

## RUGBY

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

### FEBRUARY 2023 NEWSLETTER



We are pleased to announce that Mark Pawsey, our local MP, will continue as our president for this year, and although he is unable to attend this year's AGM, he does work hard to represent PUK in Parliament. Our town mayor Cllr Carolyn Watson-Meret will be with us this year. We hope as many people as possible attend this year's AGM-this is your branch! If you need help with transport, remember that you can get a taxi and ask Margaret for costs to be reimbursed by the branch. Bring your diaries for outings and purses for Angela's lovely cards!

#### EVENTS CALENDAR and exercise classes

Just to change the diary I gave you last month-Mandy has changed the timing slightly of the Monday exercise class to 1.30-2.30pm to help her with family commitments. Remember-exercise is the best way **you** can help your Parkinson's symptoms.

Week Day	Event	Time	Cost	Venue
Monday	Exercise class with Mandy	1.30-2.30pm	£0	Methodist church hall, Russellheim Way, Rugby
Monday-2 Monday of the month	Carer's meeting	1.45-2.45pm	£0	Next to exercise class as above
Tuesday	Seated exercise class with Kerstin	11.30-12.30	£0	Hoskyn Centre Hamilton House, Bilton Road, Rugby
Thursday-first Thursday of the month	Cinema Club	2pm until end of film	£0	Anya Court, Dunchurch Road (opposite big Sainsburys)
Thursday-last Thursday of the month	Branch meeting	2-4pm	£0- donations for tea/coffee	United Reformed Church hall, Hillmorton Road
Friday	Nordic Walking-further information on <a href="http://walx.co.uk/group/walk-leamington-warwick">walx.co.uk/group/walk-leamington-warwick</a> or talk to Pat Chittenden.	1-2 pm	£4.60-£6 depending on payment method. Poles available to borrow.	Whitehall rec ground, Hillmorton Road-meet at sport's centre end.

Parkinson's UK 215 Vauxhall Bridge Road, London SW1V 1EJ

T 020 7931 8080 F 020 7233 9908 E [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk) W [parkinsons.org.uk](http://parkinsons.org.uk)

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554)



## **OUTINGS NEWS**

At the AGM there will be an opportunity for you to express interest in hopefully three outings this year, which we think will be of interest to everyone. The branch will pay for the transport, but entry costs and refreshments are to be paid for by people going. Obviously, we may be able to get group rates if enough people go. Please bring your diaries

and have a good think, as it would help to know how big a coach we need for the events, as these get booked up quickly, and we do not want to miss out. Many thanks to Janet, who is working hard to arrange things. The first trip will be to Trentham Gardens in April-the 19/20 or 21 depending on interest. The cost for entry to the gardens is at present £10 for PWP and carer, or £10 p.p. over 60 in a group, or free if already a member (but entry fee may go up by April).

We also would like people to choose between a trip to Nottingham Trent for a three hour river trip, or a trip to Compton Verney, in June/July during school term.

The third outing will be to Shuttleworth Air Museum in early September, which is a fabulous air/car museum with an airfield and beautiful gardens.

Please see Janet at branch meetings or contact Margaret Saxon (Chair) or Maggie at [secretary@parkinsons-rugby.org.uk](mailto:secretary@parkinsons-rugby.org.uk)

## **Erin Brockovich**



### **CINEMA CLUB.**

Our Cinema Club will be on March 2nd at 2pm at Anya Court (opposite Sainsburys) complete with refreshments and a chance to have a quick chat. This month is Erin Brockovich starring Julia Roberts. This is a true and inspirational story about a legal assistant, who discovers a major company's secret that destroys the health of the local residents, and takes on the company. The film is 98% true and you will feel truly glad that there are people in this world, who have the courage that Erin has.

### **RUGBY LOTTO and 100 CLUB**

This month is the time to sign up for our 100 Club if you have not done so already. At just £1 a month, you get the chance of winning £25 a month, and extra in the Superdraw at Xmas. The branch gets half of the money to help pay for activities. Every little helps us, and it is just a bit of fun as well. Please see Janet or ask any committee member. Tim Rose was last month's lucky winner.

Likewise the Rugby Lotto at £1 a ticket is a fun way to support us, and other causes in Rugby, as half your ticket price goes to us, some to Rugby causes, and the rest to the prize pot.



### **A NEW PARKINSON'S TREATMENT IN THE NEWS**

Some of you will have read about Rory Cellan Jones, a journalist with Parkinsons, who has written about his wearable device called CUE 1, which helps with his symptoms. This device made by Charconeurotech is not available on the NHS and retails at £295, and at the moment, as it is in the early stages of production, is only available by joining a waiting list. However, it does, and similar

projects are also being developed, offer some hope of a non invasive help for symptoms. So what is it?

