

## Cambridge Branch Newsletter – March-April 2017

Editor  
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### **WE NEED A NEW SECRETARY!**

Understandably, after many years hard work as Branch Secretary, Caroline Bent has decided she wants to reduce her role. So, we are looking for someone to take over from her as Branch Secretary, handling the liaison with Parkinson's UK, and dealing with all Committee business.

As most of you know, Caroline has been at the heart of our various activities, and a major reason why we have such a successful, popular Branch. She will be missed. But the good news is that she has generously offered to stay on the committee, as Assistant to the Secretary. She will be invaluable to whoever takes over!

**So, we are on the hunt for a replacement. If you know anyone who might be interested in this rewarding role, please contact Caroline herself (01223 314279, [carolinebent@me.com](mailto:carolinebent@me.com)).**

**We need to find someone as soon as possible!**

## RECENT EVENTS

### **GOVERNMENT BACKS DOWN OVER ATTENDANCE ALLOWANCE**



The Government has said it will not continue with proposals to make local councils in England pay for Attendance Allowance, a benefit that supports around 36,000 older people with Parkinson's (PwP). This was announced in January by Penny Mordaunt MP (left), the Minister for Disabled People. Keeping the benefit funded by central government was a key target of the campaigning done by Parkinson's UK – who were helped by our chairman, Charlie Nightingale, and South Cambridgeshire MP, Heidi Allen – notably at last year's Tory Party Conference.

“We were extremely worried that local councils with a higher proportion of older people (over 65) wouldn't have been able to meet demand for the benefit if they had to provide it themselves,” Parkinson's UK said. “This could have led to PwP in certain areas not getting support when they needed it.” Attendance Allowance is a lifeline for many older PwP, enabling them to pay for extra costs associated with their condition, such as energy bills, help around the home and taxis to medical appointments.

“Attendance Allowance plays a crucial role in keeping older PwP independent for as long as possible,” said Parkinson's UK Policy and Campaigns Adviser, Phil Reynolds. “We're delighted the Government has listened to people's concerns.” If you have any questions about applying for Attendance Allowance, please call Parkinson's UK's [helpline](tel:08088000303) on 0808 800 0303, or read its [Attendance Allowance information sheet](#).

### **DONATIONS GRATEFULLY RECEIVED**

Over the last month or so we have received several unexpected donations – for which we give grateful thanks – and also had a promise of more to come! One came from St James' Church in Cambridge. “In our annual charitable giving programme, one of the members of our congregation nominated the Cambridge branch of Parkinson's UK for our support, and we have agreed to donate £180 to your very worthwhile activities,” said the Church's treasurer, Sue Wilson. Many thanks!

Another donation came from the very small Cambridgeshire village of Rampton, which has only around 180 houses. Back in 1977, the village created its 77 Committee to organise a street party to celebrate the Queen's Silver Jubilee. Since then, it has organised many fundraising social events over the years, and in 2013 donated £400 to Parkinson's. This time, a donation of £200 for us was requested by Mrs Pam Dockerill, who has Parkinson's and has been a member of the 77 Committee for many years. A great effort!

Finally, Bourn Golf Club has picked us as one of its charities for the year. Its first fundraising event was a panto (right), which our committee member Annabel Bradford attended – and took the photo! She says an excellent evening was enjoyed by all, and people were very generous with collections, raising £256. The club plans to keep fundraising throughout the year, and will donate the money raised to us and Parkinson's UK at the end of 2017.



## OVER £800 RAISED AT WAITROSE COLLECTION

Tremendous congratulations to all those who braved the cold to collect at the Trumpington branch of Waitrose on December 30. They raised no less than £812, a fantastic effort! It was so successful we can't hope to repeat that every time, but all collections, large or small, make an important contribution to our Branch finances. And a further £370 was raised with a collection at Tesco in Fulbourn. A marvellous end to 2016, and a great start to 2017!

## COLLECTING TINS



Collecting tins are available for members to display in their local shop/pub/club – or anywhere people might make a donation! Always ask the business owner if it is ok to display the tin and all you have to do is empty it at intervals. We can supply you with everything you need to place a tin. Contact Caroline Bent (01223 314279 or [carolinebent@me.com](mailto:carolinebent@me.com)).

