

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

Swindon Parkinson's Activity Group



Proudly supporting those affected by Parkinson's in the Swindon Area since 1978

The Swindon Parkin Lot

Newsletter March/April 2022

Editor: Ruth Panting. Email: ruthpanting@yahoo.co.uk

Looking Forwards

Changes to Swindon and District Branch PUK

Although we have changed from being Swindon and District Branch PUK to Swindon Parkinson's Activity Group, we are still very much part of Parkinson's UK. The change means that we will no longer hold an Annual General Meeting where one of the main functions of the AGM is to elect the committee for the following year. As no-one came forward to volunteer to become a member of the committee, neither has anyone volunteered to become Chairperson, no election is required.

However, we will continue to prepare the accounts at the year end, and the budget for the coming year. These are now ready and are included in this Newsletter. Advice on how to pay membership fees is also included.

We will organise some events, but we are hoping that some of you will volunteer to organise and run other events. We urgently want someone to organise and run Walking Football for example.

Parkinson's UK - Swindon & District Activity Group. Contact: E: anewman.parkinsons@outlook.com. It is a local Group of Parkinson's UK (PUK), and responsible for raising all funds to support those affected by Parkinson's in the Swindon and District area. The Group carries the same charity number as PUK which is the operating name of the Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (258197) and in Scotland (SC037554)

Don't forget these future events:

Meal at the College, North Star, Thursday March 24th - 12.00 noon. All places are now taken. If you have booked a place, I have asked you to tell me your choice of menu. Reply to me, Anna Newman (01793 695698) as soon as you can.



Coffee Morning and Craft Sale, Highworth Methodist Church – Saturday 2nd April



10.30 – 12.00 noon at Highworth Methodist Church in aid of our Parkinson's Group. Donations of a cake (or small cakes) would be much appreciated – phone Anna 01793 695698 if you can help and/or need cakes to be collected.

Parkinsons Awareness week: 10th – 16th April.



1. **Friday 15th April 10am – 4.00pm** we will be at Tesco's, Ocotal Way, to chat to people about Parkinson's, hand out free information leaflets and provide details about the group. If you are available to come and help for an hour or two, please contact Anna Newman on 01793 695698. We do not need many people – there is only room for two people at a time.



2. During the week, Rachel Gardner, our Parkinson's Nurse, will be holding **awareness sessions for staff at the Great Western Hospital.**

3 Parkies Pals and Parkinsons Me (a Wantage based charity) are holding **"Parkies Pals Putting" on Monday 11th April, 2-4pm** at Shrivenham Golf Club. Cost is £5 per putter, including refreshments and prizes. Proceeds are for the Swindon Activity Group and Parkinsons Me. Contact Kerry Hartman on 07875416236 and Carole Lee on 07774348614



The Ted Wilson Award

This year, the award will be presented to Sharon Fulcher at the **Parkinson's UK – Cricklade Café on Wednesday 16th March from 10:30 – 12:00.** Please come and support your fellow volunteer/group member and witness the award being handed over for 2022 – 2023.

Vincent Mobey reports: In 2018/19, I embarked on a campaign to achieve a level playing field for those living with Parkinson's who reside in North Wiltshire. It was apparent to me that the Parkinson's Care being given to those who live within Swindon District provided far better support and PDNS attention than those in North Wiltshire, where we live.

My campaign took me along a rocky road. I wrote letters to Wiltshire Councillors, MP's, PALS Complaints Dept. and everyone I could find that might be able to address this situation. I was then introduced to Ted Wilson, Director of Wiltshire Clinical Commissioning Group, who made the time to listen to my pleas. I later learned that he had very close family experiences with PD and so he fully understood what I asked for.

Due to changes within the health service at that time, Ted was due to take a retirement from his role. I felt that he dearly wanted this levelling up to be one of his last tasks before he retired, and he made sure that it happened.

