The Parkinson’s Awareness Week this year commenced with a wonderful treat. On Saturday 6th April, two choirs: Fairford’s Splash of Red Ladies’ Choir, director Claire Lee, and Swindon Male Voice Choir, director Max Brockman-More, performed at the Bath Road Methodist Church in aid of Swindon and District Branch of Parkinson’s UK.

The Ladies’ Choir, each member wearing distinctive red roses that contrasted with their black dresses, was the first to sing. The piano music, played by John Driver, started gently introducing the first song: ‘As Long as I Have Music’. Claire then welcomed the audience before the choir sang three more songs: ‘Shine’, ‘Bridge Over Troubled Water’ and finishing with the rousing chorus from ‘This is Me’.

It was now the Male Voice Choir’s turn to take stage. Max first thanked the Ladies’ Choir and complimented them on their ‘rocking tempo’ before leading the men’s choir traditionally with ‘Guide Me, Oh Thou Great Jehovah’ to the tune, of course, ‘Cwm Rhondda’, accompanied by pianist Kate Lock. This was followed by the 23rd Psalm, a lovely arrangement by Daniel Gawthrop, and two more songs: ‘Stars I Shall Find’ and finally the Spiritual ‘Wade in the Water’.

Splash of Red Choir then concluded the first half of the concert by singing, with actions where appropriate: ‘True Love Ways’, ‘Bohemian Rhapsody’ and ‘Stand by Me’ with ‘Lean on Me’. This last song starred two soloists.

The SMVC commenced the second half of the concert with the gentle and emotional song: ‘Fields of Gold’. By contrast, the next song, ‘It Don’t Mean a Thing if it Ain’t Got no Swing’ was rhythmic and Max, as conductor, attempted to include some movement/actions/choreography. Finally ‘The Impossible Dream’ was a gentle song of hope.

Splash of Red choir followed with ‘Viva La Vida’ - a song of protest and encouragement - ‘Something Inside So Strong’ and finally a medley from ‘Sister Act’, which was accompanied with movement and actions.
Max complimented the Ladies’ Choir on their ‘choreography’. He then attempted to introduce movement and actions to the men’s choir, much to the amusement of the audience and choirs, but decided that they encountered too much of a problem with simultaneous ‘choreography’ and singing. The choir then sang – without actions – ‘What a Wonderful World’, ‘Putting on the Ritz’ and finally ‘Biu Doi’ from ‘Miss Saigon’.

Dave Logan then thanked the choirs and accompanists for the concert, and the audience for attending. The money raised from the concert would be put towards exercise classes for people affected by Parkinson’s in the Swindon and District area.

The concluding song of hope in the face of adversities, ‘The Rose’, was sung by the two choirs. 

Ruth Panting. Committee Member.

Monies raised during the Parkinson’s Awareness Week (PAW)

The following events during PAW raised a considerable amount of money for the Swindon and District Branch of PUK.

Thank you to all who supported them.

Choir Concert
Lidl Bucket Collection
Asda Bucket Collection
A special thank you to Tara Aqeel for organising the Cake Sale at Barclays Bank

Walking Football Trophy Match. 15th April

SPARKS win 2nd Annual Walking Football Match.

Rachel Gardner brought her SPARKS team of nurses and physios to ‘Play Football’ looking to avenge the 6 – 0 drubbing they received last year. The team of ladies and one man joined the regular Monday footballers in a number of warm up sessions before the main event. It was clear from the start that they meant business.

The match kicked off and very quickly SPARKS were leading 5 – 0. After overcoming the shock of conceding so many goals, the patients rallied and at halftime the score was 6 – 3.

During half-time, the patients reorganised and midway through the 2nd half, the score was 6 – 6. The patients tried very hard to score a winner without success. This was not to be and eventually SPARKS scored two late goals and were worthy winners.

Final score Patients 6, SPARKS 8.
Many congratulations to Rachel and her team.

Ian Davey. Committee Member
Visit to the Mayor’s Parlour. 16\textsuperscript{th} April

16\textsuperscript{th} May was a big day for committee members and spouses of the Swindon and District Parkinson’s group. Swindon’s Mayor, The Worshipful, the Mayor of Swindon, Councillor Junab Ali, had extended an invitation to us to attend the Mayor’s Parlour for coffee/tea and cakes. About thirty of us met at the Civic Offices in Euclid Street at 3.00pm, anticipating an interesting afternoon. We were not disappointed.

