

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

## April Edition.

Hello Everyone!

With flowers coming out everywhere and the vaccination programme rolling out so well, there is the beginnings of a glimmer at the end of this long road. We on the committee are considering ways in which we can begin to carefully re-open things, but we need to keep within the rules and be very sensitive to the needs of all our members, especially for those who maybe more vulnerable to Covid than others. We do have proposed dates for re-opening and we will publicise these as soon as we have confirmation from the Government about the relaxation dates. Due to the nature of these announcements things may be at fairly short notice, so please keep an eye on e-mails and Facebook, and bear with us for the restricted way that we can do things and if things change at the last minute.



**HOLIDAY.** Each year we organise a short holiday, for many years now, to Sinah Warren - a Warners holiday resort on Hayling Island. Last year's was cancelled due to Covid, but current plans means that this year we may be able to go ahead. The holiday is for four nights from Monday July 26<sup>th</sup>,

with transport to and from on a coach. It is a fully accessible venue in a lovely part of the world with other facilities on offer (Covid permitting). We have spaces available and must make up our group to a certain number to make it feasible and to limit the number of deposits lost. Half board costs £309p.p. and there is the cost of the coach to add on, which is yet to be determined. Subsidies of £150 are available for people with Parkinson's, their carers and former carers. With lots of people holidaying in this country this year, we obviously need to move quickly to confirm our group booking. If you are interested in having an accessible holiday with people round you who understand your needs, please contact Margaret on 01788 832225 by April 16<sup>th</sup> at the latest to book or discuss details.

<https://www.warnerleisurehotels.co.uk/hotels>

**Nordic Walking.** Emma is starting classes again from April 9<sup>th</sup> at 1.15-2pm in Whitehall Recreation Park. Nordic walking is excellent therapy for Parkinson's, and Emma leads a session that is specifically designed for us, includes Smovey Rings that have been shown to be beneficial to people with Parkinsons, and now Emma is also including Parkinsons specific yoga to the sessions. We do subsidise these sessions, but the cost to you has increased to £6 a session. Emma has a few poles and rings which she can lend to people.

Emma is also running a new relaxing session on Zoom which you can all sign up to on Tuesdays at 12pm. There is also a zoom well- being session on Fridays at 10.00am, and a NON stop Smovey session which is more demanding on Wednesdays at 10am. Bring your Smoveys and poles to both of these sessions These Zoom sessions are very similar to the park ones. . To book click onto the link below

<https://walx.co.uk/groups/walx-leamington-and-warwick/>



### **QUIZ NIGHT. APRIL 22nd**

Do you enjoy a good quiz? Anya Court run quiz nights on Zoom and have very kindly offered to run one to raise funds for our branch. The date to save is **Thursday 22 April at 6pm** with a suggested £5 per team donation. They will 'Match

Fund' what is raised on the night.

Please email [karen.handley@hallmarkcarehomes.co.uk](mailto:karen.handley@hallmarkcarehomes.co.uk)

or call on 01788 811976 and get the Zoom link details and Good Luck!!!

**Fundraising from Peter.** With lockdown restrictions, last year has been miserable. However, during the summer I met with Steven Bruce our Valuer, who took away some items for auction. Due to lockdown the auction was postponed until January. I had a large collection of pre euro and other foreign notes, which were estimated to fetch between £25 and £50. I am pleased to report they sold for £140! With the other items, we raised £181. We received this sum in full as the auctioneers' selling commission of £15.26 was kindly donated back to us . A number of people have contacted me to say they have a collection of coins and other items. and as restrictions ease I will collect these shortly. Direct approaches to the general public are some way off but can we make an appeal to all our readers to rummage through their houses ,and encourage family and friends

to do the same, to see if they have any foreign and UK coins, and notes or other items they can donate ( see our website for details). Contact Peter Thompson on 01788 562746



