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## News Headlines

As we have a fully operational and LIVE branch website ([www.cirenstroudpuk.co.uk](http://www.cirenstroudpuk.co.uk)), these newsletters are now seasonal. All of the information written here is also on our website and links are provided throughout this newsletter to guide you to the online pages relating to the articles. Please try it out 'online' get help to go online if required, feedback any comments you may have.

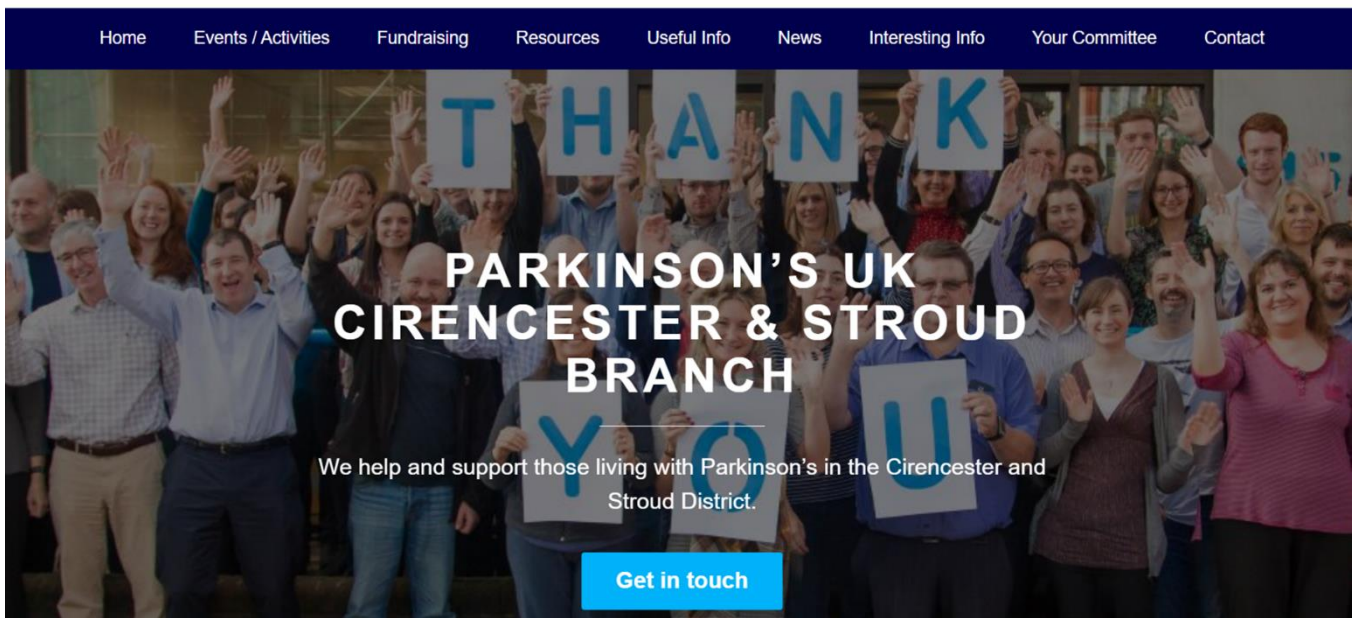
### **WEBSITE**

There's a lot to tell you all about! Let's start with the website - here's an image of the front page:



Parkinson's UK Cirencester & Stroud Branch

☎ 07780 994 765 ask for Karen  
✉ [cirenstroudpuk@yahoo.com](mailto:cirenstroudpuk@yahoo.com)



When you land on the home page this is the first thing you see. At the top is a choice of 9 different areas to explore and if you scroll down to the very bottom of the landing page you can also get the same links there.

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If you click on Events / Activities on the header row all of the events and activities we do or have done will be there including past fundraising events and how we did at each one (with pictures of our members and so on click here to find out more [Events / Activities](#)).