## MANNEQUIN CHALLENGE VIDEOS SAY “FREEZING ISN'T ALWAYS A CHOICE”

Parkinson's organisations worldwide have used the 'Mannequin Challenge' – the latest social media trend to sweep the web – to show that 'freezing' is part of everyday life for many people with the condition. They have filmed their own versions of the Mannequin Challenge and a popular one has been from Parkinson's UK, which used the heading 'FREEZING ISN'T ALWAYS A CHOICE'. Parkinson's UK had four videos showing people unable to move in everyday scenarios such as crossing the street, making a cup of tea and answering the front door. It asks viewers to “Donate. Now. So their challenge can end.” See <https://www.parkinsons.org.uk/content/freezing-isnt-always-choice>

## ELECTRIC BED AVAILABLE

A single electric bed is available that was recently bought from Elphicks in Huntingdon and has only been used twice. It has a headboard and memory foam mattress and is in immaculate condition. It cost £650 and the seller is willing to accept £200. The buyer would need to collect it. If interested, call/email our Parkinson's nurse, Lorna Woor, who will pass on the seller's details. (01223-723018 [lorna.woor@cpft.nhs.uk](mailto:lorna.woor@cpft.nhs.uk))

## BRANCH MEETINGS

### DAVID JOHNSTON GIVES LEGAL ADVICE

At the January Branch Meeting, member David Johnston, a retired solicitor, gave an extremely well received talk about three crucial legal areas: wills, Lasting Powers of Attorney (LPAs), and Advance Directives. It clearly interested members as David faced many questions both during his talk and afterwards. Starting with wills, he said it was a false economy to draw up a will personally. “I would strongly advise having a solicitor or similarly qualified professional draw up your will. The rules relating to the validity of wills are highly complex and the smallest irregularity can lead to the will being invalid, or difficulties getting it admitted to probate.”

He said the two main decisions to make when drawing up a will are: who will be your executors, and who are to be the beneficiaries? “Remember, being an executor is a job, a burden not a benefit. Choose a person or people you

trust and who are reliable, good with figures and administering paperwork.” David advised against appointing a professional executor such as a solicitor or a bank unless there is absolutely no alternative.

With regard to LPAs, he said these are particularly useful if there is a possibility that you will lose your mental capacity. The first question to ask is: do I need an LPA at all? “I am 63 with Parkinson’s and dystonia,” he said. “I have made an LPA.” If you receive a diagnosis such as Alzheimer’s, do not wait long before making an LPA. That is because if you have lost mental capacity, you cannot make an LPA and the Court of Protection will step in and handle your finances, something to be avoided if at all possible.

The second question is to decide whether you make a Property and Finance LPA, or a Health and Welfare LPA, or both. This depends on individual circumstances. The first is the most widely used and popular, David said. The key issue about LPAs is that you must completely trust the relatives/friends you appoint as your ‘attorneys’, but you don’t need a lawyer to draw up an LPA. [The Office of the Public Guardian website](#) contains all the forms which can be completed on screen.

Finally, with regard to Advance Directives, these only apply in circumstances such as if you are really ill and you would like nature to be allowed to take its course. There is no need to hire a lawyer as websites such as Compassion in Dying and NHS Choices have forms you can complete yourself.

This is just a brief summary of what David told members. For his talk, he circulated several pages of notes relating to what he was saying. If you would like to see these notes, they are now available on our website, see [David Johnston’s notes](#). David stresses these should not be used as a substitute for seeking proper professional legal advice on your own particular circumstances.

## **WILDLIFE IN THE GARDEN**

A thoroughly enjoyable talk about Wildlife in the Garden was given at the February meeting by lifetime wildlife enthusiast, Colin Kirtland. He began with what he said was the most obvious example: birds. The humble sparrow, once the most common bird in Britain, has seriously declined in numbers in the last decade. Research at Sheffield University discovered this was because of the lack of insect food in the spring, precisely the time when sparrows need it to feed their young. Another bird that has declined is the starling, probably because winters in Europe are getting milder so there is less need for them to come to the UK.

More interesting facts from Colin: robins are unusual in that they are territorial, and therefore continue singing, even after the breeding season is finished. They can become extremely tame. The wren, nearly Britain’s smallest bird, often roosts communally and as many as 57 have been found in a single nest box! It would also be remembered fondly by many members, Colin said, as being on the back of the farthing – of which there were 960 to the £! Perhaps most remarkable of all is the collared dove. In 1953, there were precisely none in the UK, and they first appeared in the mid-1950s when a pair bred on the Norfolk coast. They have been so successful that now they are one of the commonest garden birds in Britain. Colin spoke about many of the other creatures found in our gardens, from frogs to butterflies, moths to squirrels and one of the most loved of all, the hedgehog. Sadly, their numbers have declined seriously in recent years. But if you do find one in your garden, Colin said, don’t give it bread and milk! Much better for them would be some dog or cat food.

