

OUR NEWS

Farnborough and District Branch Volume 34.3 Oct 2024

We have had an exciting few months since our last newsletter – a summer concert, Afternoon Tea and two excellent monthly meetings with talks on Healthy Eating, and Speech and Therapy. Also we now have the support of not just one but two Parkinsons Local Advisors.



Did you know ...

- There will be a **World Parkinson's Table Tennis Competition** in France from October 23rd. Sorry, but you have missed your chance to enter this year. Nice to know that such an event exists. If you google World Parkinson's Table Tennis, you will be able to see a YouTube of last year's final.
- The end of September was **Falls Prevention Week**. Hampshire have put together a range of suggestions about exercises to do at home. Their mantra is "*falls don't have to happen just because you are getting older*".
- Here is the link – and remember that all of the key information on the newsletter goes onto our website for you so you can click on links there.
<https://www.hants.gov.uk/socialcareandhealth/publichealth/livelongerbetter/gettingstarted>



Monthly meetings

Our July meeting was given by **Rachael Austen-Jones** of **Rushmoor Healthy Living** with a focus on healthy eating. Rachael suffers from a long term health condition, so she could speak from personal experience of the difficulty of preparing food and eating meals. Her main message was the familiar one of having a healthy diet : not too much fatty food or fried food, plenty of fruit and veg. She emphasised the need to keep up your intake of calories as you need those for energy. If you really cannot face a full meal, make sure that you are at least eating some calories

Rachael's top tips on healthy eating

- If you get tired standing for a long time, do the prep for your cooking in advance
- Make good use of your freezer ; cook double and freeze portions for later

In September we welcomed **Louise Payne** from the **Speech and Language Therapy** group at Farnham Hospital. She had us doing diaphragmatic breathing - a deep breathing exercise that engages the diaphragm muscle and makes fuller use of the lung capacity. With more breath, you should be able to complete what you wish to say without fading out. She also suggested making a conscious effort to speak more loudly; you may feel you are shouting but in fact by doing so, your voice level is getting closer to normal. Try also to exaggerate your articulation, really pronouncing your words.

Although Louise comes from the Speech and Language Therapy group, they also deal with **swallowing issues**. She described the function of a small flap called the epiglottis which moves to block the airway when you are swallowing, to prevent the food "going down the wrong way". If this is a bit slow to happen, then food can end up in the lung. Not a good place for it to be! Always seek medical help if this is becoming a problem for you.

Louise's top tips on speech therapy

- Have a daily practice in front of a mirror saying half a dozen key words so you can check how well you are articulating your words. Imagine someone is trying to lip-read what you are saying.
- Reduce background noise if you have difficulty speaking loudly enough. Hopefully family members will be empathetic to your request!

It is possible to self-refer for speech and language therapy at Farnham Hospital. Generally though they do prefer you to come through your GP or Parkinson's Nurse. This way they will have some background information about the difficulties you are having.

Contact details :

01483 908150

VCL.adminwestsurreyadults@nhs.net



Thank you to ...

- **North Hants Golf Club** who hosted 40+ of us at an Afternoon Tea. This was the third time we have been there recently and they always treat us very well. We had the full works – sandwiches, freshly baked scones and a choice of cakes. All lovely but a bit too filling, so it was doggie bags all round to take home. Our thanks to **Mavis Pocock** who is a member at North Hants and makes all the arrangements for us.



- **Hartley Rock Choir** who donated the profit from their summer concert to us -£1000! We also ran a raffle which took a further £320, thanks to the generosity of the choir members and audience. Each year, the choir members are asked to nominate a charity to receive the profits, then there is a vote to decide which one to select. Hazel Burgess, Jean Cooke's sister, and Carole Archer, Bill's wife, put us forward and it is very pleasing that the choir chose us. Thank you Hazel and Carole! (And it was a very good concert!)



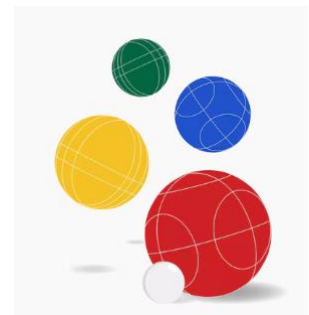
Welcome to Lucy and Jill , our Parkinson's Local advisors

We are delighted that there have been two recent appointments to the PLA team : **Lucy Campbell** and **Jill Beaumont**. Both are new to the organisation so are still finding their feet. Once they are more established, we will be looking to invite them to make a presentation about their role at one our monthly meetings.



Your chance to have a go at Boccia!