First, we were shepherded into the council chambers where Councillor Ali gave us an interesting talk on the role of the Mayor, his term of office and the significance of the regalia: the Mayor’s Chain of Office and the Mace. The Mace is particularly important as it signifies the power and dignity of the mayor as the Queen’s representative. Several people had a taste of being the mayor when they tried on the chain and lifted the mace.

Swindon’s Coat Of Arms was also explained: the picture of the locomotive King George V represents the importance of the railway industry, the Swan represents the River Thames, the two winged horses are symbols of wisdom ingenuity and industry and the motto: ‘Salubritas et Industria’ means ‘Health and Industry’.

Following this, we entered the room where pictures of all the mayors are displayed on the walls, and then to another room where refreshments were served.

Finally we entered the Mayor’s Parlour where we sat round a large polished table. Here Phil Webb had his special moment when he donned the Mayor’s ceremonial hat, cloak and chain. Around the room in glass display cabinets were the many mementoes and artefacts related to the council and the office of the Mayor collected over the years. A picture of the Queen presented in 1971 when she visited Swindon caught my eye.

Thank you to The Worshipful, the Mayor of Swindon, Councillor Junab Ali for an interesting and memorable afternoon. 

Ruth Panting

Skittles Evening. 20\textsuperscript{th} April

More than 50 members enjoyed a pleasant evening playing skittles in the Stratton Suite at Grange Leisure Centre. There were 2 rounds of skittles in the main competition The winner with the highest aggregate score over the 2 rounds was John Hern. Between the 2 rounds we all enjoyed an excellent buffet. The raffle was also drawn and a number of prizes won. At the end of the evening everyone...
played in a game of ‘killer’ and, after a number of rounds, Deana Gentleman emerged as the winner. John and Deana each received a bottle of wine as their prize.

Thanks to all who contributed to a very pleasant evening
Ian Davey, Committee Member. Photos by John Mead, Committee Member

Who would be crazy enough to organise a Barn Dance and move house at the same time? Who? Well Sharon Fulcher was crazy enough to do just that, aided by her chief gofer Les, and family and friends.

Saturday 11 May, The Ridgeway School, Wroughton, saw over 130 people have a great time enjoying the fabulous Cowshed Collective Ceilidh. Together, with their energetic caller, the dancers filled the floor all evening for the second year running. A big thank you to this very supportive band, who not only made the night the success it was but also gave their time free in support of this charity event.

With the venue being a school there was obviously not a bar. However, Sharon had that covered as well and, with a bar licence for the one evening, a DIY bar was set up with a good range offering a wide range of beverages. The bar was kept busy all evening and staffed by Dave Logan, the Branch Chair.

Well, how successful was the event? This can be measured in two ways: first, there is enjoyment and this most certainly was a huge success. Secondly, how much money was raised? Again, another Sharon success. The money raised in support of those affected by Parkinson’s in the Swindon area came to £1,548.07. To this, was added another £135 from rug sales by Sharon and £40 from Les Fulcher’s birthday giving a total of £1,723.07. This was handed over by Sharon at the following Monday’s Walking Football session.

Once again, a big thank you to Sharon and her press-ganged crew for all the work and effort in organising the Barn Dance and raising such a large sum of money for our Branch funds.
Dave Logan Duty barman. Photos: Sharon Fulcher.
Volunteer Helper Needed

Request for Volunteer Helper for the Seated Exercise Class

Tuesdays 2-3pm, The Grange centre, Stratton St Margaret

Task description
To be aware of participant welfare, sensitively responding to the needs of participants. To join in with exercises, keeping an eye out for participants needing assistance, particularly during resistance band work.
Assisting participants in safe and correct use of bands.
To assist with handing out and collecting in resistance bands and other exercise materials.
To relax into the general sense of fun and well-being in the class, a sense of the absurd much appreciated.

Jean Harvest  mobile: 07811783802  email: jean.harvest@outlook.com

NOTE: Anyone interested will need to follow the PUK application process which is to complete a volunteer application form and to be inducted.

https://www.parkinsons.org.uk/get-involved/apply-volunteering-role

Don’t forget these future events:

Walk for Parkinson’s.

