

OUR NEWS

Farnborough and District Branch Volume 33.2 July 2023

Hello – after a long break

Here is a much overdue branch newsletter. I apologise for this but perhaps when you read about the activities we have been putting on this year, you may forgive us. We have had one bigish event, one very very big event and all the usual activities to keep going. Details later in the newsletter



Did you know ...

- **Specsavers** will do home visits for eye tests. You can either contact your local branch, phone 0808 258 7150 or go to their website :
<https://www.specsavers.co.uk/home-eye-tests/request-a-free-home-visit>
- Here is a link to “**All About Feet**” which is in Fleet Road near the library
<https://allaboutfeet.co.uk/fleet> . They also have premises in Yateley. They offer a wide range of podiatry services.

(These links will be posted on the branch website. Google Farnborough parkinsons and you will be able to click through from there. Look under News for these and earlier “Did you Know ...” information.)

Social meetings

We have now settled into our new venue for our monthly social meetings and a new date. The venue is **The Key Centre**, Elvetham Heath Community Centre, The Key, Fleet GU51 1HA. The day is the 3rd **Thursday** of each month (no longer the 3rd Tuesday).

Our meetings so far this year have mainly been focussed on the exchange of ideas and top tips. They provide an ideal forum to raise questions that are bothering you in a safe and supportive space. The meetings which had a more specific focus was our AGM in March and our Fish and Chips in May, easily the best attended of them all!



Our AGM – about our year 2022

Here is a summary our year 2022, based on the report to the AGM by our Chair, Annie Theaker

We are pleased to say that our branch activities are now generally up and running after all the interruptions of the pandemic and various lockdowns. The Pilates class every Wednesday at the Key Centre in Fleet led by Carole Hellewell is flourishing with a typical attendance of about 20. We have been lucky to gain the services of Anita Dempsey to take up the slot at St George's Badshot Lea where Mike Edwards ran his class for so many years. We have started a monthly drop-in café at Gold Valley Lakes in Aldershot. Our monthly social meetings have re-started at the Key Centre in Fleet, following the closure of our previous venue, Shawfield Day Centre. You would be very welcome at any of these.

We held two large social events during the year : Afternoon Tea at the North Hants Golf Club, organized by Mavis Pocock and our Christmas supper at St Peters Church in Farnborough

Mavis Pocock has continued as our Treasurer and presented her comprehensive accounts for 2022. We had a slight excess of expenditure over income. Overall our financial position however remains healthy. We were helped by a grant from Hart Voluntary Action of nearly £1500 to help cover the cost of our exercise classes as we built up our numbers. We were also very surprised and pleased to receive a donation of £500 from TXMaxx, as we were nominated by a staff member to receive this.



Our Big Event!

On June 9th – a date burned into my memory! - we were honoured to host Paul Mayhew Archer who presented his “Incurable Optimist” show. Paul is a comedy writer best known as the co-writer of The Vicar of Dibley. Paul was diagnosed with Parkinson’s in 2011 aged 58 and found that his way of fighting it was to find it funny. He has since perfected his one-man show and has performed it at numerous venues mainly around the South of England. Just in the past few months, he has performed at Preston, Exeter, Salisbury, Cirencester, Hereford and Aylesbury.

He first got in touch with us in January and here is what he wrote:

The way it works is that I bring the show and the local group brings the audience. So the local group finds a venue seating 150 - 200 people and sells tickets. I come and do the show for nothing except basic expenses - my reward is hearing people laugh - and the group keeps the takings.

Sounds simple! We thought we could do it and went ahead. We were hopeful of getting 150 people though with just a few weeks to go, that was looking doubtful. Then ticket sales took off, we stormed past 150 and had to declare the event Sold Out at 220. We had booked The Church On The Heath at Elvetham Heath, a lovely venue for the event large enough for our audience with a separate hall to serve refreshments and a space for the raffle.

It was a great evening with lots of complimentary comments afterwards. Paul said he would find the funny side of Parkinson's – and he did. People were saying they hadn't laughed so much for ages.

Here is our Chair Annie Theaker's summary of the evening and a record of our takings and expenditure

What an amazing evening this was, a fantastic turnout and a very entertaining evening. A very big thank you to Paul for putting on the show for us, giving up his time for free and enabling us to make so much money for our branch.

