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UTTLESFORD SUPPORT GROUP
NEWSLETTER/INFORMATION SHEET, June/July 2022
Website: www.parkinsonsuttlesford.org.uk

MEETINGS

Our meetings continued unabated at our new venue, Fairycroft House, in April and May. April was a general social get-together and in May we had a discussion about travelling with Parkinson's, which led to a lively debate which I think people found useful. We have another new member who has joined the group, Jeroen Padt, and we are delighted to welcome him and hope that those who have not yet attended one of our meetings will feel able to do so soon. 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. 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

PLEASE NOTE THAT THERE WILL BE NO MEETING AT FAIRYCROFT IN JUNE, instead there will be -

Garden Tea Party On **Tuesday 14th June** we are holding our annual Garden Tea Party at Brackendale House, Debden Road, Saffron Walden, from 2.30 until 4.30pm. In addition to a cream tea with a selection of sandwiches and cakes, there will also be a raffle. Everyone is welcome to what is usually a hugely enjoyable and popular event. The weather looks promising, so do please come along if you can. For those who haven't been before, Brackendale House is just off Debden Road, on the right as you head out of town, opposite Station Road. There is a large sign at the beginning of the drive. There is parking for up to about eight cars if you park carefully!

Additional outside events planned are:

Pub Lunch followed by an afternoon boat trip on the River Lee **Thursday 21st 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. We need to know final numbers and take payment by the Garden Party on the 14th at the latest, so if you think you would like to join us, together with your husband/wife/friend/carer please let me (07811 165049) or one of the other Committee members know as soon as possible. If we don't have a minimum of 30, it will unfortunately have to be cancelled.

Christmas Lunch Just to remind you to make a note in your diaries that we have booked Saffron Walden Golf Club again for our Christmas Lunch on **December 13th**

FUND RAISING

We are delighted to announce that we have received a very generous donation of £500 from Waitrose for which we are enormously grateful.

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 an hour or so to rattle a tin for us. We have also moved into the 21st century and purchased a portable card machine, so that people will no longer be able to use the excuse of not having any cash. This is extremely simple to operate, but it will be entirely at the discretion of individual collectors whether or not they want to use it. Nobody will be under any pressure to do so. Everyone will still have a good, old-fashioned collecting tin!

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!

PARKINSON'S NURSES

We are aware that some of you have been having difficulty in contacting the Parkinson's Specialist Nurse responsible for this area. Unfortunately Viv Kavanagh is currently unwell but her role is being filled temporarily by Julia Brown who also covers the Dunmow area. The contact number is the same – 01279 621924 – leave a message and she should get back to you. Failing that, do please call the PUK helpline 0808 800 0303 where they have specialists available who should be able to answer most of your queries, but not, unfortunately, arrange visits.

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)

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