Walk for Parkinson’s – Dorset  16th June
Join us for our very first ‘Walk for Parkinson’s’ along the beautiful Bournemouth sea-front

Event location  Bournemouth Pier
Event start date and time  16 June 2019 - 10:00 AM
Signup fee  £12 for adults and £5 for under 16s
Sponsorship  £50 suggested
Route  2 miles, 3.5 miles, or 6 miles

https://www.parkinsons.org.uk/events/walk-parkinsons-dorset

Walk for Parkinson’s - Wilton House 2019  14th July
Join us for our ‘Walk for Parkinson’s’ around the beautiful grounds of Wilton House.

Event location  Wilton House Wiltshire
Event start date and time  14th July  10.30 am
Signup fee  £12 for adults and £5 for under 16s
Sponsorship  £50 suggested
Route  2 miles, 3 miles, or 6 miles

https://www.parkinsons.org.uk/events/walk-parkinsons-wilton-house

Ruth Brady.  Regional Fundraiser South Parkinson’s UK
0344 225 9845.  Mobile: 07807 921530.  Email: rbrady@parkinsons.org.uk
This event was a suggestion by Phyllis Jones, wife of the late Peter Jones of our Branch. The Band has requested a presence from both charities at the concert on the night. There will be no tickets. People just turn up and the money collected will be split equally between our Branch and the Prospect Hospice.

The band members are really on a high following their recent success in the National Brass Band Championships of Great Britton and are delighted to be able to present this concert in memory of two of our dear late members Peter Jones and Mike Pier and at the same time supporting the two Swindon charities that were so important to them during their illness.

The theme for the concert is ‘A Night at the Movies’, so much of the program will be popular music from the big screen across the decades, from ‘The Student Prince’ to ‘The Greatest Showman’.

Noel Hunt, Band Chairman, wrote:
In March this year, the Wroughton Silver Band returned to the contesting stage by participating in the West of England Regional Finals of the National Brass Band Championships of Great Britain, having only done so once in the last 40 years, back in 2003. Whilst we all worked incredibly hard in the preparations, it was more for the experience so we didn’t really have any idea how we were going to fare. You will understand our surprise, well shock really, when the adjudicators placed us second in our section, which meant we were invited to participate in the National finals in Cheltenham this coming September. The surprises didn’t stop coming, as after all the gradings were calculated, it turns out we have been promoted to the 3rd section!

Penalty Shoot Out

On Saturday June 20th Fraser Digby, former goalkeeper for Swindon Town Football Club, will once again face the onslaught of would be penalty-goal shooters. The event will take place at ‘Play Football’, 29 Bramble Roads, Kembrey Park, Swindon, SN2 8HB from 10.00am to 2.00pm.
For £1 for four penalty shots, you are all invited to try and score a penalty against Fraser.
Please see below for details of events organised by Kerry Hartman and friends

**Afternoon Tea – Saturday 22nd June 2019 2- 5pm,**
10 Sandy Lane, Shrivenham. SN6 8DZ

Due to popular demand, and following last year’s successful Parkies Pals event, we are inviting you to join us again for **Afternoon Tea**.

Come along and enjoy cream tea, coffee, cakes, or a glass of bubbly in good company. Let’s hope the weather is as good to us this year.

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**Choir Evening – Sunday 7th July 6 – 8.30pm**

Watchfield Village Hall
Chapel Hill SN6 8TA
£7.50 per ticket

Shrivenham Ladies Choir and the ‘After Eight’ Male Voice Choir are supporting Parkies Pals in July by performing a variety of songs and musical styles including popular songs, show tunes, folk and classics.

Come along and enjoy a fabulous evening of **Musical Entertainment**.

Tickets are £7.50 each and includes your first glass of wine or soft drink and nibbles. Available on the door or from Gluck Gifts & Homeware, Whitehorse Hair Studio and Pierce James Hairdressing.

For any further information contact me on 07875416236
0r email: ParkiesPals@outlook.com

Thank you for your support
Kerry Hartman, Shrivenham

All monies raised will be shared with the Swindon Branch and National Parkinson’s UK
Monthly Coffee Morning on the first Tuesday Mornings of the month. We meet from 10.00am in MP Justin Tomlinson’s office at the Orbital Shopping Centre. The office is upstairs in the large glassed area of the oval building at the rear of the Centre. The venue is near the bus stops and there is disabled parking in the rear car park next to the building. Access to the building is through the door furthest away from Connell’s Estate Agents. You need to press the button on the left of the door for access and there is a disabled lift to take you up to the office. **See you there!**

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**100+ Club Monthly Draw**

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<th>April 2019</th>
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<tr>
<td>Number 175 - 1st Place - Jan Isherwood</td>
<td>Number 117 - 2nd Place - Colin Freegard</td>
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<th>May 2019</th>
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<td>Number 95 1st place - D&amp;D Humphries</td>
<td>Number 66 – 2nd place - Graham Vizor</td>
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We are unable to contact February’s lucky 100+ Club Draw winner S. Frances. If anyone knows how to contact the winner please advise Dave Logan, 07887354641.

