

Cambridge Branch Newsletter — November-December 2019

Editor
David Boothroyd 01353 664618
d.boothroyd@btinternet.com

BRANCH MEETINGS

BRAINSTORMING PROVES PRODUCTIVE

The September Branch Meeting saw members take part in a brainstorming session, in which several groups were asked to examine the current nature of the Branch and suggest potential improvements and innovations.

Members seem happy with the current **Structure** of our monthly meetings, and with the lunch provided. Suggestions for activities at meetings included speakers on Parkinson's-related topics, electronic devices, aids for living, garden planning and planting, Cambridge history, and art restoration. Alternatives to a formal speaker included creative craft work, live performances, board games and seated exercise, though none of these met with universal approval.

There were equally mixed feelings about the idea of an occasional separate **Meeting for Carers** during the monthly meeting. But occasional attendance by Parkinson's nurses were high on people's wish-list.

Discussion of **Trips** revealed a virtually universal preference for lower cost – possibly by sharing with other local branches – shorter travel time (max 1 hour), so local places of interest. The possibility of shared travel in private cars, a persistent but problematic issue, will be explored again by the committee.

With **Fundraising**, the virtually unanimous response was "money raised by the Branch should be spent in/on the Branch".

In conclusion, all members seemed to think that this brain-storming exercise was worthwhile; a suggestions box may be made available to allow for on-going input.

TULIP CLUB WINNERS

Tulip Club winners for September were: Pam Arnott (77), and John Ardley (34); and for October: Jill Hockley (39), and Jane Ison (28).

FORENSICS, FOOTBALL AND DNA PROFILING

A series of interesting, and often amusing, stories formed the heart of our speaker's presentation at the October meeting. Tony Moffat is Emeritus Professor at the UCL School of Pharmacy, and one of the country's leading forensic scientists.

He was one of the first forensic experts to work in drugs testing in sport. In 1966, based at London University's Chelsea College, he was involved in no less an event than the football World Cup. Urine samples were taken from every player in a match, which included Brazil's Pele, considered by many the greatest of all time. It occurred to Moffat and his colleagues they could make a fortune selling 'Pele's Pee', but wisely decided this would not be a good career move.

He has been an expert witness in many court cases. In one rape trial, the victim said her attacker had spoken to her, but she preferred to write it down. The note was passed down the jury and a male juror gave it to a female, who had briefly dozed off. The note said "I want to have sex with you," whereupon the female juror squeezed her colleague's thigh and put the note in her handbag!

Over 50 years, Professor Moffat has seen key technical advances, most notably DNA profiling. He was involved in the first case ever to be solved by DNA, twin murders in Narborough in the 1980s. Moffat's team advised that forensic evidence be sent for profiling by its inventor, Dr. Alec Jeffreys (now Sir). The result was a conviction and a life sentence for one man, and proof that another supposed confessor was lying. This gripping story is told in *The Blood-ing*, a book by Joseph Wambaugh.

All in all, a fascinating talk – and the genuine truth about forensic science. "I enjoy the *Silent Witness* TV programme," Moffat said. "But typically it shows one person doing what takes about 50 in real life!"



NEWS, EVENTS & PEOPLE

SHOE-MOUNTED LASER TO STOP 'FREEZING' WINS 1M EURO PRIZE

A shoe-mounted laser beam that helps People with Parkinson's (PwP) 'unfreeze' by shining a green line in front of their feet has won the EU's €1m Horizon Prize for Social Innovation. The Path Finder device was invented in 2014 by Danish entrepreneur Lise Pape, whose father has Parkinson's. It aims to help people overcome freezing of gait, in which people stop walking and are unable to restart.

"PwP describe it as feeling of being glued to the floor and being unable to step forward, despite having the intention to do so," said Pape. "In fact, 70% of all falls in Parkinson's are thought to be due to this symptom."