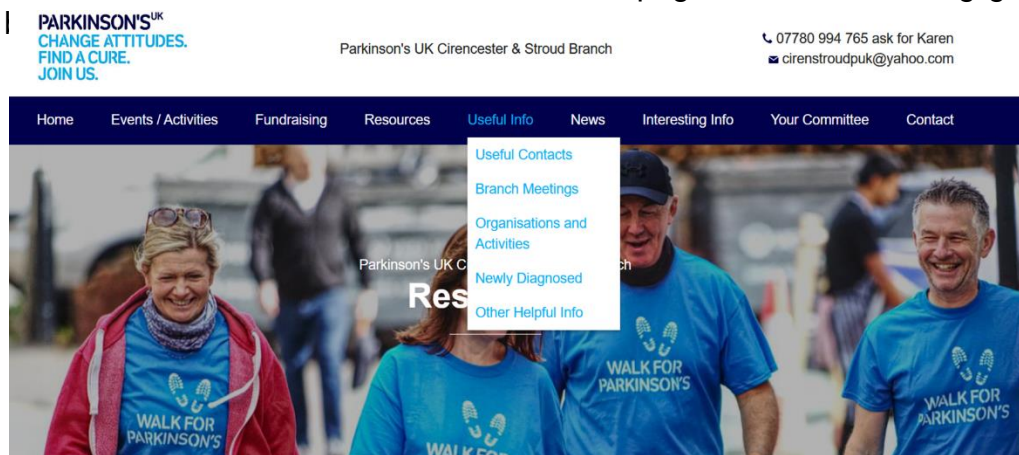
Moving to the right on the header row, the next area is all of the Fundraising work we are planning to do / have done click on [Fundraising](#).

Next, is a page called Resources where you can go find all of the Parkinson's UK publications, brochures, leaflets and so on for all of the information that they maintain. On that page is a list of the titles and everyone is linked to the original document maintained by Parkinson's. This means that you can have the document that you want to information of on your screen to read at your convenience or print off at any time. Click [Resources](#) to see the list

PAMPHLETS
<a href="#">Fatigue and Parkinson's</a>
<a href="#">Diagnosing Parkinson's</a>
<a href="#">Help with council tax</a>
<a href="#">General information about benefits</a>
<a href="#">Talking to your GP, specialist or Parkinson's nurse about Parkinson's</a>
<a href="#">Monitoring your Parkinson's</a>
<a href="#">Types of Parkinsonism</a>
<a href="#">Mild memory and thinking problems in Parkinson's</a>

Click on any document title, it will open up that document on your screen

The next Page along is Useful Information and there you will find subheadings of another five areas of information. Here's the link to that page, each subheading goes to its own page (see



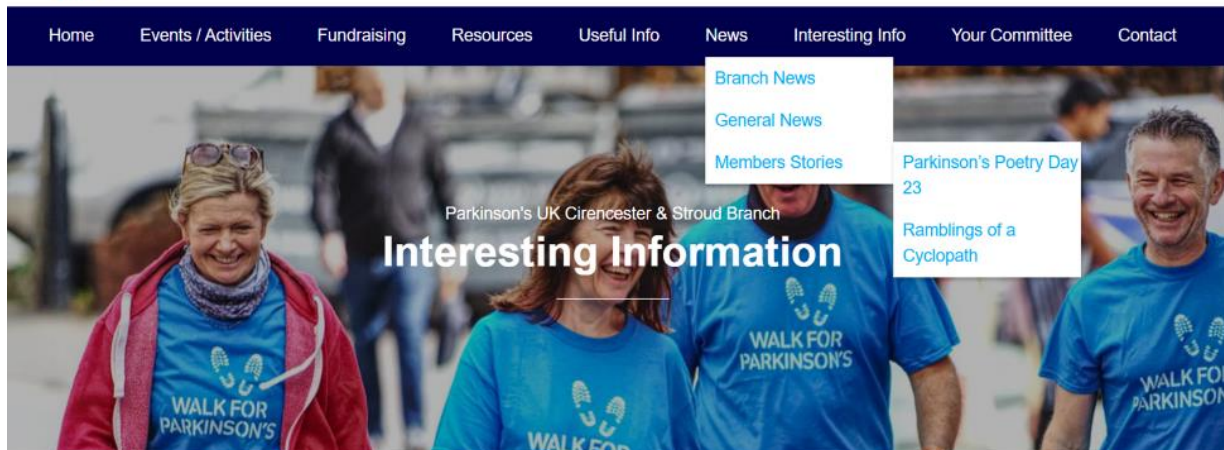
Another page along the header row is for [News](#) (picture next page) - that is Branch News, General News and Members' Stories. Some of things we get up to will appear here for example Parkinson's Poetry Day, the poems written by our members earlier this year are in the members' Stories page, and you can also read the on-going Blog from Alison Anderson called Ramblings of a Cyclopath. Alison is from Cheltenham and a friend of our branch and is cycling to the World Parkinson's Conference 4<sup>th</sup> – 7<sup>th</sup> July (more on this later).