Ted and Rachel Gardner prepared a multi-page very in-depth feasibility study which identified the differences between the services offered in Swindon and Wiltshire. Parkinson's UK and, along with Sally Wood, worked hard to ensure that the results of this study could be actioned. Maggie and I attended meetings in Malmesbury and Devizes to further make the point of the exercise and also to speak to the Wiltshire Councillors in their council chambers, as they too were involved in supporting this campaign.

Parkinson's UK agreed to fund additional nursing staff at GWH for two years and the whole project got the green light to be actioned. This intended that the North Wiltshire residents living with PD would move across to the Parkinson's Team at GWH for their care. Other changes were made to tidy up the vacuum, whereas the areas of North Wiltshire that did not move to GWH would have an improved and supported PD service.

Without the brilliant direction from Ted Wilson, this new service would not have happened.

Days before Ted was due to retire, I asked him if I could buy him a bottle of his favourite tippie as a retirement and thank you gift. He responded that he was unable to accept gifts but he appreciated the sentiment. To record my heartfelt thanks for all he had done for so many, I came up with the idea of the Ted Wilson Award (TWA). I asked Ted if he would be happy for me to do something in his name and he said that he would be proud to do something like this. Tony Falkingham helped me find an award that looked worthy which I had suitably engraved.

After discussing this award with Dave Logan and the Swindon Branch Committee, it was decided that the award would be presented each year to the branch volunteer (now group volunteer) who had made the best contribution towards the group within the preceding year. The winner of the TWA would be chosen by the committee and the award presented by me.

The first person to win the award was Ian Davey and his tenure is about to come to an end. This year Sharon Fulcher has won the award. *Vincent Mobey.*

Parkies Pals Meet ups

Come and join us at the Shrivenham Park Golf course club in the Cuckoo's Nest.

Mondays 10 - 12 noon

(except Bank Holidays)

Feb 7th Mar 7th
Apr 4th
June 6th July 4th
Aug 1st Sept 5th
Oct 3rd Nov 7th
Dec 5th

A support and friendship group
for those living with Parkinson's.

If you are interested in knowing
more or just want to chat please call
Kerry 07875 416236
email ParkiesPals@outlook.com



Shrivenham Park
Golf Club
Pennyhooks Lane,
Swindon N6 8EX
01793 783853

'As Parkinson's sufferers and carers we meet and chat and laugh. Groups such as ours are a helping hand and we all love the friendship it generates.'

*Everyone needs a Parkies Pal

The Essence of me!

I have been told that I have Parkinson's,
That surely can not be true?
Just what do I see
When I look at me?
Am I really that different from you?

I see a frozen face in the mirror,
But I know what's going on in my mind.
Just what do I see
When I look at me?
I see a beaming smile going on behind.

My joints may be stiff and awkward,
A strict meds timetable may rule the day.
Just what do I see
When I look at me?
I see an active person adapting my way.

My speech can be quiet, slurred and mumbled.
My writing can be too small to read.
Just what do I see
When I look at me?
I see a poet trying hard to succeed.

So it appears that I do have Parkinson's,
I have to accept that in the end.
But what do YOU see
When YOU look at me?
I hope you see a true if 'unbalanced' friend.

Support and friendship is key, as is humour.
A positive outlook to keep going each day.

So hopefully we'll all see
When you look at me
Someone who is keeping Parkinson's at bay!!

Kerry Hartman 2021
From 'Poetry in Slow Motion'



Uniting people with and without
Parkinson's in support and
friendship.

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

All donations made at Parkies Pals
events are shared with the local
Swindon Branch and the
National Parkinson's UK.

Email: ParkiesPals@outlook.com
07875 416 236
www.ParkiesPals.co.uk

**DO YOU LIVE LOCALLY AND HAVE
PARKINSON'S?
DO YOU KNOW ANYONE WITH
PARKINSON'S?
DO YOU WANT TO MEET SIMILAR FOR
SUPPORT AND FRIENDSHIP?**

*You are not alone
contact Parkies Pals,
a local support and friendship group*



Parkies Pals

Who are Parkies Pals?