One peculiarity of gait freezing is that it is relatively easy for people to overcome – if they have an external visual cue to help. People struggle mostly on flat floors, whereas on staircases they are generally fine as they have a rhythm for every step.



The Path Finder exploits this by using a small laser that clips on to the shoe and projects a green line in front of the foot, replicating the idea of having a stair to climb.

"Our device...is in a way converting the staircase into a wearable product," said Pape. Studies have shown the laser shoes significantly reduce the number of freezing episodes as well as the amount of time someone is frozen.

In 2017, Pape's company, Walk With Path, took its product to market, selling it to individuals and health care systems mostly in Norway, Denmark and the UK. With the prize money, she wants to promote her device in Europe and launch in the US market.

The Horizon Prize for Social Innovation, which is awarded for the best solutions to improve the mobility of older people, was presented to Pape by Carlos Moedas, the EU's Commissioner for Research, Science and Innovation. The idea behind social innovation is to find solutions to social problems and this year's prize focuses on one of Europe's major challenges over the next century, an ageing society.

According to the EU's statistics, the proportion of Europeans aged over 65 will grow from 17.5% in 2010 to nearly 30% by 2060.

J K ROWLING'S £15m NEUROLOGY DONATION

Harry Potter author J K Rowling has given more than £15m to the Anne Rowling Regeneration Neurology Clinic at Edinburgh University. She founded the clinic in 2010 in memory of her mother, who died aged 45 after living with multiple sclerosis.



The clinic supports a wide range of research into neurological conditions including Parkinson's. Dr Beckie Port, Research Manager at Parkinson's UK, said the donation would help to develop better treatments for those living with neurological

conditions, including the 145,000 people across the UK with Parkinson's.

AWARD FOR DOCTOR'S WORK WITH WOMAN WHO CAN SMELL PARKINSON'S

The doctor who has recently worked with the woman who can smell Parkinson's has received an award from the Cure Parkinson's Trust (CPT). Dr. Tilo Kunath was given the Tom Isaacs Award, created in recognition of the former CPT co-founder and President Tom Isaacs, who died in May 2017.



Dr. Joy Milne presenting the award to Dr Tilo Kunath

Dr. Kunath has run his own laboratory in Edinburgh since 2007, where he has pioneered the use of patient-specific induced pluripotent stem (iPS) cell technologies to establish robust models of Parkinson's, and for use in cell replacement therapies for Parkinson's.

He recently worked with Dr. Joy Milne, who can detect Parkinson's through smell. Dr Kunath was chosen by Joy's late husband to be the scientist who would 'most likely listen' to Joy's claim of being able to smell Parkinson's. Joy noticed her late husband's scent

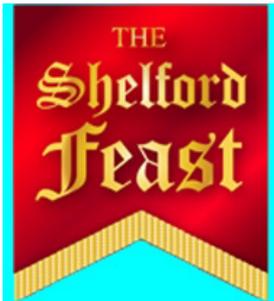
change around 12 years before his diagnosis.

Then, at a research meeting involving PwP, she noticed many of them carried a similar aroma. Joy reported this to Dr. Kunath, who has since worked with her and other researchers to isolate substances in the skin which signal Parkinson's. This could potentially help to diagnose the condition earlier, allowing development of drugs that can hopefully protect brain cells before they begin to die. The award panel felt that this was an exemplary representation of patient participation in the research field.

SHELFORD FEAST HAS BEST YEAR YET

Our Branch will be receiving the grand sum of £550 from this year's Shelford Feast, which took place on Sunday, July 14. The Feast is now a major event, and this year it attracted around 6000 people, who helped to raise the tremendous sum of £31,000, the Feast's best year to date. It has been running for 26 years, and in that period has raised a total of around £350,000. It now runs for a week, with various events happening, culminating in the main Feast day on the Sunday.

Parkinson's Cambridge has been running a stall for



many years, organised by Lorna Walker, with the help of several committee members including Margaret, Caroline, Trish, Myra, and not least our chairman, Charlie. Apart from Parkinson's, everything else raised goes to good

causes in the village – we are the only national charity to benefit. Thanks to all involved!

