

# OUR NEWS

**Farnborough and District Branch    Volume 34.1    Feb 2024**

## **Important information about our monthly social meetings.**

I hope you have a good start to 2024, despite some miserable weather. This year will see a major change for the branch – we are planning to move the date, timing and venue for our monthly social meeting!

**From April, our monthly social meetings will be on the third Monday of the month in the morning , 10:30 – noon, at the Crookham Social Club, The Street, Crookham Village, GU51 5SJ.**

Moving from an evening slot to the morning has not been a decision we have taken lightly. Rather we have canvassed opinion about whether a move to daytime would make driving to the meetings more accessible for more people. On balance we think it is the right thing to do. We are though mindful of the fact that we cannot please all of the people all of the time. We are considering also starting up an informal evening meeting for those who have daytime commitments. Details to follow.

**Our first morning meeting will be on Monday April 15<sup>th</sup>.**



## Did you know ...

- **Safe and Well** is a free home fire safety visit, tailored to an individual's needs that can help protect you and your home from fire.

You are eligible for this visit if you are over 65 and/or have mobility issues, meaning your ability to escape in an emergency could be hindered. This service is available in Hampshire and Surrey.

For Hampshire : <https://www.hantsfire.gov.uk/safety/home-safe-home/safe-and-well/> or Google "Hantsfire safe and well"

For Surrey: <https://www.surreycc.gov.uk/community/fire-and-rescue/community-safety/home-safety> and follow a link there. Or Google "Surrey fire safe and well"

- **My Therappy** is a website showing a range of apps selected by the NHS which might be helpful for people with Parkinsons. (If you have a different condition, you can check the website for that as well). Here is a link <https://www.my-therappy.co.uk/medical-condition/parkinsons-apps> or Google "My Therappy Parkinsons". Note that it is Therappy (with a double p, not just therapy)



## Social meetings

Rather belatedly, thank you to everyone who came to our **Christmas lunch** – goodness that seems a long time ago! We had a great turnout at the **Tweseldown pub** in Church Crookham. This is the first time we have celebrated with a lunch rather than an evening meal and we all enjoyed it. Staff were excellent and very responsive to our needs. Many thanks to **Annie Theaker** who did all the work, setting this up and running the event on the day. Great raffle also!

Our **November meeting** had been a quiz organized by Jill. There were some very ingenious rounds. In one we were given a plate with small pieces of various chocolate bars to identify ; surprisingly difficult! (No tasting allowed until after the round) And even more difficult, we had a pillowcase containing a range of items. A rubber band was used to limit the opening, meaning everything had to be done by putting your hand into the pillowcase and using your sense of touch.



## **Our AGM – our year 2023**

It is a requirement of Parkinson's UK that each branch must hold an **AGM**. Sounds rather formal but it is really just a good opportunity to reflect on the successes of the previous year, present our accounts to you and elect the committee for the following year.

**The AGM will be held on Thursday March 21st 2024 at our current venue, the Key Centre, Elvetham Heath, Fleet GU51 1HA**

If you wish to stand or make any nominations for Officers of the Branch (Chair, Secretary, Treasurer) or membership of the Branch Committee; or put forward any motions for the Agenda, please contact me, **Katherine Rusbridge** 18, Gravel Road Church Crookham GU52 6BB, [krusbridge@btinternet.com](mailto:krusbridge@btinternet.com) Please check if you wish to nominate someone that they are prepared to have their name put forward. Note : each nomination is required to be proposed and seconded by a Branch member.

A formal Agenda will be available at the AGM.

## **Please think about volunteering to join us!**

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.

Being secretary is not a difficult or time-consuming position. We have a meeting most months on the 1<sup>st</sup> Monday 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.



## **Attendance Allowance**

Attendance Allowance is paid if you are **over State Pension age** and need support in your daily life because of a long-term physical or mental health condition. It is NOT about payment to a carer or helper who comes into your home to support you; you are entitled to it whether or not you have help from an external agency. You can apply for it whatever your income or savings are.

Don't be put off by the length of the application form – 30 pages! And always remember to record about your bad days when you are filling this in, rather than your best days (though it may need to be one of your better days to embark on this!)

For more information and useful links, go to the branch website and search under Our News. <https://parkinsons-farnborough.org.uk/>

## News from Parkinsons UK

I recently received a mailing from National Office with the following topics in it. They look useful! Hope you find them interesting

### **Mobilise for Carers**

Care for someone with Parkinson's? Well you might be struggling to find support with anything from finances to practical help, from mealtimes to continence, from hospital discharge to finding time for yourself.

Mobilise has lots of useful support and information for carers – here is their website <https://www.mobiliseonline.co.uk/>



### **Call Companions telephone befriending service for Parkinson's**

Parkinson's UK has partnered with **Re-engage** to offer older people with Parkinson's, and the people who love and care for them, a telephone befriending service.



To use the service, you must be a person with Parkinson's or their carer, aged 60 or above, and able to speak on the telephone. You can sign up, or refer someone else, on the Re-engage website (<https://www.reengage.org.uk>) or get in touch with Parkinson's UK.

All volunteer befrienders are fully trained and will be familiar with the symptoms of Parkinson's, but you don't have to talk about Parkinson's in the call. To read more or to sign up, go to [www.parkinsons.org.uk/call-companions](http://www.parkinsons.org.uk/call-companions) or call us on 0808 800 0303 or email us on [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk). You can also call Re-engage on 0800 716 543.