I would also like to thank everyone who helped on the night and leading up to the event, you all worked very hard and it was greatly appreciated, this also includes Julie, Paul's wife who helped us out throughout the evening,

We took £3250 in ticket sales, £755 on the raffle and about £430 on refreshments. We kept our costs down to £724 mainly by getting donations to the raffle, leaving us with a profit of around £3700, far above our most optimistic expectations!

From me (Katherine) : special thanks to Annie for organizing everything about the refreshments and overseeing the hall on the night with help from Jill Thomas, Judith Rowley, Annie McCallum and Annabel Theaker. Serving drinks to such a large audience was a major undertaking and they sportingly gave up the opportunity to see all the show as they were so busy, especially in the clearing-up.

Special thanks to Mavis also who ran the raffle. Annie had been busy beforehand getting donations from various businesses, including Badshot Lea Garden Centre, Cineworld and Wellington Country Park. Mavis has persuaded nearby Morrisons to donate two prizes. The raffle took £755 – that's a lot of raffle tickets to sell!

Our not quite so big event

To mark Parkinson's World Day in April, we held a Cream Tea at the Key Centre in Elvetham Heath. The idea of having a cream tea came from the Oxford branch (which incidentally is where Paul Mayhew Archer is a member). Not sure why it was chosen but it was certainly a good idea. We didn't run this as a ticketed event so had no idea how many people to expect.

We started with tables and chairs for about 24. They quickly filled up and by the end we had difficulty fitting everyone in! Many thanks to Annie Theaker for organizing it, including baking the scones which were lovely. It is unusual for us to run an afternoon event and it was good to see several people who do not often come to our other social meetings.

Movers and Shakers podcast

I hope many of you have been listening to the Movers and Shakers podcast where six people with Parkinson's meet in a pub to chat / discuss themes about their condition. Four of the names and the voices will be familiar to you, especially if you have listened to the BBC TV news over the years : Jeremy Paxman, Mark Mardell, Rory Cellan-Jones and Paul Mayhew Archer. Everyone I have spoken to about it is full of praise; it is well worth a listen.



Not sure how to find a podcast? Neither was I, this is the only one I have ever listened to! I have an iPad and it has this icon on it. I clicked on that and I was able to Search by name for Movers and Shakers. How easy was that! It is also available on Spotify and other platforms. And if you don't know what I am talking about (I don't really understand it either), try to enrol a teenager to help you.



Going into hospital?

The main charity, Parkinsons UK, is very keen to promote the “Get It On Time” message. We have been asked to put the following into our newsletter

We're stepping up our campaign this year to make sure that everyone with Parkinson's who is admitted to the hospital receives their Parkinson's medication on time, every time.

*We want local decision-makers and hospital staff to understand the impact of late or missed medication. To do that, **we would appreciate some help from you.** We understand that not receiving medication on time, or seeing it happen to a loved one can be distressing. We want to share the impact of late and missed doses with local hospital trusts, politicians, or the media to raise awareness and make sure it doesn't happen to anyone else.*

If you're comfortable and have seen the impact of a missed or late dose of medication; or, if you've experienced good care you want people to know about: we would really like you to share your story. Tell us what happened in your own words, so that we can use your experience to help other people.

You can share your story via a share your [story form here](#), or you can email stories@parkinsons.org.uk to speak to someone directly.

(Links will be on the branch website)

Good news for hospital stays for us

Please be aware that there is a Parkinson's Nurse Specialist who works at Frimley Park Hospital. Her name is **Evphi Kalkentera**. Her role is to check on people with Parkinsons who have been admitted and ensure that they are still receiving the medication they need, when they need it. Her role is particularly important if you have been admitted for a condition other Parkinson's, for example

after a fall. You could be on an orthopedic ward where the staff are less tuned in to your Parkinson's needs.

Evphi should be informed about your admission. If not, then please ask the ward staff to contact her.

I am sure that the campaigns team at Parkinson's UK would like to hear how successful this scheme is. If you have any good news about it, please pass it on to the team using the email link above. This could be powerful evidence which may encourage more health care settings to take it up.

Can you help ?

As I mentioned last time, we are really keen to have some more help with the committee. We are currently down to just 4 members, and we would dearly love to have some reinforcements. Specifically we are in sore need of a **secretary** to ease the work-load on Annie Theaker, our Chair.

Please think about volunteering to join us!