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**Help our fundraising efforts by joining the ‘100Plus 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 [www.SwindonParkinsons.org.uk](http://www.SwindonParkinsons.org.uk)

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**Fund Raising On-Line**

[https://www.easyfundraising.org.uk](https://www.easyfundraising.org.uk)

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 you 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.
Parkinson's implant 'boosts the ability to walk' as cutting edge treatment restores movement to patients who were previously left housebound

This was the headline the Daily Mail on 23rd April this year for an article by Courtney Bartlett.

Canadian researchers claim they have developed a method involving electrical stimulation to the spine that enables Parkinson’s sufferers to walk freely and normally, gaining some measure of independence, when previously they experienced moments of ‘freezing’ and were in danger of falling.

Professor Mandar Jog of Western University, London, Ontario, spoke to the BBC explaining that many of their patients had had Parkinson’s for up to 15 years and had not walked confidently for several years. Gail Jardine, (https://www.bbc.co.uk/news/health-47803496) who had not walked confidently for two years, on whom the device was tested, said: ‘I can walk a lot better. I haven’t fallen since I started the treatment. It’s given me more confidence and I’m looking forward to taking walks with Stan (husband) and even going on my own.’

Professor Jog explained that the implant which he and his team have developed boosts the signals from brain to legs and in reverse, legs to the brain. This is a new concept in how Parkinson’s affects movement, when previously it was thought that it was only the signals from the brain to the limbs which were degraded. It has also been found that the benefit continues after the device has been turned off.

Dr Beckie Port, of charity Parkinson’s UK, said: ‘Should future studies show the same promise, it has the potential to dramatically improve quality of life, giving people with Parkinson’s the freedom to enjoy everyday activities.’

https://www.bbc.co.uk/news/health-47803496

New Parkinson's implant treatment 'boosts ability to walk'

If you are interested in Research you can join the Research Support Network as an individual and have all the latest research news delivered to your inbox.
Email rsn@parkinsons.org.uk for this to happen.
www.parkinsons.org.uk/research
The Prospect's Carers Open Programme: ‘Who Cares for the Carers?’
This service is now offered to those affected by Parkinson’s amongst others across Wiltshire.
Swindon’s County Ground Athletics Track
The County Ground
County Road Swindon SN1 2ED

An opportunity for people with Parkinson’s to cycle safely, including those in wheelchairs. This would be useful for people who don't feel safe on the roads anymore but would like/need the exercise.

A group called ‘Cycling 4 Health’ encourages people to cycle on the County Ground Athletics Tracks.

Times available: Monday 10-11, Thurs 1-2, Friday (drop in) 10-12.

Bikes are provided for people to use including a way that folk in wheelchairs can use the bikes.

Parking is available at the County Ground.
This is run by Swindon Borough Council’s Sports Development and Health Improvement team which form part of Disability Sport in Swindon group.

https://www.cyclinguk.org/cycle-centre/swindon-sports-development-partnerships

Contact details: Phone Carol Jones on 01793 464902

Team Parkinson’s

Join the movement that’s uniting to end Parkinson's. Forever.

Parkinson’s UK has updated its membership offer.

You can find out more on the page link below but essentially it reads as follows – ‘It’s quick and easy to join and we’ll give you plenty of handy tools to help you show your support, take action and make a difference.

We don’t want cost to stop anyone from being able to join, so just chip in whatever you can – even if that's nothing right now.’

https://www.parkinsons.org.uk/about-us/join-team-parkinsons

Remember there is strength in numbers so try and encourage everyone to join – it doesn’t need to cost anything.

ANY QUESTIONS?

Our friendly Supporter Services team is on hand to answer any questions about Team Parkinson’s and how to join.

Please call 0800 138 6593 or email team@parkinsons.org.uk
Thank you to all those who have contributed to this newsletter.
The deadline for articles for the next newsletter is July 15th.