## **SCIENCE AND RESEARCH**

### **‘DBS PLUS’ EXPERIMENT**



A new version of Deep Brain Stimulation (DBS), called DBS Plus, is under trial by a British neurosurgeon working at Kentucky University in the USA, Dr Craig van Horne (left). The aim is to test whether taking a small part of peripheral nerve tissue and putting it in the brain can promote healing in the areas of the central nervous system damaged by Parkinson's. With DBS Plus, a small piece of nerve tissue is taken from the patient's ankle and implanted in their brain. As the tissue is from the patient's own body there are no concerns about rejection, and with DBS declared safe and effective almost two decades ago, DBS Plus is considered relatively safe with only minimal additional risk.

To date, 34 patients have participated in the DBS Plus study with encouraging results. Of the 17 patients that are 12 months on from their procedure, 65% have shown a clinically important improvement in motor performance as a result of the graft. A [before and after video of one patient](#) walking outside van Horne's office shows the effect. Van Horne says the study needs to be tested on a larger sample size and for longer before it can be deemed a viable treatment. But assuming all goes well, DBS Plus shows promise as a means of slowing down the disease.

## EXERCISE MAY BE REAL MEDICINE

Almost any exercise is good medicine for people with Parkinson's (PwP) a new research study confirms. Although physical activity can be difficult for some Parkinson's patients, the review emphasises what many specialists already believe: sustained exercise can have a long-term impact, especially by improving gait and reducing the risk of falls. As a result, many neurologists now recommend exercise for virtually all their patients.



The review measured the combined outcomes of more than 100 studies conducted over the past 30 years on the effect of exercise in PwP. It showed that physical activity has clear benefits, specifically for strength, mobility, flexibility and balance. That is why the Parkinson's Foundation states that medication and exercise combined should be considered part of treatment.

Neurologists say water aerobics or swimming are good ways to exercise without the risk of falling, and treadmills are good if walking outdoors is too challenging. One of the best things carers can do is to help their loved ones access exercise, by taking them to a pool or gym. For people late in their diagnosis, using resistance bands and practising stretching techniques can be useful. **The overall message is crystal clear: keep moving!**

## DIABETES DRUG

A new drug originally developed for Type 2 diabetes is to undergo human clinical trials in search of the world's first treatment to impede the progression of Parkinson's. If successful, the drug, called MSDC-0160, would be the first therapy to treat the underlying disease and slow its progress.

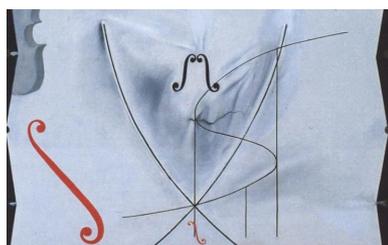
"Our scientific team has evaluated more than 120 potential treatments for Parkinson's and MSDC-0160 offers the genuine prospect of being a breakthrough that could make a significant and permanent impact on people's lives in the near future," says Tom Isaacs of the Cure Parkinson's Trust (CPT).

MSDC-0160 was developed by the Michigan-based Metabolic Solutions Development Company (MSDC) to treat Type 2 diabetes. Parkinson's and diabetes may have very different symptoms but they share underlying mechanisms at the molecular level and respond similarly to a new class of insulin sensitisers like MSDC-0160.

The novelty of MSDC-0160 stems from a recently revived view that Parkinson's may originate, at least partially, in the body's energy metabolism. The drug seems to regulate mitochondrial function in brain cells and restore their ability to convert basic nutrients into energy. Consequently, the cells can better handle potentially harmful proteins, reducing inflammation and nerve cell death. It is hoped the clinical trial will begin this year. MSDC-0160 is not the only diabetes drug being tested for treating Parkinson's, another being Exenatide.

## PAINTINGS CAN SHOW IF ARTIST HAS PARKINSON'S

Paintings can reveal if an artist has Parkinson's, even before a diagnosis. Liverpool University researchers studied more than 2,000 paintings by artists such as Salvador Dali, who had Parkinson's, and Picasso and Monet, who didn't.



