support: Team, Sustainability, Innovation plus a special award for the Cirencester Champion category. The event gives a fantastic opportunity to truly showcase the many ways in which local people value and support their community.

The Cirencester and Stroud Branch won the award for Cirencester Community Team of the Year. We won the award in the face of fierce and worthy opposition in recognition of our extraordinary achievements over the last year. We will not rest on our laurels but hopefully continue to provide purposeful services to our members, their carers, the community, and those who assist PUK in targeted research.

His Majesty's Lord Lieutenant of Gloucestershire Edward Gillespie presented the awards to the deserving winners.

The full list of winners is as follows:

The Cirencester Community Team Award

Winner: Parkinson's UK

Finalists: SARA (Severn Area Rescue Association)

The CHURN Project

