Parkinson's UK
For every Parkinson's journey

215 Vauxhall Bridge Road, London, SWIV IEJ,
Tel: 020 7931 8080, Helpline: 0808 800 0303, Fax: 020 7233 9908,
www.parkinsons.org.uk

UTTLESFORD SUPPORT GROUP

Newsletter October 2026

www.parkinsonsuttlesford.org.uk

Our August meeting marked the beginning of a new routine for us, we met on Wednesday 12th August, and meetings from this point forward will usually be held on the second Wednesday of the month, 2 – 4pm. The venue stays the same: Saffron Community Link 1A/1B Market Street, Saffron Walden CB10 1HX.

RECENT MEETINGS

In August, Moray Bayliss, a member of the group, talked to us about his recent experiences when trying to get his driving license renewed. He was required to take a formal driving test with cognitive tasks preceding the practical driving element. The drive was conducted in the examiner's car, adding the stress of an unknown vehicle into the mix… Finally, Moray was told that he had passed the test, but he was also informed that he would need to repeat the whole process in around six months' time. We thank Moray for sharing his rather difficult experience with the group and we would be interested to hear from anyone else who has had a similar experience.

Our September meeting, on Wednesday 9th September, opened with a gloriously technicoloured presentation about gardens by Anna Taylor. Anna lives locally and works as a garden designer and consultant as well as running courses to teach about growing flowers. She talked about the Parkinson's UK garden exhibit at Chelsea Flower show earlier in the year, and how it had been constructed to provide a haven for people affected by a variety of the condition's symptoms while at the same time raising awareness, effectively conveying a sense of what a 'mixed bag' Parkinson's can be. Getting out into our own gardens can be a little daunting, so Anna suggested ways to break tasks down into manageable chunks and shared some planting click here to provide seasonal variation. The presentation is available for you to download - click here.

COMING UP

Group meetings

We meet on the second Wednesday of each month at The Link (CB10 1HX)

The dates for the next few meetings are:

Wednesday 14th October – Libby Allan will be speaking to us about her role as a Speech and Language Therapist, and its relevance for people with Parkinsons who may have vocal problems or difficulties with swallowing.

Wednesday 11th November – there will be a talk on falls prevention

December – The usual meeting will be replaced by our Christmas Lunch – see below

Early 2027: Wednesday 13th January, Wednesday10th February, Wednesday 10th March. Speakers tba.

Date for your Diary – Christmas lunch

Our annual celebration of the Festive Season will be Christmas lunch at Saffron Walden Golf Club and will take place on **Tuesday 15th December.** This is always a thoroughly enjoyable occasion, and the cost is heavily subsidised from the group's funds. Details of menus, times and costs will be sent out soon – meanwhile, make sure you **save the date!**

NEWS FROM FURTHER AFIELD – from Parkinson's UK

National Blue Badge campaign update

Since launching the campaign in June to fix England's broken Blue Badge system, the community response has been amazing — over 800 digital postcards have already been sent! Right now, the system is failing people with Parkinson's. We regularly hear about severe delays, local authorities that don't understand the condition, and stressful reassessments. You can help change this by calling on local leaders for urgent action. If you haven't sent your postcard yet, there is still time to make your voice heard**. Click here to send your postcard to your Local Council Leader now**

Walkies for Parkinson's is back!

Get active with your dog and raise money for better Parkinson's care by joining Walkies for Parkinson's. Choose to walk 30 miles, 60 miles or 90 miles with your dog throughout October. You can complete your distance at your own pace, in any location you like. Whether it's an exciting muddy trail or a pavement plod, every step counts**. More information can be found here.**

CONTACTS FOR UTTLESFORD

LOCAL NHS SUPPORT FOR PEOPLE WITH PARKINSON'S – PARKINSON'S NURSES

The Parkinson's service is for individuals aged over 18 with a confirmed diagnosis of Parkinson's or a Parkinson's Plus Syndrome (such as PSP, MSA or CBS) and is available to those registered at a surgery in Uttlesford, Epping or Harlow. Core working hours: Monday to Friday 08:30 – 16:30

Your Parkinson's Team:

ABBIE TAYLOR - full-time Community Parkinson's Nurse (Mon to Thurs) and based in Herts and Essex Clinic on Fridays

JULIA BROWN – full time Community Parkinson's Nurse (Mon to Fri)

NADINE BRETT– part time -usually works with the Parkinson's Team on Tuesday and Thursday

BECKIE COLEY – Administrator for the team – contact Beckie on 01279 621924

Email: epunft.WestEssexNeuroTeam@nhs.net

PARKINSON'S UK LOCAL ADVISERS

EMMA SULLIVAN – Essex-based
JOANNA ALDRIDGE - based in Hertfordshire
BECKY LINNELL – based in Cambridgeshire
PLAs provide support, information and advice on anything to do with living with Parkinson's, including access to financial support, and are happy to talk to family and carers as well.
Contact via the PUK helpline 0808 8000303

UTTLESFORD COMMITTEE

Chair	**Currently Vacant**
Secretary	**Judy Millward** (01763 838742)
Treasurer	**Tony Leek,** Richmond House, Mount Pleasant, Hundon, CO10 8DW (07824 997748)
Joint Outings Co-ordinator	**Mary Woolhouse** (01799 530155)
Fundraising Officer & Joint Outings Co-ordinator	**Kate Riley** (07492 011618)
Speaker Secretary	**Bridget Hardy** (01799 550533)
	David Perks (07774 294954)
	Sue Donelan
Newsletter Editor	**Beccy Millward** (please send newsletter items to PUKUnewsletter@gmail.com)

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