The researchers used a technique called 'fractal analysis' to study how the artists' painting style changed as their illness progressed. The process looks for tell-tale repeats of patterns, and normally the number of familiar patterns and brushstrokes increases over time. But when Dali's later works were compared with those by Picasso and Monet, the patterns decreased. Author of the study, published in the journal *Neuropsychology*, Dr Alex Forsythe, said: "We hope our innovation may open up new research that will help to diagnose neurological disease in the early stages." Dali first showed signs of Parkinson's in 1980 when his hands started to shake. His last painting, *The Swallow's Tail* (above) was completed in 1983 and he died in 1989.

## **BRAIN INFLAMMATION: A KEY CAUSE THAT CAN BE TREATED?**

A new Australian study that models the early stages of Parkinson's has shown how inflammation in the brain is related to the development of Parkinson's and identified a potential mechanism that can prevent this. "We're really excited by the outcomes. It offers hope and introduces a new target for therapeutic research, which we're now working on," says lead author Dr Nic Dzakmo, of Neuroscience Research Australia (NeuRA).

The NeuRA research team used pluripotent stem cell technology to turn human skin cells into neuronal cells in order to understand the effects of inflammation on the brain. To regulate inflammation, the brain uses what are known as toll-like receptors (TLR), but a consequence of activating TLR is the production of  $\alpha$ -synuclein, a hallmark of Parkinson's. A particular receptor, TLR2, was found in increased amounts in neurons in post-mortem Parkinson's brain tissue, which suggests TLR2 is of central importance in the development of the condition. Using stem cells, researchers activated TLR2, which created an inflammatory response that increased the levels of  $\alpha$ -synuclein, suggesting that inflammation is a cause, at least in part, of Parkinson's.

"Given that we were able to find this association in the post-mortem brain tissue, then model this relationship in tissue culture, we're confident we've understood a key process in the development of Parkinson's," Dzakmo says.

Crucially, the team also introduced a drug that inhibited TLR2, and this prevented the increase of  $\alpha$ -synuclein 'clumping' in the stem cell-derived neurons, suggesting it is a target for further research into therapeutic interventions. The next stage is to identify a drug that can be used in human trials, which acts on the pathway the researchers have identified and prevents the TLR2-enabled increase in  $\alpha$ -synuclein.

## **DATES FOR YOUR DIARY**

### **AGM ON MARCH 24**

The Branch Annual General Meeting takes place on **Friday, March 24**, also the date of our monthly Branch Meeting. The AGM will happen before that, and should only last half an hour or so. Nominations are invited from members to fulfil various roles. These include a Secretary (see front page), and a Presentation Programme Coordinator, responsible for booking speakers at our monthly Branch Meetings. If you are interested in helping the Branch by serving on the Committee, and would like more details of what is involved in each role and how much time it requires, contact Caroline (01223 314279 or [carolinebent@me.com](mailto:carolinebent@me.com)).

### **SECRET VENUE FOR YOGA CHARITY EVENT**

A Charity Yoga morning is being hosted on **Saturday, April 1**, from 9 to 11am, by a Cambridge based group called Charity Warriors, with all the profits going to our branch. Everyone is welcome of whatever ability, even those new to yoga. Come along in comfortable clothing and bring a mat and a friend or two! If you don't have a mat there are a few spare ones. The fee is £10 and once you've signed up, the group will let you know where the venue is nearer the time, but it will be in central Cambridge. Please remember to sign up as there is a limit to numbers. [See more here](#).

### **SUPPORT US AT THE GUILDHALL ON WORLD PARKINSON'S DAY**

Your branch will be running a stand in front of the Cambridge Guildhall, in Market Square, **from 10-12 on Tuesday, April 11. This has been designated World Parkinson's Day (WPD)**, as it was the birthday of James Parkinson, who first described the condition. The aim is to increase awareness of Parkinson's, so we will be distributing information leaflets etc, but most of all we want you to come along and talk to members of the public about how it affects you, and what living with Parkinson's is like. As many of you as possible please!

### **GRETSCHEN AMPHLET LECTURE: THE VALUE OF PREDICTION**

This year's Gretschken Amphlet Memorial lecture **also takes place on WPD**, featuring two speakers: Dr Alastair Noyce of University College London, who will discuss the promise of his latest study Predicting Parkinson's; and Peter Jenner, Emeritus Professor at King's College London, who will describe how researchers are closer than ever to new treatments that can stop the loss of dopamine-producing nerve cells and encourage damaged cells to grow back.