A vibrating patch the size and shape of a small yo-yo is attached to your breast bone with adhesive, you start it working by pushing the button, and can control it via an app. It emits a

high-frequency 'buzz' when pressed. The pulsing vibrations, known as vibrotactile stimulation, trigger sensory nerve impulses that travel to the brain, stimulating areas that control muscle movement. The use of vibration to help with symptoms is well researched and this device is exciting. It is being developed by Imperial College, and now other universities have joined in, with significant funding being put in place. It will not work for everyone, but there is a money back guarantee in place and it is being developed all the time. We will keep an eye on developments and report any news!



### ***HANDMADE CARDS – FUNDRAISING by Angela Cave***

Thank you to all those who bought my handmade cards over 2022. £42 was collected from our group, which together with £98 collected from individuals who go to Wolston WI, makes a total of £140 raised for the Rugby Parkinson's group.

If you have not looked at the cards recently please do. I try to make them different prices and different styles, so if you do not find what you want one month, you might find it another month. Some people plan ahead, and buy well in advance!

Thanks to those who support this fundraising - all the money given goes to Rugby Parkinson's. No money is taken for materials.

### ***CARER'S MEETING***

Our next carers meeting will be on March 13<sup>th</sup> and will be a chat and support session for anyone whose loved one has Parkinsons. This is just an opportunity to chat to others who understand some of the day to day concerns and feelings you may have, to enjoy some support and get some advice about local support services, and information. If you have any topics that you would like support on, please get in touch so that we can arrange a speaker on the subject if we do not know answers!.

### ***BRANCH MEETINGS***

The branch meeting this month is of course the AGM, but next month we are having a talk about research on the brain, which sounds really interesting. Chris again has been working hard on your behalf and has nearly got a full year of speakers lined up for you from Morris dancing to recycling! Thanks to Angela for her help with suggestions for speakers.

### ***SHINGLES***

If you are between 70 and 79, did you know that you can get a jab to protect you against Shingles? This is a safe and effective vaccine, with usually just one dose needed. As you know shingles is a nasty illness caused by the same virus as chickenpox, which you probably had when you were younger. The virus stays in your body and comes back as a painful rash, usually on one side of the body when you are older. It is also possible to get it more than once, a much reduced infection if you have had the jab, and if you think you may have shingles, it is important to get to your GP within three days of the rash outbreak, so that you can get anti viral medication. It is difficult at the moment to get GP appointments we know, and many of us are reluctant to bother the doctor, but please do so with this. As a point of interest too for us as a branch, there is some research that for some reason, the vaccine seems to slow Parkinsons disease!

### ***MEMBERSHIP OF PARKINSONS UK and resources***

If you have changed your e-mail, telephone number or address in the last year, you can let

Parkinson's UK 215 Vauxhall Bridge Road, London SW1V 1EJ

**T** 020 7931 8080 **F** 020 7233 9908 **E** [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk) **W** [parkinsons.org.uk](http://parkinsons.org.uk)

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (948776). Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ. A charity registered in England and Wales (258197) and in Scotland (SC037554)

me know at the AGM, so that I can keep our contact lists up to date.  
Do you have a medication card and 'I have Parkinson's card' / carer card for your wallet/handbag? These are good to keep with you at all times in case of emergency , uncomfortable thought as it is. These are available at branch meetings.

### **CONTACT RUGBY PARKINSONS**

***Please get in contact with us about general questions we maybe able to find out about, or pass on things that maybe of interest to the branch members. Please tell us if you are poorly-we like to try and help where we can! For any queries about events or activities please contact us via***

Margaret [chair@parkinsons-rugby.org.uk](mailto:chair@parkinsons-rugby.org.uk) or phone **01788 832225**

**Or Maggie** [secretary@parkinsons-rugbyorg.uk](mailto:secretary@parkinsons-rugbyorg.uk)

## **ANNUAL GENERAL MEETING OF RUGBY PARKINSONS UK.**

***We are inviting all our members and friends to our Annual General Meeting on Thursday February 23<sup>rd</sup> at 2pm in Rugby United Reformed Church Hall (Hillmorton Road).***

Please remember that only members can vote on any formal decisions. Tea and coffee will be provided as usual with a chance to chat afterwards. If you are unable to attend and wish to send apologies, please contact myself or any other committee member. Members, who may find it difficult to attend through transport issues, can get taxi fees reimbursed on request to Margaret. If anyone wishes to stand for selection onto the committee, please contact Margaret as soon as possible.

### **AGENDA.**

1. Welcome and opening remarks.
2. Apologies.
3. Minutes of 2022 AGM .
4. Matters Arising.
5. Chair report
6. Treasurer report and 2023 budget.
7. Election of Officers and committee members – to be chaired by a representative of Parkinsons UK..
8. The year ahead and fund raising.
9. Any other business.

### **Committee members standing**

Chair-Margaret Saxon

Treasurer- Margaret Saxon with Chris Armitage as assistant.

Secretary- Maggie Armitage

Fund Raising- Peter Thompson

Pastoral Care- Margaret Dernie

100 Club and Outings-Janet Martin

Branch Meetings- Chris Bowers

Carer's Meetings-Rae Ogden

Committee members (Supporting other roles)-Pat Chittenden (contact for Nordic walking), Susan Scott Herridge, and Bill Sewell