ELIZABETH THANKS HER DONORS

Elizabeth Forbes would like to say a big Thank You to all those who supported her and made donations for her recent walk.



On September 1, she did the South Coast Challenge, a walk along sections of the South Downs way in Sussex, going from Hove to Arundel, a distance of about 28 miles. Elizabeth is delighted to report her total raised was £2666.50, plus some gift aid. A brilliant effort!

SCIENCE AND RESEARCH

SEXES DIFFER IN DEVELOPMENT AND SYMPTOMS, EVIDENCE SHOWS

Growing evidence is showing that biological sex is an important factor in the development and expression of Parkinson's. This is according to an article in the Journal of Parkinson's Disease (JPD), produced by researchers from the Laboratory of Neurobiology in Pavia, Italy.

The risk of developing Parkinson's is twice as high in men than women, but women have a higher mortality rate and typically experience faster progression of the condition. There are other sex differences, such as in motor and non-motor symptoms, response to treatments, and disease risk factors.

"Altogether, sex-related differences in PD support the idea that disease development might involve distinct pathogenic mechanisms (or the same mechanism but in a different way) in male and female patients," the writers say.

Working out how the condition differently affects the two sexes might allow the development of tailored interventions and the design of innovative programmes to meet the distinct needs of men and women, improving patient care.

In their conclusion, the researchers say that not only do men and women experience Parkinson's differently, but different mechanisms seem to be involved in its pathogenesis (development). "Nevertheless, we are still far away from the actual understanding of what underlies such differences. Studies in this area are under-represented."

To tackle this, governmental and private initiatives are encouraging scientists and clinicians to have special consideration for sex-specific issues. Recently, the US Parkinson's Foundation created a national agenda to identify research and care practices that better capture the needs of women. The aim is to develop tailored interventions that meet the distinct requirements of men and women with Parkinson's.

RE-PURPOSED PROSTATE DRUG COULD SLOW DOWN PROGRESSION

In a potentially major discovery, a team of international researchers has found that a prostate drug, terazosin, may slow down the progression of Parkinson's. Until now terazosin has been used to treat an enlarged prostate.

Work by the team, from China, Italy, Spain and the

US, is based on research by Professor Lei Liu, from the Capital Medical University in Beijing, China. Liu found that the prostate drug could prevent the death of cells by activating PGK1 – an enzyme that enables cellular energy production.

To assess whether terazosin could help to alleviate the progression of cell death, researchers chemically induced rodents with Parkinson's, and then gave the animals terazosin. They found it helped with all the kinds of animals they tested. Both the molecular changes in the brain associated with cell death and the motor coordination in the animals improved.

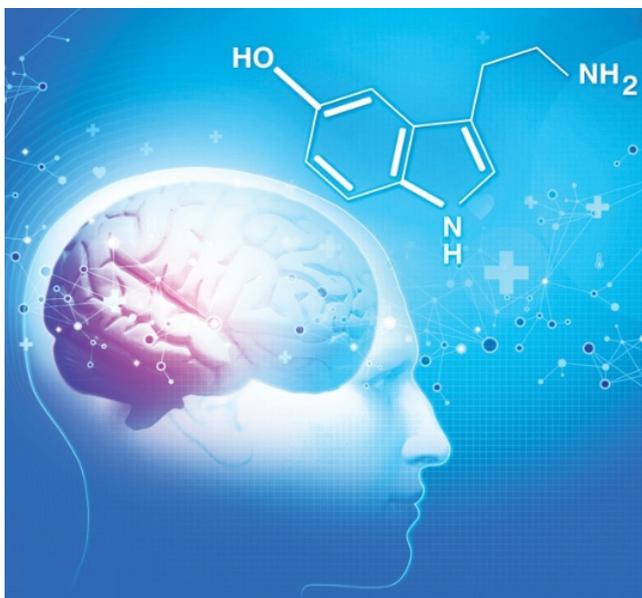
To see if the drug could do the same for PwP, the researchers found 13 men with Parkinson's who were also taking terazosin. The data revealed that the progressive motor disability in this group of individuals was experienced at a reduced rate.