Dr Noyce says many scientists believe that predicting who will develop Parkinson's could be the key to unlocking new and better treatments that slow down its progression. Motor symptoms only emerge after half of the

dopamine-producing nerve cells in the brain have already been lost. Being able to predict Parkinson's would put us in the best possible position to slow, stop or even reverse Parkinson's.

Professor Jenner says that stopping the loss of dopamine-producing nerve cells and encouraging damaged cells to grow back will probably be most effective, and pass through clinical trials quicker, if there are a good number of nerve cells left to save. Identifying people in the earliest stages, before symptoms, creates the potential to discover a treatment that could slow, stop or even reverse Parkinson's. The lecture takes place in the Auditorium at Fitzwilliam College, Cambridge CB3 0DG and starts at 7.30pm, on April 11. It is free, but you need to book in advance. Contact the Parkinson's UK Events team on 020 7963 3952 or [events@parkinsons.org.uk](mailto:events@parkinsons.org.uk).

### NEW CAMPAIGN LAUNCHING IN PARKINSON'S AWARENESS WEEK

The National Office of Parkinson's UK is planning to use Parkinson's Awareness Week (PAW), which **runs from April 10-16**, to launch a new campaign called We Won't Wait. "The new campaign will ask the public to donate and support our new research approach," it says. Parkinson's UK is looking for people willing to share their experiences with the media as part of PAW 2017. Contact the Media team on [pr@parkinsons.org.uk](mailto:pr@parkinsons.org.uk), or call 020 7963 9370. Also part of PAW is the European Parkinson's Disease Association (EPDA), which is joining forces with Parkinson's UK in another campaign they have developed jointly, #UniteForParkinsons. The EPDA aims to use WPD to create a global community to press for change in the treatment and management of the condition. To join the campaign, use the hashtag #UniteForParkinsons on April 11 or email [worldpdday@epda.eu.com](mailto:worldpdday@epda.eu.com).



### TULIP FUN-RUN SET FOR APRIL 23



It's not long now until the 2017 Tulip Fun-Run, which is on **Sunday, April 23**. It begins at 10.30am at the David Rayner Building, Scotsdale Garden Centre in Great Shelford. The Fun-Run will be started by the Chairman of South Cambridgeshire Council, Sue Ellington, and follows the same route as before. Now is the time to sign up sponsors! Don't worry about your fitness, it's perfectly ok to jog very slowly or even walk. And if you can't run or walk, you could consider sponsoring someone who can; or volunteer on the day either at the David Rayner Building or as a steward. The Fun-Run means what it says. Raising awareness and money is the point – the event generates around £2000 every year – and we want to increase that by getting more people to take part.

Download the application form from the branch website ([www.parkinsonscambridge.org.uk](http://www.parkinsonscambridge.org.uk)), or write to Charlie Nightingale (12 Aylesford Way, Stapleford, CB22 5DP). The form contains full instructions and explains all the payment methods you can use, including electronic and BACS.

### SKYDIVING AT CHATTERIS AIRFIELD

There isn't much to compare with a skydive and anyone can do it via a tandem dive with an experienced person. While doing it, you can raise funds for services provided by Parkinson's UK, like the [helpline](#) and Parkinson's [Local Advisers](#). So be at **Chatteris Airfield, at March, on Saturday, June 24**. Registration costs £55, with a minimum sponsorship of £495. You must be 16 or over on the day of the skydive, and if you're under 18, a parent or guardian must complete a form on your behalf. Due to health and safety restrictions, participants must be under 16 stone at the time of booking. Anyone who has any medical conditions will need to be signed off by a doctor. Please contact [events@parkinsons.org.uk](mailto:events@parkinsons.org.uk) if you have any questions or queries about taking part. As a member of the Skydive Cambridgeshire team, you'll receive a Parkinson's UK T-shirt, a fund raising pack, regular team news, and other fund raising support and materials to help you reach your target. See [Skydive Cambridgeshire 2016 photos on Flickr](#).