Being secretary is not a difficult or time-consuming position. We have a meeting most months on the 1st Wednesday of the month at the Key Centre at Elvetham Heath from 7:00. It is helpful if the secretary issues an agenda beforehand, (usually to a set format so no great creativity required!) and writes up brief notes about what we discussed and agreed.

You would be asked if you would be happy to be a point of contact for National Office who will send you information from time to time, to pass on. The only requirement, other than a willingness to help keep the branch running successfully, is the ability to use basic word-processing and email.

It is to the credit of the committee that so small a team could put on such a big event as the Paul Mayhew Archer show. We are a friendly bunch who work well together to deliver much needed support to people with Parkinson's in this area.

JOIN US

at one (or both!) of the fun and friendly exercise classes we run

- Everyone with Parkinson's and their partners/carers will be very welcome!
- Both offer seated and standing options
- Focus is on improving **balance, flexibility, strength and stamina**

Wednesdays 2pm – 3pm

Key Centre, Elvetham Heath GU51 1HA

Contact : Katherine Rusbridge

krusbridge@btinternet.com

01252 621350

NO ONE
HAS TO FACE
PARKINSON'S
ALONE

Thursdays 1:30pm – 2:30pm

St George's Church, Badshot Lea GU9 9LD

Contact : Anita Dempsey

Anita.dempsey@ntlworld.com

07540 739975

WE CAN
BEAT IT

(Note : from September we are planning to hold this activity at the Memorial Hall in Church Crookham)

Other local activities

As well as our weekly exercise classes and monthly social meetings, there are a few other local activities you may be interested in.

Our Drop-in Café

Join us for an informal cuppa and chat at Lake House Café, Gold Valley Lake, Aldershot. GU11 2PT. **Last Friday of each month.** 10:30 – 11:30. Ask for Annie



Camberley Parkinsons café

This meets on the **second Tuesday of each month** at the High Cross Church Knoll Road, Camberley from 10:30 – 11:30.

Contact ajack@parkinsons.org.uk to confirm the details.

Dance for people living with Parkinsons

Godalming United Church, Bridge Road GU& 3DT **Weekly on Wednesdays 2pm – 3pm**, followed by tea and coffee. Contact iiidconsortium@gmail.com or phone Kate on 07984 791 402



Everyone Active – free membership : now in Farnham

Good news : we now have a third Everyone Active leisure centre, offering free membership to people with Parkinson's. This is the Farnham one, joining the leisure centre in Fleet and the one in Frogmore with this offer.

The one in Fleet (GU51 5EE) runs an 8 week course called PDFit on Fridays 12:30 – 1:30. You can get more details by contacting admin@foundationsphysio.com or calling 01252 411058 or 07817 495791. My understanding is that group exercise classes are free as part of your Everyone Active membership but these sessions might count as a specialist course as it is run by a physiotherapist. If this is the case, there may be a charge.



Upcoming events

Thursday July 20th : this is our monthly social meeting, a great opportunity to share your experiences with other people with Parkinson's and their carers, exchange top tips etc. We meet at the Key Centre, Elvetham Heath GU51 1HA from 7:30

**Please note that we will not be holding
the monthly meeting in August.**

Make a note of this date : **September 1st**. We are planning a visit / picnic to The Vyne National Trust property near Basingstoke. More details nearer the time.

Best wishes Katherine

*If you no longer wish to receive the newsletters and other communications about the branch activities, please let a member of the committee know or contact Katherine Rusbridge 01252 621350
krusbridge@btinternet.com*

Useful contacts

Jennifer Holly vcl.parkinsonnurses@nhs.net (Mark your email :Attn Jennifer Holly)	Nurse Specialist, Hampshire area	
Rose McKinlay vcl.parkinsonnurses@nhs.net (Mark your email : Attn Rose McKinlay)	Nurse Specialist, Surrey area	01483 908 183
Tina Kislingbury tkislingbury@parkinsons.org.uk	Parkinson's Local Advisor (PLA) for NE Hampshire	0344 225 3758 (Mon – Wed)
Annie Theaker	Chair	07906 777623
Katherine Rusbridge krusbridge@btinternet.com	Newsletter editor and contact for Pilates exercise class	01252 621350
	Branch website	http://parkinsons-farnborough.org.uk/

Opening hours of Helpline

Monday to Friday: 9am to 6pm

Saturday: 10am to 2pm

Note : **Jackie Wingrave**, the Parkinson's Local Advisor in our Surrey area has now retired. Remember the national Helpline is available to provide support

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