To get more data to corroborate their findings, they assessed data from 2880 PwP who are taking terazosin and related drugs, and found that those individuals experienced a reduction in the signs, symptoms and complications associated with Parkinson's.

Because terazosin is a 'repurposed drug', extensive safety data has already been gathered from its clinical use to treat enlarged prostates. The team is currently planning Phase 1 studies that are funded, and is recruiting patients.

STUDIES CHALLENGE DOPAMINE ASSUMPTIONS

A new study at the world famous US university Yale challenges assumptions about the role of dopamine in Parkinson's. It suggests that a different approach to therapy could be valuable.



Serotonin could play a part in Parkinson's.

In Parkinson's, dopamine producing cells die, causing slower movements, resting tremors, and other symptoms. To counter this, treatment centres on increasing dopamine levels in the striatum, which is responsible for motor learning. However, conventional treatment ignores the effects of Parkinson's on another neurotransmitter, acetylcholine – despite acetylcholine's probable role in dyskinesia, which develops in some patients after years of dopamine treatment. To investigate, the Yale researchers studied mice, some healthy, others genetically modified to exhibit Parkinson's with progressively decreasing dopamine levels. In the healthy mice, the ratio of dopamine and acetylcholine remained in equilibrium, while in the mice with Parkinson's, reduced dopamine decreased the activity of cells that make acetylcholine. The levels of both dopamine and acetylcholine decline, but the balance shifts to favour acetylcholine. Under these conditions, motor function in Parkinson's becomes dependent on both dopamine and acetylcholine.

These findings suggest that treating Parkinson's may require targeted therapies that restore the balance between these two chemicals, instead of focusing solely on dopamine, the researchers say.

Meanwhile, another study that challenges the traditional dopamine-based view of Parkinson's comes from King's College, London. This has revealed the earliest signs of Parkinson's, many years before patients show any symptoms. The results could potentially lead to screening tools for identifying people at greatest risk.

Parkinson's is known to become established in the brain a long time before patients are diagnosed. Studying the crucial early stages of the disease, when treatment could potentially slow its progress, is a critical challenge. The new study provides evidence that the brain chemical serotonin plays a role in the very earliest stages. This suggests changes to the serotonin system could act as a key early warning signal.

The researchers say they have shown that changes to the serotonin system occur many years before patients begin to show symptoms. Early detection of changes in the serotonin system could help in the development of new therapies to slow, and possibly prevent, progression of the condition.

VIEWPOINT

Can healthy people do things now that will reduce their risk of getting Parkinson's?

This is a question more relevant than ever. As populations grow older, the prevalence of Parkinson's increases. Today, it ranges from 41 people per 100,000 in the fourth decade of life to over 1,900 per 100,000 at 80 and older. In the UK, about one in every 500 has it, about 127,000 people.

To make a rational decision about what healthy people can do to avoid it, they first have to know something about the risks. Does it make sense to make the effort to change your lifestyle – in terms of things like eating, drinking, smoking and exercise? Unfortunately, the whole concept of risk is often obscure. And no wonder we are confused by health warnings – see the recent study saying processed meat does not carry the risk claimed previously.

In fact, it is probably fair to say the only things we can do to reduce health risks significantly are a very few “don'ts”, and equally few “do's”. Actually, there is arguably only one truly massive “don't”: don't smoke. Smoking increases the risk of lung cancer and heart attacks by 20 fold, some studies show. That's thousands of percent! Remember that, when you next hear of a 5% increase in risk. Ironically, smoking is linked with a somewhat reduced occurrence of Parkinson's – but this ‘benefit’ is hugely outweighed by other harmful effects.