### VISIT TO BLETCHLEY PARK IN AUGUST



We are organising what should be a fascinating trip to Bletchley Park, the headquarters of the group that cracked the workings of the Germans' Enigma coding machine during the WW2. The group was led by one of the greatest scientists the UK has ever produced, computer pioneer Alan Turing. Their work is acknowledged as a vital element in the ultimate defeat of Nazi Germany. A recent film, *The Imitation Game*, told the remarkable story. The trip is set for **Thursday, August 3**, and will leave Trumpington Park and Ride at 09.45, arriving

at Bletchley at around 11.15. It will leave Bletchley at 16.00, arriving back in Trumpington at about 17.30. Tickets are limited to just over 50 and cost £31 each. They will be available at our next branch meeting on March 24.

Alternatively, contact Margaret Steane (01223-860128 or [msteane@msteane.freeserve.co.uk](mailto:msteane@msteane.freeserve.co.uk)).

### **CYCLE RIDE WILL END IN CAMBRIDGE**

A 200 mile cycle ride raising money for Parkinson's on **September 16 and 17** will finish in Cambridge. The two day challenge, called [BOXCAM](#), starts in Bristol, visits Oxford and ends on Midsummer Common. Covering 100 miles a day, participants will be visiting cities that play an important role in work to find better treatments and a cure. To take part in the full two days, you must pay £75 registration costs and pledge to fundraise £350 in sponsorship. Those wanting to do one day of cycling need to pay £35 registration costs and raise £200 in sponsorship. Participants will receive fund-raising support and training plans, chip timing, feed stations en route, and a bespoke medal. For those doing the full 200 miles, an overnight stay in Oxford will include dinner and breakfast and a presentation from Parkinson's researchers. BOXCAM is an extension of the charity's Pedal for Parkinson's events that have been running for seven years.

### **VOLUNTEER FOR CAMBRIDGE FAIR**

**Saturday, October 21**, in the Cambridge Guildhall will see a repeat of last year's successful fair that we attended, hoping to enlist new volunteers for the Branch. We ran a stall at the event, and were constantly visited by people looking for a voluntary job, and from members of other charities wishing to share how their work might help our members. We were lucky enough to have members there who are living with PD to share first-hand experience.

### **GET TICKETS NOW FOR THE THURSFORD CHRISTMAS SPECTACULAR**



We are planning a trip in early December to the [Thursford Spectacular](#), the Christmas show staged in Norfolk, attracting people from all over the country. It features mechanical organs, fairground carousels, and a cast of 130 professional singers, dancers and musicians. The three hour show mixes singing, dancing, music and humour, and is the largest such event in the country. We have bought just over 50 tickets and if you wish to go, it is vital to book in advance. We are asking for a deposit of £20. The full ticket price will be confirmed later, but it should be around

£50, including the return coach travel we will be providing. Tickets will be available from Margaret Steane (see Bletchley story, above). **The date is Friday, December 8, and our coach will leave from Trumpington Park & Ride at 10.30am, arriving in Thursford at about 12.30pm, giving one and a half hours free time before the matinee show, which starts at 2pm. We will get back to Trumpington around 7.15pm.**

### **APOLOGY**

Caroline Bent, who is responsible for emailing the Newsletter to those of you who receive it that way, apologises to those of the 300 members listed who did not receive the January-February issue. Judging by members' comments, it is probable that one of the four groups to whom she emailed the Newsletter did not receive it. Better luck this time!

**Parkinson's Local Adviser – Candy Stokes** 0344 225 3618 [cstokes@parkinsons.org.uk](mailto:cstokes@parkinsons.org.uk)

**Facebook:** [www.facebook.com/parkinsonsukcambridge/](https://www.facebook.com/parkinsonsukcambridge/)

**Twitter:** <https://twitter.com/CambBranchPUK>

**Help Line 0808 800 0303** (free phone call). Specialist advisers can answer questions on any aspect of Parkinson's.

**Parkinson's Nurses in our area.** For advice about your Parkinson's or information about groups being run please contact the Parkinson's Nurse Team on **01223 723018**.