Hello, I am Kerry Hartman and I live in Shrivvenham. I was diagnosed with Parkinson's in April 2017, a condition I knew little about. With the support of friends and family I set myself goals to help raise awareness and understanding as well as funds for local resources and research.



I created 'Parkies Pals', originally a team name for a group of friends who took part in the 25k Wye Valley Challenge, our first fundraising event in August 2018.



With the help of my 'Marketing' family I developed a logo and branding as recognisable symbols of teamwork, friendship and support.

The idea of Parkies Pals is to unite people with and without PD in support and friendship whilst raising awareness of this most debilitating condition through café meet ups, fundraising and sponsored events. By September 2021 we had raised over £13,100 through kind donations, cream teas, choir evening,

sponsored challenges, Fete stall and sale of Parkies Pals Products.



Come and join us at the Shrivvenham Park Golf course club house.

We meet up the 1st Monday of the month, 10am-12.



We have a variety of Parkies Pals Products for sale.

Inspirational poetry book, kitchen and garden aprons, masks and coasters depicting the story of 'Parkinson's'

If you are interested in knowing more or just want to chat please call Kerry 07875 416236 or email ParkiesPals@outlook.com

Comments on Parkies Pals:

'Parkies Pals has really made a difference to my life, it has given me a valuable group of friends who truly understand me'

'I've made a great group of friends. I always really look forward to our Parkies Pals sessions'

Sharon's Cup Cakes

"Thank you to all of you who supported my Afternoon Tea Trays.
I made 80 in total and they went down a treat with everyone.
You helped raise £1,370."



This time Sharon is making Easter cupcakes along with a raffle.

COLLECTION ONLY.

Every box will have assorted flavours unless you ask for a specific flavour.

You may purchase more raffle tickets or just purchase raffle tickets if you don't eat cake but still want to support me at £1 per strip. All donations are welcome.



PARKINSON'S FUNDRAISER

EASTER CUPCAKES & RAFFLE

FLAVOURS

Lush Lemon/Chocolate/ Vanilla / Hazelnut Chocolate

Each cupcake has a filling in the middle too, YUM!

Sorry these cupcakes contain sugar, dairy, wheat, gluten and egg

BOX 12 CUPCAKES £20 3 FREE RAFFLE TICKETS.

BOX OF 6 CUPCAKES £11 2 FREE RAFFLE TICKETS.

BOX OF 4 CUPCAKES £8 1 FREE RAFFLE TICKET.

ADDITIONAL RAFFLE TICKETS ARE £1 PER STRIP AND ALL DONATIONS WELCOME

All orders will need to be placed and paid for by 2nd April at latest
(Bank transfer, PayPal or Cash on pick up.)

Collections ONLY Friday 15th from 1pm till 5pm or Saturday 16th April from
10am till 4pm.

Message me on Messenger, What's app, ring or text
on 07958165423.

Just leave a message and i will call back.



**THANK YOU FOR SUPPORTING US ONCE AGAIN
SHARON & LES FULCHER**





Fundraising



300+ Club Monthly Draw

February	1st P Keating £87.15	2nd B&A Newman £37.35
	Bonus	K Hartman Voucher
March	1st Ian Davey £85.05	2nd Maureen Green £36.45
	Bonus	C Hailstone Voucher

Help our fundraising efforts by joining the '300+ 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: <http://www.swindonparkinsons.org.uk/fundraising.htm>

Thank you for your interest in the 300+ Club Monthly Draw.

Finance and Budgeting for the Swindon Activity Group

Reports from our Treasurer, Sue Grice

Parkinson's UK seem to be intent on changing how membership fees are handled, and if you do not pay by direct debit your branch fees will no longer be collected by them, and they will need to be collected directly by the branch.

The current membership fee is £5.00 per person.