The ever-resourceful **Sharon Blight** is putting on weekly sessions of Boccia at her bowls club : Aldershot Underwood Bowling Club, Eggars Hill, GU11 3NG. Boccia is played seated and is akin to bowls hence the use of the bowling club venue. Sharon has put together her own version which seems to include a bit of musical chairs too. Sounds like fun!



Please note that this is not exclusive to us. The activity can accommodate 18 people and her members will take priority. Cost for visitors is £4 and will include tea or coffee. The sessions are on Thursdays at 2pm. Participants must be reasonably able-bodied so they can get out of a chair easily.

I am sorry to give the sad news that husband and wife Michael and Sheila Pearse have died within a few months of one another. Sheila was a key member of the branch in the pre-covid days. She was the link to our exercise class at St George's Badshot Lea, taken by Mike Edwards, dealing with all the weekly payments from participants. She ran the raffle when we were at Shawfields – nobody got away without purchasing some tickets. She always had a ready smile and maintained such a positive attitude. Michael was a loving support to her especially when her health deteriorated, becoming complicated by some other factors. Sadly she was too unwell to attend Michael's funeral.



Future monthly meetings

These are now held on the 3rd Monday of the month at the Crookham Street Social Club : GU51 5SJ, from 10:30 to noon.

October 21st : Our speaker will be Katherine Fletcher from the Research Communication Team at National Office. Should be very interesting.

November 18th :Join us for a light-hearted quiz session

December : we will not be having our usual gathering on the 3rd Monday of the month. We are planning a Christmas lunch together, possibly at the de Havilland Arms. Not sure yet about the date; we will let you know as soon as we have agreed the details.

Reminders about exercise

Here is a quote from **Professor Chris Whitty**, Chief Medical Advisor for England. You will doubtless remember him from his contributions to the daily briefings during the Covid pandemic.

“There is no situation, there is no age and there is no condition where exercise is not a good thing”. He couldn’t be clearer!

The internet is now awash with videos which you can watch to pick up a few good ideas which might work for you, or you can be more active and follow along with the presenter. **Always remember that you should only do the activities you know you can complete safely.**

To find some useful videos :

Parkinsons UK is an obvious place to start! I googled “Parkinson’s UK staying active at home” and this gave lots of good ideas and onward links.

Power for Parkinson’s is another organisation which has free videos on exercise. (It is based in USA) The one I watched on hand movements had a bit of a “yoga-style” to it. Not quite my cup of tea but the exercises looked useful.

If you don’t fancy following an on-line exercise video, you could just come along to one or both of our exercise classes!

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

WE CAN
BEAT IT

Thursdays 1:15pm – 2:15pm

Bowenhurst Road Church Hall,

Church Crookham GU52 8JU

Contact : Anita Dempsey

Anita.dempsey@ntlworld.com

07540 739975

Other local activities

As well as our weekly exercise classes and monthly 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 kslade@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



PDFit at Everyone Active : new venue

PDFit now has sessions at **Church Crookham Community Centre** (GU52 8AQ) on Fridays 14:00 – 15:00. You can get more details by contacting 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 billed monthly depending on how many classes you attend. 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 November 28th** as Anita has another commitment.

Newsletter on our website

This newsletter will be posted on our website and there will also be posts including links to some of the items in it.

If you would like the newsletter sent to you by **email**, either as well as by post, or instead of by post please contact me, see below for my contact details.

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

Parkinson's UK Helpline : 0808 800 0303

Monday to Friday: 9am to 6pm

Saturday: 10am to 2pm

Rose McKinlay vcl.parkinsonnurses@nhs.net (Mark your email : Attn Rose McKinlay)	Nurse Specialist, Surrey area	
Jenny Honey (Mark your email : Attn Jenny Honey) Email as above	Nurse Specialise, Hampshire area	
Jill Beaumont	Parkinson's Local Advisor (PLA) for Surrey area	Please contact through Helpline
Lucy Campbell	Parkinsons's Local Advisor for Hampshire area	
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>

The Parkinson's Disease Society of the United Kingdom. A company limited by guarantee. Registered in England and Wales (00948776). Registered office: 50 Broadway, London, SW1H 0DB. A charity registered in England and Wales (258197) and in Scotland (SC037554).

And finally ...

I am very aware that the newsletters these days include a lot of internet links , often very long ones which would at best be a nuisance , at worst impossible to type in accurately.

Please remember about the branch website

www.parkinsons-farnborough.org.uk

The newsletter is uploaded there. You can find it under Our News. I usually try to make specific news items from it. And of course, you can look back on earlier posts covering top tips, local resources and branch news.