What about any “do's”? Number one is probably to take regular exercise. This is good for virtually any condition, and in particular, Parkinson's. Regular vigorous exercise has been shown to have a significant positive effect on Parkinson's, resulting in beneficial changes in the brain, and possibly slowing down its progression. Some feel it even rivals L-dopa as the best treatment there is.

In short, there is nothing proven to increase or decrease the risk of getting Parkinson's – yet. One obvious reason is that typically what causes Parkinson's is unknown – it is ‘idiopathic’. But two things may improve the chances of avoiding it in future: the emergence of personalised medicine, and better diagnostic techniques that will reveal the condition both with more assurance, and earlier.

SPANISH NEUROLOGISTS AIM DEEP BRAIN STIMULATION AT TWO TARGETS

Two Spanish neurologists have developed a new Deep Brain Stimulation (DBS) technique that uses dual electrical frequencies. In standard DBS, the brain area called the subthalamic nucleus receives a high frequency signal. But research has shown that a low frequency stimulation can help patients with gait problems, so the professors decided to investigate the impact of targeting two different areas in the brain.

Professors Jordi Rumia (left) and Francesco Valldeoriola, both from Barcelona, applied a normal high frequency of around 130Hz to the subthalamic nucleus, and a lower frequency of 60Hz to another deeper part of the brain, the substantia nigra. In the study, patients were treated with either the low frequency, the high frequency, or both. The last achieved the most promising results, particularly for those with gait issues, helping people who had shown no clinical response to treating gait with medications.



The professors say the new approach needs to be tested in a much higher number of patients, but it offers potential for DBS treatment to become more targeted.

Other advances for DBS include the ability to perform the surgery while the patient is under anaesthetic, and the development of electrode contacts that direct electricity to specific parts of the brain. This helps to avoid side effects from the stimulation. Future models of DBS implants, they predict, will stimulate the brain depending on the state of the brain. That means the electrode inside the brain will be able to detect the electrical state of the neurons and, depending on the situation, the neurostimulator will be activated or not. Advanced programming settings such as multiple frequencies will tailor DBS for each patient.

INFRARED LIGHT THERAPY BEING TRIALLED

A new treatment for Parkinson's being trialled in the US and Australia uses near-infrared (IR) light, which has been shown to protect brain cells in animal studies. Different parts of our cells can absorb varying wavelengths of light, and the longer wavelengths are thought to be better absorbed by specific components within the cell, such as those that help control energy levels. Evidence suggests IR therapy has protective and restorative properties, but it comes mainly from lab research using cell-based and animal models of Parkinson's. Even so, the results look promising, with IR therapy helping to protect dopamine-producing cells, resulting in improvement to movement symptoms.

IR therapy is probably most effective applied directly to target cells, but this is difficult as the cells affected in Parkinson's sit deep in the mid brain. We can get round this by using an optical fibre device surgically inserted into the brain, which has been done with animals, with good results. It suggests a possible link between IR therapy and an increase in the growth factor, GDNF, featured in a recent clinical trial and TV documentary (see Newsletter May-June 2019). It raises the question: could IR therapy be another way to boost GDNF in the brain and protect brain cells?

So far, trials of IR therapy have been small, but a larger one is underway in the US, and 'red light helmets' are being investigated in Tasmania and Australia. The helmets were inspired by research done in mice, where they helped to improve Parkinson's-like symptoms, and a clinical trial to test IR helmets in PwP is now happening. A group of Tasmanians have been using them for years and say they provide significant improvements, including reduced tremor, and a better state of mind.



A pioneering researcher of IR therapy is Sydney University's John Mitrofanis, who used it on mice with Parkinson's, and found it stopped brain cells from dying. One human who has tested it is a former Australian MP, Max Burr, diagnosed in 2012. Over five months, using the lights twice daily for 20 minutes, he experienced 'substantial' improvements to several symptoms, such as sense of smell, and fine motor skills, enabling him to play the piano again.

