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**UTTLESFORD SUPPORT GROUP**  
**NEWSLETTER/INFORMATION SHEET, April/May 2022**

Website: [www.parkinsonsuttlesford.org.uk](http://www.parkinsonsuttlesford.org.uk)

### **PAUL CHINNOCK**

For the past three years this newsletter has been brilliantly edited by Paul Chinnock. I know only too well that this is no light undertaking; it is frightening how quickly that second month comes around and a new edition is due, so we are enormously grateful to him for everything he has done for us, not only in terms of the newsletter, but also in serving as a valuable member of the committee.

### ***We're Back!***

As of the beginning of February, our monthly Support Group Meetings have resumed. Due to the Garden Room in Jubilee Gardens not having reopened, we are meeting in Fairycroft House, which is at the junction of Audley Road and Fairycroft Road. We meet on the **second Tuesday of the month, at 2 pm**. Anyone living with Parkinson's, and/or their carer is most welcome. Our first meeting, in February, was purely social, and it was lovely to see so many of you back and also welcome some new members.



In March, we had an excellent talk and demonstration from Steph Roberts of Just Gym on Shire Hill, Saffron Walden. She reminded us of the importance of exercise for anyone diagnosed with Parkinson's and showed us some simple exercises that we could do to keep ourselves mobile. She also explained how her gym was able to offer a very personalised service for anyone wanting to make use of their expertise and facilities. It is well worth phoning her on 01799 510766 to make an appointment for a taster session.

At future meetings, we are very much hoping to get Vivien Kavanagh, our Parkinson's Nurse, to come and talk to us, and also possibly have an interesting talk on patchwork.

While it was lovely to welcome new members Rita, Diane, Trevor and Alison, we've still got room for more, so if you know of anyone living with Parkinson's, especially if newly diagnosed, do please encourage them to come along to our meetings. They will meet others in the same situation as themselves, as well as people with experience of caring for those living with Parkinson's who will have a wealth of suggestions and advice as well as

support. We also have a large selection of leaflets, covering all aspects of the condition, which you can browse through.

### **FORTHCOMING EVENTS**

As well as our monthly meeting, we are planning a number of 'outside' events.

Garden Tea Party On **Tuesday 14<sup>th</sup> June** we are holding our annual Garden Tea Party at Brackendale House, Debden Road, Saffron Walden. Everyone is welcome to what is a usually hugely enjoyable and popular event.

Pub Lunch followed by an afternoon boat trip on the River Lee **Thursday 21<sup>st</sup> July**. This is another event which we have organised before and which is normally much enjoyed by our members. It is open to everyone living with Parkinson's and their carers and we do please encourage you to join up as we need a minimum number for the boat! There will be a charge, which includes lunch, of £15.00 pp.

Christmas Lunch I am well aware that we are only just recovering from last Christmas, but you might like to note in your diaries that we have booked Saffron Walden Golf Club again for our Christmas Lunch on **December 13<sup>th</sup>**

## FUND RAISING

We are hoping to arrange a street collection in Saffron Walden sometime this summer. We need to raise funds for vital research as well as to help pay for some of the events listed above. Kate Riley, our fundraising officer, will be in touch in due course, once a date has been agreed with the local council, to ask if you, your friends &/or family can spare a hour or so to rattle a tin for us!

Also, as many of you will know, we have a very small raffle at our monthly support meetings to help cover the costs of renting the venue, tea, biscuits, etc. Everyone is asked to bring along a **small** prize (and I mean small, a tin of baked beans or packet of biscuits will do fine). We have decided to increase the price of a raffle ticket from £1 to £2. This is the first increase since the group was founded many years ago!

## GLUTEN-FREE BROWNIE RECIPE

At our last meeting everyone seemed to greatly enjoy the chocolate brownies. I have been asked to include the recipe in this newsletter, so here goes:

### Ingredients:

200g castor sugar  
225g butter  
200g dark chocolate  
100g chopped walnuts  
150g ground almonds  
3eggs, beaten

Preheat oven to 140 C / 275 F / gas mark 1.

- In a bowl over simmering water melt the sugar, butter and 225g chocolate, stirring until mixed and melted, but taking care not to heat too much.
- Take off the heat, allow to cool slightly, and add walnuts, ground almonds and eggs.
- Line a buttered, shallow 20cm square baking tin with baking parchment to cover the base and pour in the mixture.
- Bake for 35 minutes then give the tray a gentle shake: the brownie should wobble very slightly in the middle.
- If it still appears liquid, give it another 5 minutes.
- Take out and allow to cool completely in the tin.
- The texture should be rich, fudgy and slightly moist.
- Turn out, put the block in the fridge to make it easier to cut into required squares, and then leave at room temperature for a couple of hours before serving so they are moist

**Finally.....**Your new editor would greatly appreciate feedback, if only to prove that anyone actually reads this newsletter! If there is sufficient interest, I would love to start a *brief* letters page, so who will be the first...!

**Parkinson's UK membership** *If you are not already a member, we do encourage you to join. Please ask for a form. There is currently no fixed fee to join and you do receive an excellent and informative quarterly magazine. We do, however, encourage you make a donation towards the running of the Uttlesford Support Group. A suggested figure would be £10 p.a.*

**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 Viv is currently unable to offer Clinic sessions, but she is available to give advice over the phone on Tuesdays, Wednesday and Thursdays.*

**LOCAL ADVISER** *At present you should contact the national helpline on 0808 8000303*

**UTTLESFORD COMMITTEE:** Chair, Simon Russell, 01799 524638; Secretary, Judy Millward, 01763 838742; Treasurer (& Donations) Tony Leek, Richmond House, Mount Pleasant, Hundon, CO10 8DW, (01440 786599); Joint Outings Co-ordinators, Mary Woodhouse (01799 530155) and Vivian Falk (01799 513128; Fundraising Officer, Kate Riley, (01799 530350); Newsletter editor, Vivian Falk (01799 513128)