1. If you pay by cash or cheque you will now need to send it to Ian Davey
62 Severn Avenue, Haydon Wick, Swindon. SN25 3LJ
or hand it to him at the Wednesday exercise classes. Ian will your name, address and membership number. Head Office will no longer send you a reminder.
2. Or you can pay by BACS directly into our bank account at Barclays
Sort code 20 00 00
Account 93616452
with reference of
the first 6 characters of your surname MEB followed by your membership number
or the 6 characters of your surname MEB then leave blank if not a member of PUK

The name of the bank account is: *Parkinsons disease society of the United Kingdom T/As Parkinsons uk Swindon and district branch*

This can't all go in the box, but *Parkinsons Swindon* will do.

We apologise for this change.

PARKINSONS UK SWINDON ACTIVITY GROUP

RECEIPTS AND PAYMENTS FOR THE YEAR ENDED 31ST DECEMBER 2021

	2021			2020			2019		
	Unrestricted	Restricted	2021 Total	Unrestricted	Restricted	2021 Total	Unrestricted	Restricted	2021 Total
RECEIPTS									
Membership, Donations & Gift Aid	£ 5,106.00	£ 3,549.00	£ 8,655.00	£ 12,604.00	£ 2,677.00	£ 15,281.00	£ 9,967.00	£ 6,089.00	£ 16,056.00
Grants & Legacies			£ 0.00	£ 1,000.00	£ 10,500.00	£ 11,500.00		£ 3,500.00	£ 3,500.00
Fundraising Income	£ 6,808.00	£ 4,462.00	£ 11,270.00	£ 3,547.00	£ 1,765.00	£ 5,312.00	£ 2,789.00	£ 6,794.00	£ 9,583.00
In Memorium Donations	£ 1,451.00	£ 2,157.00	£ 3,608.00	£ 4,051.00	£ 363.00	£ 4,414.00	£ 3,439.00	£ 624.00	£ 4,063.00
Other Income	£ 1,220.00		£ 1,220.00	£ 160.00	£ 505.00	£ 665.00	£ 2,810.00	£ 2,900.00	£ 5,710.00
TOTALS	£ 14,585.00	£ 10,168.00	£ 24,753.00	£ 21,362.00	£ 15,810.00	£ 37,172.00	£ 19,005.00	£ 19,907.00	£ 38,912.00
PAYMENTS									
Research			£ 0.00	£ 15,000.00		£ 15,000.00			£ 0.00
Branch Activities	£ 3,784.00		£ 3,784.00			£ 0.00			£ 0.00
Group Meetings			£ 0.00	£ 365.00		£ 365.00	£ 6,194.00		£ 6,194.00
Physical Activities		£ 11,485.00	£ 11,485.00		£ 5,193.00	£ 5,193.00	£ 1,107.00	£ 11,377.00	£ 12,484.00
Respite care			£ 0.00		£ 1,705.00	£ 1,705.00		£ 8,814.00	£ 8,814.00
Post & stationery	£ 1,395.00		£ 1,395.00	£ 1,457.00		£ 1,457.00	£ 1,821.00	£ 10.00	£ 1,831.00
Other Expenditure	£ 1,829.00		£ 1,829.00	£ 4,536.00		£ 4,536.00	£ 2,913.00		£ 2,913.00
TOTALS	£ 7,008.00	£ 11,485.00	£ 18,493.00	£ 21,358.00	£ 6,898.00	£ 28,256.00	£ 12,035.00	£ 20,201.00	£ 32,236.00
NET RESULT FOR THE YEAR	£ 7,577.00	£ (1,317.00)	£ 6,260.00	£ 4.00	£ 8,912.00	£ 8,916.00	£ 6,970.00	£ (294.00)	£ 6,676.00
FUNDS BROUGHT FORWARD	£ 26,298.00	£ 42,687.00	£ 68,985.00	£ 26,295.00	£ 33,775.00	£ 60,070.00	£ 19,324.00	£ 34,068.00	£ 53,392.00
FUNDS CARRIED FORWARD	£ 33,875.00	£ 41,370.00	£ 75,245.00	£ 26,299.00	£ 42,687.00	£ 68,986.00	£ 26,294.00	£ 33,774.00	£ 60,068.00
Funds held at 31st December									
Barclays & RBS			£ 75,245.00			£ 68,986.00			£ 60,068.00

We have budgeted quite a large amount for 2022 in the hope that we will be able to run lots of social events. As you can see on the following spreadsheets, that leaves a surplus of £14475 which we need to forward to Parkinson's UK. This will be forwarded in two separate amounts over the coming year; we are able to ask that it be spent in certain areas of Parkinson's: namely: research, where the need is greatest, financial assistance in our region, or improving services.

