

UTTLESFORD SUPPORT GROUP
NEWSLETTER/INFORMATION SHEET October–November 2021
www.parkinsonsuttlesford.org.uk

YOUR LOCAL GROUP: WE'RE STILL HERE!

- Many group members came to our **Annual Garden Party** back in July, hosted by Vivian Falk in her wonderful garden. Not only was a great occasion in its own right but it provided an encouraging marker of the return to normality that is now taking place all around us. (Please see over the page for some pictures of the event.)
- Covid has *not* gone away but we can all now do more than we have been able to for many long months. We have therefore arranged our **2021 Christmas Lunch**. All being well, it will take place at Saffron Walden Golf Club on Tuesday 30th November. If you would like to come, please contact Vivian Falk (01799 513138).
- What about other Uttlesford Group meetings? We've been told by Parkinson's UK that: "*...as there are no longer any government restrictions due to COVID, Parkinson's UK are only offering guidelines about meetings now. It's wise, but not obligatory, to use masks, sanitisers and social distancing to keep everyone safe*". That's very good news indeed! However, the usual venue for our meetings (the Garden Room in Saffron Walden) has not yet been re-opened by the District Council. Once it is back in use we expect to be able to return to our usual pattern of a meeting there every month. We'll keep you posted. (As previously stated in the newsletter, we are no longer running meetings in Great Dunmow, though this may change sometime in the future.)

ALSO IN UTTLESFORD

'Active with Parkinson's' is the name of a group that runs exercises classes at Little Easton, near Dunmow. Post-lockdown they have restarted their classes, which take place on Mondays. There are also Zoom classes online on Thursdays. The instructor is Paul Goddard who is already known to many of our members. For details please contact the organiser of Active with Parkinson's Bob Rust: bjrust590@btinternet.com.

GARDEN PARTY FOLLOW-UP

Someone left behind a pair of sunglasses ('leopard-print' frames) and a maroon handkerchief at the garden party. If this was you, do contact Vivian, our host. Vivian also has a brand new Personal Voice Amplifier (recommended by Parkinson's UK) which she would be happy to give to anyone who thinks they could use it.

NATIONAL NEWS

Parkinson's UK says it is "transforming our information and support so we can help more people". The new initiative will be known as Parkinson's Connect: [watch the video to find out more](#).



AN APOLOGY

Circumstances have made it difficult for me to keep up with producing these bimonthly newsletters. I circulated the last one way back in June, and this edition is considerably shorter than usual! I am hopeful that various pressures will soon reduce and that normal service can then be resumed: Paul Chinnock, Newsletter Editor.

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

PARKINSON'S NURSE COVERING UTTLESFORD: *Vivienne Kavanagh 01279 621924 or 07778 934669. Viv does not offer clinic sessions, but she is available to give advice over the phone.*

LOCAL ADVISER: *Angela Nullmeyers. But at present you should contact the national helpline on 0800 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 Coordinators, Mary Woolhouse (01799 530155) and Vivian Falk (01799 513138); 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).