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**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

Parkinson's UK Cirencester & Stroud Branch

☎ 07780 994 765 ask for Karen  
✉ cirenstroudpuk@yahoo.com



Next along the header row is Interesting Information which is yet to be filled in but will be all about the organisations we collaborate with who offer us support for fundraising and many other activities.

There's also a page to explain who your committee members are, what we do and a brief biography of each person plus a page where we list all committee meeting minutes, accounts and these Newsletters. Lastly there is a Contact page for anyone visiting our site wanting to know more or join the branch.

## CHAMBER OF COMMERCE

Back in August of 2022, your committee entered the branch into membership of the Cirencester Chamber of Commerce so that we could collaborate with local community organisations and businesses for the benefit of the branch. This has provided us with several excellent opportunities and helped greatly with advancing our branch funds this year.

For example, we collaborated with **Athena Web Designs** and now have an excellent website. We collaborated with **Corinium Museum** and had a great night out last Xmas, with more to come. Another rewarding collaboration was and still is with **The Barn Theatre** in Cirencester who helped us promote and support the Paul Mayhew-Archer Comedy show 12<sup>th</sup> April (see fundraising section for an update and also [here](#) on the website).

As a result of all of the work done by your committee, we were asked by the Chamber to enter their Business of the Year Awards for 2023. We selected the *Team of The Year* award and submitted an entry. Shortlisting is 14<sup>th</sup> June, awards ceremony is 7<sup>th</sup> July at The Pavillion, Cirencester. Regardless of how we finish, it raises the profile of Parkinson's in the community with the business sector and other charities. We will report on the outcome on the website and by email when we find out.

## RESEARCH DONATION

Surplus funds from our 2022 accounts amounted to £4,000. The Committee and the Focus Group decided that we would donate this amount of money to our newly chosen dedicated research project – ***The Parkinson's Brain Bank*** based at Imperial College London and is the only such unit in the world studying the source of the condition. We have agreed to adopt this as our research project of choice and all surplus funds from 2023's fundraising efforts will be directed to

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)

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this important work. A link to this is [here](#) on our website plus read the next section regarding successful progress on fundraising.

We will be hearing from a professor involved in their research work, he will be coming to talk to us about what they do, progress, and so on some time later in the year. Look out for confirmation.

### **FUTURE OPPORTUNITIES – Cheltenham Branch**

The committee is talking to neighbouring PUK branches about cooperation and development of common resources. The advantages of successful engagement are self-evident. Cheltenham has a new Chairman; we are already collaborating and have many ideas to explore along with the new Chair of the Bristol branch. One thing that Cheltenham has underway is to have a clone of our website. Athena Web Designs who helped build our website are currently working with the Cheltenham branch to have the same website as we have but with their own information. We will cross refer any information to help each other.

## **Fundraising**

The committee instigated planning for FOUR fundraising events for 2023, with the aim of trying to raise approximately £13,000 for Parkinson's and branch funds this year through dedicated fundraising projects as below. Here's an update of the first 3 with the last being in September.

### **PAUL MAYHEW-ARCHER EVENT**

This happened on Wednesday 12<sup>th</sup> April and had been planned and organised by your committee since December 2022 when Paul called us up to ask if he could perform his one-man comedy show in Cirencester. We jumped at the chance and began organising venue, tickets, raffles, promotion, and support to host up to 250 paying guests at the Bingham Hall, Cirencester. See link on our website [here](#) for all the information.

After costs, we raised and paid into our branch account the hefty sum of **£4,768**. Here's a link to the pictures taken on the night – [PMA](#).

As part of the promotion of this event, we arranged for Paul to be interviewed and filmed at The Barn Theatre. A link to that video is also on our website as is a BBC Radio Gloucestershire promotion of the Cirencester event. The video was free of charge and Paul is now using our video to promote ALL of his shows around the UK raising funds for each area's Parkinson's branch. It was an excellent fundraiser, many emails, texts and comments online were received afterwards thanking the branch for putting on such an enjoyable evening.

### **HILL AND VALLEY SINGERS**

This was a concert in Cirencester Baptist Church Saturday 13<sup>th</sup> May raising funds for the Branch. We raised in the region of **£1,000** from this fundraiser. A few pictures of the event are on our website [here](#).

Many thanks go to Mark and Shirley Jee for their tremendous efforts in organising and participating in this well attended event.

