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UTTLESFORD SUPPORT GROUP
NEWSLETTER/INFORMATION SHEET, February–March 2019
www.parkinsonsuttlesford.org.uk

VOLUNTEER EDUCATORS

Parkinson's UK would like to recruit Volunteer Educators in our area. Volunteer Educators deliver short presentations on Parkinson's to groups of staff working in care homes and home care agencies. They contact care providers to offer a session (or respond to requests for sessions) and then deliver the session itself. The aim is to improve care for people with the condition.

Ideally, volunteers should have some public speaking experience and enjoy speaking to groups. They should have an understanding of Parkinson's and the wider work of Parkinson's UK (training will be provided on this) and have empathy with the aims of the charity. Anyone taking on the role will benefit by increasing their knowledge and understanding of Parkinson's and the work of the charity. They will also have the opportunity to develop their public speaking skills.

If you think you could be a volunteer or know someone else who might do, then further information can be obtained from Carolyn Heydon, Volunteer Education Support Officer: e-mail cheydon@parkinsons.org.uk; tel 0300 0139 281.

LOCAL NEWS

- The Uttlesford Group's Christmas meal, which was held on 12th December, was a great success this year. Many people commented on the high quality of the food and the occasion was much enjoyed. We have already booked next year's event! It will once again be at the Saffron Walden Golf Club and the date will be Monday 9th December.
- We have not, as we had hoped, been able to arrange a series of exercise classes specially for people with Parkinson's in our area. However, fitness instructor Paul Goddard does welcome individuals with Parkinson's in his regular classes and is able to give them some personal attention. Please contact him: tel 07794 867344 e-mail pwg.goddard@gmail.com.
- The group's 'Wii Fit' exercise device has not been used for some time now and is available free to anyone who would like to have it – first come, first served!

FUTURE MEETINGS

- Wednesday 13th February 2019, Jubilee Gardens, Saffron Walden 2–4pm: Nicola McQueen, specialist Parkinson's disease nurse at Addenbrookes, will speak to the group.
- Wednesday 13th March, Jubilee Gardens, 2–4pm: Kecia Harris, Area Development Manager, Parkinson's UK.
- Wednesday 10th April, Jubilee Gardens, 2–4pm: Cllr Paul Fairhurst, Saffron Walden Town Mayor.
- Wednesday 8th May, Jubilee Gardens, 2–4pm: Paul Warner, Trustee of Parkinson's UK.
- Further Saffron Walden meetings will continue at the Jubilee Gardens every *second* Wednesday in each month.
- Great Dunmow *lunch meetings* as usual: *third* Wednesday every month, Banks Court, Noon–2pm.

The annual outing, which usually takes place in June, is still under discussion as is the summer garden party. *If you have suggestions for meetings or outings please do contact the committee with your ideas.*

'TIMEBANKING'

During the January meeting, Pat Lodge described the **Uttlesford Time Bank**, run by Volunteer Uttlesford. A Time Bank is a register of people willing to help with a wide range of everyday tasks, including DIY, gardening, dog walking and going online. If you give someone an hour of your own time, then you will earn an hour's credit, to be spent on anything from the 'bank' of skills available; everyone's time is valued equally and all skills and services are equal. So

feeding your neighbour's cats, for example, could earn you an hour's worth of help painting the house. But – *very importantly* – there is also a community pot to which people can donate the credits they have earned. This means that even if you don't have enough credits you can still apply to receive the kind of help that a good neighbour might provide. Members/volunteers offer their skills and spare time in their own community, as and when something is requested that they can help with. You only do what you are able to, when you have the time.

With this edition of the newsletter, we are sending out an application form for people who wish to sign up for the Time Bank. If you join, you could benefit from receiving help but also from being able to make a contribution. That's something which many people find gives them a welcome boost and makes them feel they still have something to give to their community.

INFORMATION LEAFLETS

Our group now has a good supply of Parkinson UK's leaflets. These will be available at all our meetings, so do ask to see them. Which topics would you like to have more information about? Let Janet Crofts know (contact details below) and we can try to get hold of leaflets on these subjects. A list of Parkinson's UK's information resources can be found online here: <https://shop.parkinsons.org.uk/collections/general-information>.

POWERCHAIR FOR SALE

Sheila Bricknell is selling a used Rascal 321 PowerChair. It has a few scuffs but is in perfect working order. It will carry a user of up to 18 stone over a range of up to eight miles, but is primarily suited to indoor use. It is compact and lightweight and breaks into three sections for easy transport in a car. It has a comfortable padded seat and armrests. The seat height and positioning of the controller are adjustable. Turning circle: 1.06m. The price new was around £1000. Offers over £200 are invited. Please contact Sheila on 01799 219078 or e-mail: sheilabricknell@gmail.com.

PLEASE GET IN TOUCH!

As Editor, I'm always happy to hear from members with ideas, news items or suggestions for ways in which this newsletter might be improved. In particular, it would really help to have your views on the following points.

- Would you like the newsletter to be longer or to be published monthly? (It is bimonthly at present.)
- Can you read it clearly? Do you think we could improve the layout?
- Would you rather not be sent this newsletter at all? Please let us know if you want to come off the circulation list.
- If you are happy to continue to get the newsletter but are *not yet a member* of our local group, then please do contact us in order to join.

Paul Chinnock

Parkinson's UK membership: if you are not already a member, we do encourage you to join. Please ask for a form. The fee to join is £4 a year, with an extra £6 a year to join the Uttlesford Support Group.

TRANSPORT: *If you wish to attend a meeting but can't do so because of transport problems – please contact a member of the committee; we will do all we can to find a way to get you there.*

PARKINSON'S NURSE COVERING UTTLESFORD: *Vivienne Kavanagh 01279 621924 or 07778 934669. Unfortunately due to temporary disablement, Viv Kavanagh is currently unable to offer her clinic sessions, but she is still available to give advice over the phone.*

LOCAL ADVISER (formerly Information and Support Worker): *Carol Jacobs 08442 253778.*

Uttlesford Committee: Secretary, Judy Millward (01763 838742); Treasurer (Donations), Tony Leek, Richmond House, Mount Pleasant, Hundon, CO10 8DW (01440 786599); Joint Outings Coordinators, Sheila Bricknell (01799 219078) and Mary Woolhouse (01799 530155); Representing Dunmow members, Val McGregor (01371 870296); Membership & Welfare Officer, Janet Crofts (01223 893619); Fundraising Officer, Kate Riley (01799 530350); Speaker organiser: Pat Lodge (01799 500255); Newsletter editor, Paul Chinnock (01799 522570).

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