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Budget 2022

Group name: SWINDON ACTIVITY GROUP

Category	Unrestricted Budget (£)	Restricted Budget (£)	Monies in trust Budget (£)	Donations-with approved spending plan		Total Budget (£)	Notes
				Legacy	Large Donations		
Opening Balance at 1 Jan 2022	33,875	41,370				75,245	In Cashpool & Barclays & RBS own branch account
Opening Balance of funds held at UK Office at 1 Jan 2022 (excludes subs & dons)						0	
Total opening balance	33,875	41,370	0	0	0	75,245	
1. Any money received for forwarding to UK office* including national membership (should correspond with Row 15a)						0	
2. Group Subscriptions collected from Members locally	2,000					2,000	
3a. All donations, membership etc received from UK office (excluding legacies (row 6) and gift aid tax (row 3b), including the return of donations in Gift Aid claims)						0	
3b. Gift Aid claimed by UK office (Gift Aid tax part only not original donation)	200					200	
4. Grants received (local authority, BIG Lottery etc.)						0	
5. Legacies received directly (NOT via UK office.)						0	
6. Legacies received via UK office						0	
7. Donations or gifts received locally (NOT via UK office)	5,000					5,000	
8. Fundraising income	10,000					10,000	
9. In memoriam donations and funeral collections	1,400	2,000				3,400	
10a. Income collected for Group/Social meetings						0	
10b. Income Collected for Exercise Activities						0	
10c. Income collected for Therapeutic Activities						0	
10d. Income collected for Holidays, Outings						0	
11. Interest received on bank balances or similar			1,500			1,500	Christmas meal & trip donations
12. Transfers from other Parkinson's UK groups.						0	
13. Other receipts (please specify in notes)						0	
14. Sale of purchased items (including from Parkinson's UK Sales Ltd items)						0	
Total income	18,600	2,000	1,500	0	0	22,100	

Information

Fighting Fit



Dear Parkinson's Branch members

I wanted to write to you to tell you about Fighting Fit as I thought you might have members who would be interested in attending one of our residential weekends. In case you are not aware, I will explain what Fighting Fit is. We are a charity which is part of Parkinson's UK and have been providing residential weekends for active people living with Parkinson's since 2018 to help them deal with their diagnosis more positively and effectively. We managed to hold two weekends last year, one in October in Aylesbury and one in November in Leeds.

The weekends are designed for people who have generally been diagnosed within the last 5 years and are able to take part in fairly vigorous exercise. We are excited to let you know that we have two weekends booked: 29 April – 1 May 2022 and 12 – 14 August 2022 at the CIM Moor Hall Conference Centre, Cookham, near Maidenhead and we are now taking bookings for the August weekend as the April date is now full. Partners or supporters are actively encouraged to attend too. The weekend itself is run by people living with PD. The cost of the weekend is £170 per person and is inclusive of all meals and activities. A £50 deposit is required to secure a place. For anyone finding the cost of the weekend prohibitive, a bursary may be available to help.

Further information can be found on our website www.hello@fighting-fit.org.uk Please complete the 'Contact Us' form to express an interest in attending. We also have a facebook page.

I would be grateful if this information could be passed on to your members and any health professionals you may have access to who you think might be interested.

If you have any queries, please do not hesitate to get in touch.

Kind regards

Christine Walden

For Fighting Fit 07815 759480 <https://fighting-fit.org.uk/>

Message from the Parkinson's Adviser based in Swindon

Hello

I am Parkinson's UK Adviser based in the Swindon area. I'm writing with an update on the support available for people affected by Parkinson's in the South West area.