### **CLUBBING TOGETHER**

This event was a golf day at Cirencester Golf Club on Friday 19<sup>th</sup> May. From all of the fundraising through the organising committee and by running the halfway house plus holding an auction and a raffle on the day of donated prizes, the amount raised for Parkinson's is in

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the region of **£7,500**. £7,000 will be sent directly to research and £500 added to the branch account. This event has raised over £30,000 during the last 9 years for Parkinson's.

### PPU6

On 23<sup>rd</sup> September we will have another annual concert in aid of the branch from Dave Trinder's organised auction, raffle, and music event. It is expected to raise a similar amount to last year of around £5,000. PPU has generated around £28,000 for Parkinson's in the previous five years.

So far this year (as of 31<sup>st</sup> May) we have already helped to raise **over £13,000** from 3 of the 4 dedicated fundraising projects completed with one more to go - PPU6!

## Events / Activities

This section is an update on some of our recent events and activities, and a summary of the remaining planned events for the rest of the year and a look ahead at what's being planned. If you want to attend any activity, please contact your committee. All activities are listed on our website [here](#). All events that require fees will be subsidised by the branch, contact Karen at [cirenstroudpuk@yahoo.com](mailto:cirenstroudpuk@yahoo.com) to take part in any of our activities and events.

### DARE TO DABBLE

This was a visit by some of our members to try Nature in Art techniques – see our webpage [here](#) for some information and pictures of the day. A good day out in lovely grounds learning new techniques.

### ACTIVITY CLASSES

We are currently working on plans for upcoming events and activities with the following FIVE organisations:

**Cirencester Town Football Club**  
**Get Out Get Active Gloucestershire**  
**Cirencester College**  
**Active Cotswold**  
**Cotswold Health and Fitness Club**

Other organisations such as **Forest Green Rovers** and several in the Stroud area will be added as the momentum grows for organising some of the following events in our community utilising venues dedicated to these activities: -

**Walking football / cricket / netball / rugby**  
**Chair exercise**  
**Cycling**  
**Hydrotherapy pool**

### ACTIVE COTSWOLDS

Have a Physical Activities Questionnaire which has been sent to all members seeking feedback on what each member would be interested in doing, please send back to Karen when complete.

### INCUMBENT BIKE

This is a form of exercise for improving motor skills by following an exercise routine that has the person laying on their back and cycling with hands and feet according to a personalised

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routine. We are working with Cotswold Health and Fitness Club to conduct a clinical trial to assess the benefits from this new technique. More information to follow.

### MEGAN BAKER HOUSE (MBH)

We heard from Sue Mechan of MBH at a member meeting in Cirencester 15<sup>th</sup> May about Conductive Education Sessions. The feedback was very positive, and we have since arranged a session for 6 members initially beginning on 3<sup>rd</sup> July.

### Dr TINA SMITH SESSIONS

2 further sessions are being arranged on 16<sup>th</sup> June & 12<sup>th</sup> July for those currently working with her on the study looking at gait movement.

### MEMBERS ACTIVITIES

Alison Anderson – is currently training to cycle to the World Parkinson's Congress in Barcelona, Spain (4<sup>th</sup> – 7<sup>th</sup> July) from Brighton, which is 1,600Km. However, Alison is cycling from her home in Cheltenham to Brighton before the start of the journey adding a further 150 Km to the whole trip – a round trip of 3,500Km. Alison will be speaking to us all about the trip and the conference when she visits us 18<sup>th</sup> September.

### FUTURE EVENTS

Marjorie's Tea Party is on the 7<sup>th</sup> of Aug  
Willow Trust Boat trip is on the 6<sup>th</sup> of September  
Gloucester Conference 14<sup>th</sup> September

We are looking to set up a **NEW** monthly Coffee & Cake Afternoon meeting at **Tetbury Goods Shed** – date yet to be confirmed but will be on our website (Thursday Afternoons).



If anybody is interested in a theatre trip to any of The Barn Theatre productions, please contact Karen at [cirenstroudpuk@yahoo.com](mailto:cirenstroudpuk@yahoo.com). [Here](#) is a link to The Barn Theatre productions this year.

## Membership

We have 145 members listed including 27 members who are not contactable by email and prefer postal information – this Newsletter for example.

We are looking to utilise our new 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 will be given to all Parkinson's Nurses and consultant surgeries as well as medical practices for distribution to newly diagnosed patients.

Living Well Newsletter is now on our website at this page [here](#).

Useful Information is now on our website at this page [here](#).