**SEATED EXERCISE CLASS** Fingers crossed, these will be re-starting mid May at Hamilton House, 12 Bilton Road, Rugby, Warwickshire, CV22 7Ab on a Tuesday, with 11 a.m. the proposed start. This is a new venue due to Claremont House not being available for the

foreseeable future ,due to changes at Age UK. If we have a lot of people wanting to join, then a second class that could start at 12 noon will be provided. We need to know numbers, as there will be a limited capacity for the class, and anyone needing assistance to sit or stand will need to bring a carer with them from their support bubble. Covid spacing restrictions will of course apply as will cleaning and sanitising. The class will be a seated exercise class as before, and please come along if you have not been before. We may adapt the class depending on the needs of the people who come, and the aim is to provide an additional class to cater for wider ability levels. Exercise is a vital part of combatting the progression of the disease - and is also great fun.

Please contact Margaret by phone or e-mail if you would like to attend.

Zoom classes will continue depending on demand and it would be helpful to us to know what people would like, so that we can allow Mandy to book in other classes to her workload.

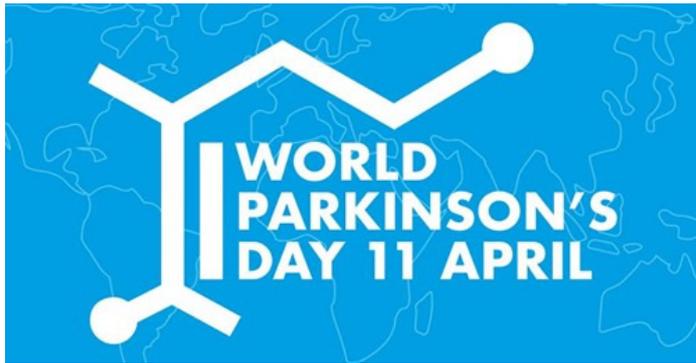
### **GROUP MEETINGS.**

Full branch meetings are not possible yet, but from the end of March we can meet up in groups of six outside. We are exploring the idea of small group meet ups for a chat either in a back garden or other outside location. The idea would be that you bring your own refreshments and stick to the social distancing and rule of 6. If you would like to come to a small meeting, or be willing to host one in your garden or an outside area near you, can you please get in touch with Margaret as soon as possible, and we can begin to explore if this will work.

### **Friday Coffee and Chat**



Our popular zoom chat sessions on Friday at 3pm are going to continue even after all the restrictions have gone, as we have been given a grant to fund the Zoom Pro service and we think it is a great way of keeping in touch, especially for those who cannot get out and about so much.



## **WORLD PARKINSONS DAY APRIL 11**

Unfortunately due to the restrictions we cannot do anything this year, but PUK is holding an online event at 11am to 12pm, Sunday 11 April 2021. Just go to

<https://www.parkinsons.org.uk/get-involved/world-parkinsons-day-2021>

click play, and tune in to the livestream. Or you can watch the same event on [YouTube](#), where you'll also be able to see events happening in other countries. It will discuss the latest research advances, tell stories of how others have accessed help through their health professionals and how other people with Parkinson's are coping.



<https://www.worldpdcoalition.org/page/WPCVirtual>

This week - long conference has gone online!!! You can register for this from April 1<sup>st</sup> and have access to talks and discussions all round the world by top people in all areas of Parkinson's. It is an incredible opportunity to find out a lot more about living with Parkinson's and what is happening in the world of research and treatment options.

Topics presented during this five-day virtual program will include updates on: Basic Science, Clinical Science, Treatment Options, Comprehensive Care, and Living with Parkinson's. The program will also include two 4-part wellness series as part of the week, looking at PT wellness and Speech/Voice wellness. Talks will be forward thinking and delivered by both well recognized and up and coming leaders in the Parkinson's space.

**100 Club Winner- Ron Wyatt, number 14**

**CONTACTING MARGARET** [chair@parkinsons-rugby.org.uk](mailto:chair@parkinsons-rugby.org.uk)  
01788 832225 or [secretary@parkinsons-rugby.org.uk](mailto:secretary@parkinsons-rugby.org.uk) for newsletter items.