As part of the advisory service, I will be your contact regarding people you support who live in Swindon, Wiltshire, Cricklade, South Gloucester, Bristol, Malmesbury, Wootton Bassett, Chippenham and the surrounding area.

Any direct referrals I receive will be supported and responded to by me and the team in the South West.

Should anybody wish to refer themselves into the service, if for example they would like to take some time to consider this rather than have the PDNS refer them straight away, **please use our national helpline number and/or email address.** The contact details are:

Parkinson's UK Helpline: 0808 800 0303 Email: hello@parkinsons.org.uk

The Helpline advisers are able to respond quickly to those who need support. Immediate information and support can be provided. Should the person need more local or in-depth support, they can be referred to the South West Adviser team. This is then picked up by the adviser within our team that day.

The Helpline and Advisers can help people who:

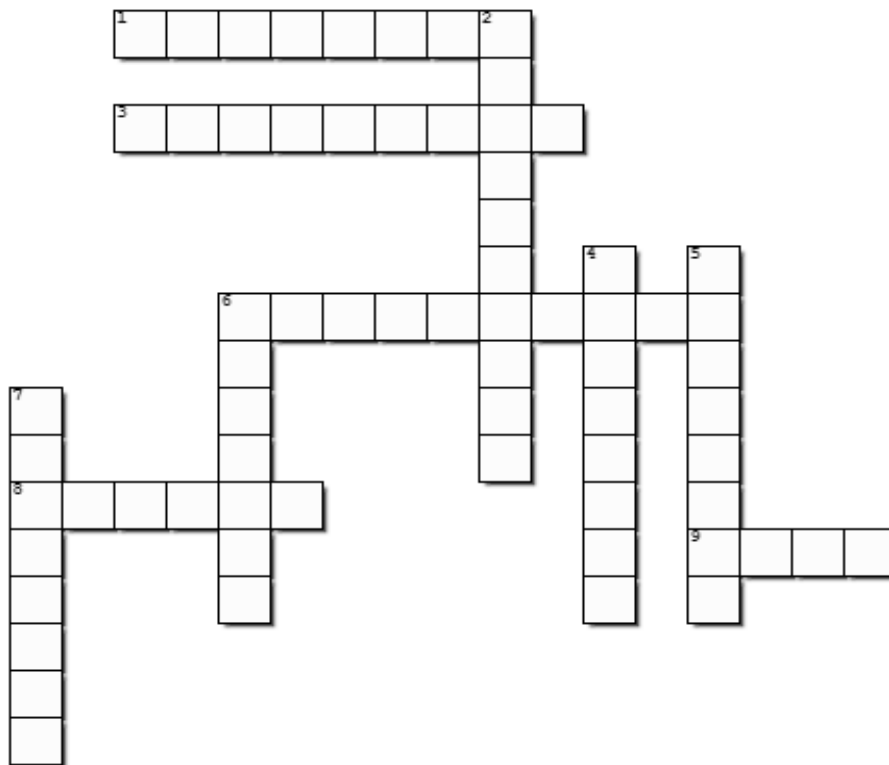
- have just been diagnosed and are looking for advice and information
- are looking for tips on how to deal with the day-to-day impact of Parkinson's
- need emotional support
- want to find out more about the services available in their area
- want to learn about their rights and entitlements
- need help navigating the benefits process
- need information on where to find grants and financial help
- are looking for support on employment issues
- need support with anything else relating to life with Parkinson's
- Carers' issues

Rekha Tanna Hirani

You can access more information about our advisory services on our website:

<https://www.parkinsons.org.uk/information-and-support>

SPRING IS HERE



ACROSS



1



3



6



8



9

DOWN



2



4



5



6



7

- Across**
 1. (snowdrop)
 3. (hellebore)
 6. (pulmonaria)
 8. (crocus)
 9. (iris)
- Down**
 2. (periwinkle)
 4. (primrose)
 5. (daffodil)
 6. (primula)
 7. (cyclamen)

*Thank you to all those who have contributed to this newsletter.
 The deadline for articles for the next newsletter is May 6th*