## **An ingenious new look at the calendar.**

This “calendar” popped up on my Facebook feed and I thought it was worth sharing. It got lots of appreciative comments. My favourite alternative idea was starting the year with “Eatallucanuary”. My birthday is in December. With all the Christmas meals, I’d like to suggest Decadentember.

I don’t know who Brian Bilston is. I just like his sense of humour

### **My Year in Diets**

Veganuary

Fibreuary

Starch

Cakepril

MaycaroniCheese

June&tonic

Julicecream

Augustickytoffeepudding

Septembeer

Octoblerone

Doughvember

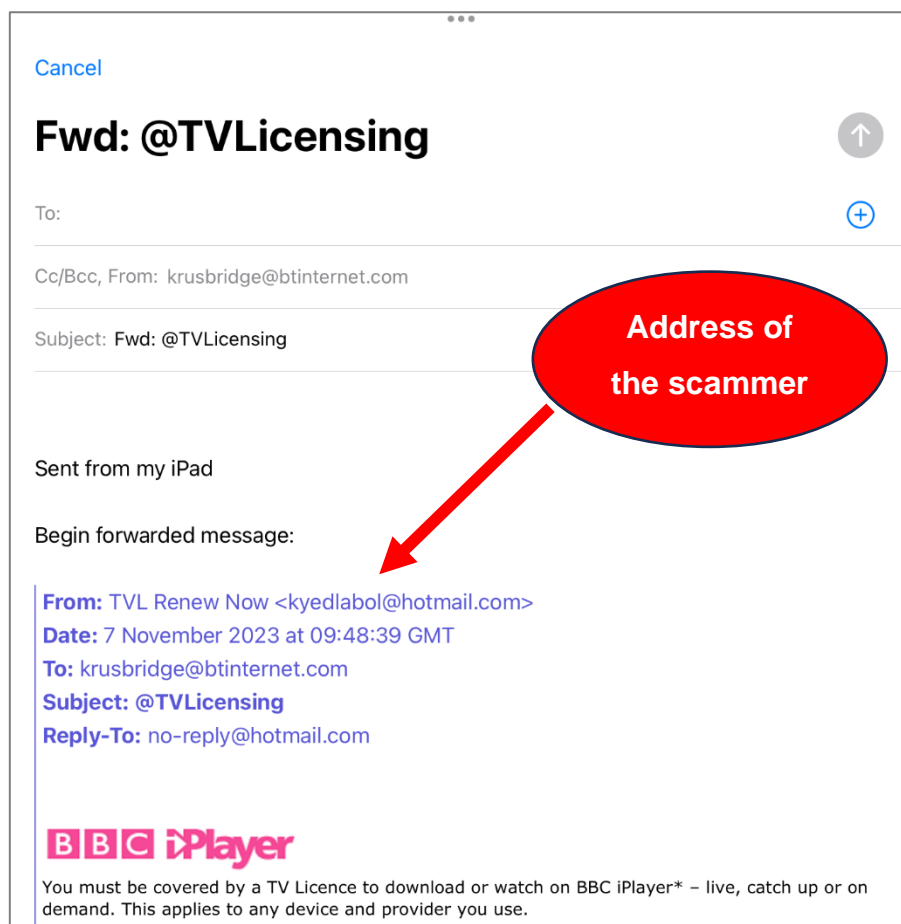
Decemburger

*Brian Bilston*

## One way to spot a scam email

It seems to be an inevitable but unwelcome fact of modern life that we receive scam emails. These are often designed to look as if they come from an official body. I recently received one, claiming to come from **TVL Renew Now** reminding me to pay for my TV licence and providing a link to do so with the payment going to the scammer not the actual licencing authority. I thought this was odd as I pay for it by Direct Debit, so I did not fall for the scam.

What I did was click on **Forward** and this reveals who actually sent it – not “TVL Renew Now” at all but the email of someone running a scam! Once I had seen that, I just clicked on Cancel. Not sure this will work on all devices or email providers but it seemed worth passing on.



# 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](mailto:krusbridge@btinternet.com)

01252 621350

NO ONE  
HAS TO FACE  
PARKINSON'S  
ALONE

## Thursdays 1:15pm – 2:15pm

Bowenhurst Road Church Hall,

Church Crookham GU52 8JU

Contact : Anita Dempsey

[Anita.dempsey@ntlworld.com](mailto:Anita.dempsey@ntlworld.com)

07540 739975

WE CAN  
BEAT IT



## 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](mailto:ajack@parkinsons.org.uk) to confirm the details.

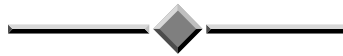
### Dance for people living with Parkinsons

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



## PDFit at Everyone Active

PDFit has sessions at **Everyone Active in Fleet** (GU51 5EE) on Fridays 12:30 – 1:30. You can get more details by contacting [admin@foundationsphysio.com](mailto:admin@foundationsphysio.com) or calling 01252 411058 or 07817 495791. The sessions are run by fully-qualified physiotherapists, but it is not part of the NHS provision. Sessions cost £15 each and you are asked to sign up for a block of 8 weeks. Note : all the exercises are done standing so you must be able to cope with this.



## Move It or Lose It class updates

Please note : there will not be a class on Thursday March 7<sup>th</sup> or Thursday March 14<sup>th</sup> as our session provider, Anita Dempsey, is away

Also there will be no class on Thursday May 2<sup>nd</sup> as the Hall is in use as a polling station

## Newsletter on our website

This newsletter will be posted on our website, so that you can make use of the website links included here.

*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](mailto:krusbridge@btinternet.com)*

## Useful contacts

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

### 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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