**Branch Website –** [www.parkinsonscambridge.org.uk](http://www.parkinsonscambridge.org.uk)

**Parkinson's UK** 215 Vauxhall Bridge Road, London SW1V 1EJ

**T** 020 7931 8080 **F** 020 7931 8080 **E** [enquiries@parkinsons.org.uk](mailto:enquiries@parkinsons.org.uk) [www.parkinsons.org.uk](http://www.parkinsons.org.uk)

## PARKINSON'S UK – CAMBRIDGE BRANCH CALENDAR – MARCH-APRIL, 2017

### REGULAR MEETINGS AND ACTIVITIES

#### \* SEE cancellations and holiday breaks \*

#### Aquatherapy

Thursdays weekly, 14:30-15:30  
Chesterton Sports Centre, Gilbert Rd, CB4 3NY  
Contact: Caroline 01223 314279

#### Branch Meeting

Fourth Friday of every month except December  
10:30-14:00,  
David Rayner Building, Scotsdale's  
Garden Centre, Gt Shelford, CB22 5JT  
Includes soup and sandwich lunch.  
Details in "OF SPECIAL NOTE", **but be aware that the programme may change, and consult website or phone to check if necessary.**  
Contact: Caroline 01223 314279

#### Bring and Share lunch

First Tuesday of each month, 12:15-15:00  
Barnabas Court, Milton, CB24 6WR  
[To reach Barnabas Court leave A14 at Milton (A10) exit, head to Tesco, take Cambridge Rd off Tesco roundabout and Barnabas Ct is second on right. All are welcome to all or part of meeting]  
Contact: Gabby 01223 356433

#### \* Carers' Meeting \*

Programme of support, chat, information and friendship  
Quarterly, second Friday of the month  
10:30-12:30 – see "Of Special Note"

#### **NO MEETING IN MARCH**

Davison House, Brookfields Hospital, CB1 3DF  
Aromatherapy 10:30-12:00  
Contact: Lorna 01223 723018 or 07770 533948  
**Numbers limited: PHONE to indicate interest**

#### \* Nightingale Singers \*

Speech Therapy through Song  
Fourth Friday of month, 12:45  
David Rayner Building, Scotsdale's Garden Centre,  
Gt Shelford, CB22 5JT  
Contact: Charles Nightingale 01223 844763  
**NB: NO MEETING 24<sup>TH</sup> MARCH**

#### \* Yoga \*

Mondays weekly, **10:30-11:30**  
The Meadows Community Centre, Room 2  
St Catharine's Road (corner of Arbury Rd & Kings  
Hedges Rd) CB4 3XJ  
Contact: Michèle 01223 563774  
**NO MEETINGS 17 OR 24 APRIL, OR 1 MAY**

### OF SPECIAL NOTE

#### MARCH

10: NO CARERS' MEETING  
**NB 24<sup>TH</sup> IS THE 4<sup>TH</sup> FRIDAY**  
24: Branch Meeting and AGM:  
10:30 Refreshments  
11:00 AGM (*see article above*)  
11:15 approximately: Sharon Burnett  
of Wiltshire Farm Foods  
12:15 approximately: lunch including  
samples of WFF's products!  
Aromatherapy from 11:30  
**NB: No Nightingale Singers**

#### APRIL

1: Yoga charity event – **all proceeds going to the Cambridge Branch**: *see article above*  
10-16: Parkinson's Awareness Week  
10: Last Yoga until 8<sup>th</sup> May  
11: **World Parkinson's Day**:  

- **10-12: Publicity stand in Central Cambridge**
- **7:30: Gretschel Amphlet Memorial Lecture for both events, see articles above**

  
23: **Tulip Fun-Run 2017**: (*see article above*)  
28: Branch meeting  
10:30 Refreshments  
11:00 Anna-Louise Smith, Research Support  
Network Manager, P-UK  
12:00 Lunch  
Aromatherapy throughout  
**MAY**  
8: Yoga resumes  
26: Branch meeting  
11:00 Speaker: Alison Shaw, voice therapist  
**JUNE**  
23: Branch meeting  
11:00 Speaker TBC – *see next issue*  
24: Skydiving at Chatteris Airfield  
(*see article above*)  
**JULY**  
28: Branch meeting  
11:00 Speaker TBC – *see next issue*  
**AUGUST**  
3: **Branch trip to Bletchley Park**:  
(*see article above*)  
25: Branch meeting: Speaker, **Pets as Therapy**  
**SEPTEMBER**  
17: BOXCAM arrives in Cambridge (*see article above*)  
22: Branch meeting: Speaker: Jason Ablewhite,  
C'shire Police & Crime Commissioner.  
**OCTOBER**  
21: Volunteer for Cambridge Fair (*see article above*)  
**DECEMBER**  
8: **Branch trip to Thursford**: (*see article above*)