Now an Australia-wide clinical trial has started to test whether the lights are making a long-term difference or whether it is 'just' a placebo effect. Some participants are using placebo lights, while others are using red and near-IR lights on their heads and stomachs. One way IR therapy could be working is by providing a light source that helps cells' own internal energy providers, the mitochondria.

AMAZON SMILE DONATION

The Amazon Smile charity donation system has given £532 this quarter to Parkinson's, thanks to customers shopping at smile.amazon.co.uk. To date, Amazon has donated to Parkinson's a total of £2,744 – admittedly, not a large slice of the £1.9m given to all UK charities. Even so, with Amazon Smile, every purchase made generates a donation of 0.5% of the purchase price to a charity of your choice. Go to smile.amazon.co.uk/, select Parkinson's UK, and add it to your favourites. Then get shopping!

DATES FOR YOUR DIARY

CHRISTMAS LUNCH FOLLOWS PARTY

Our two Christmas-related events are not far away! The party that features the Christmas raffle and quiz is set for Friday, November 22. This meeting will also feature a visit from Nicola McQueen, the Addenbrooke's Parkinson's Nurse. Then in December is our Christmas lunch. Some tickets are still available, and the closing date is November 30. Tickets must be paid for by then. Contact Margaret Steane (see next page). The lunch, which offers a choice of menus, is set for Friday, December 13, and tickets for Parkinson's UK members cost £10. For non-members of Parkinson's UK the price is £18, so joining now makes perfect sense. Get an application form from www.parkinsons.org.uk – search for 'become a member'.

KEEP YOUR BRAIN TICKING OVER...

Another challenging Christmas cryptic quiz has been created by our expert compiler, Jill Hockley. The format remains the same as before, with four sections, each with 25 questions. The entry with the most correct answers will receive £25 and if there is a tie, the winner will be selected by a draw. Entries must be on a numbered and initialled entry form – no photocopies – and are available now for £1 each from Myra Moore (contact details below). They must be submitted by noon on Friday, January 24, either at the Branch Meeting, or by sending them to Myra at 20 Cambridge Road, Great Shelford CB22 5JQ.

2020 TULIP FUN-RUN SET FOR APRIL 19

Plans for the 2020 Tulip Fun-Run, the Branch's major fund-raising event of the year, are well under way. The date is fixed: Sunday, April 19, and Cllr Gerri Bird, the Mayor of Cambridge, has agreed to launch the event. And for the first time there will be a trophy, in memory of David Johnston. This will be awarded to the person, group or family making the greatest contribution to the event, by enlisting most participants, overcoming the challenge of

taking part, or signing up the greatest number of sponsors. Please put the date in your diary, and plan to play your part, however small, in the success of the 2020 TF-R! Watch this space for further details in the January-February 2020 Newsletter.

TULIP CLUB DRAW RAISES FUNDS

The Tulip Club is a draw that raises funds for the Cambridge branch of Parkinson's UK. Membership is £12 per year, and every month members' numbers are entered into the draw. Two prizes of £10 are won each month, with a Christmas bonus – the two prizes then being £30 each. The monthly draw takes place at the Branch Meeting, with winners notified individually. You can join the club at any time, and membership runs for 12 months from that date. Anyone can take more than one subscription. To join, complete a membership form and send it with a cheque for £12 payable to Parkinson's UK (Cambridge Branch). Forms are available from Michael Moore of 103 Queen Edith's Way, Cambridge CB1 8PL, tel 01223-244202, email michael@mooresplace.eclipse.co.uk, and also at branch meetings, from Michael or the desk.

CAMBRIDGE BRANCH COMMITTEE MEMBERS

Chair: Charles Nightingale charlesnightingale4@gmail.com 01223-844763 07836-232032
 Secretary: Trish Carn trishc.parkinsonscambridge@gmail.com 01223-363435
 Assistant Secretary: Caroline Bent carolinebent@me.com 01223-314279 07922-479289
 Assistant Treasurer: Sarah Matthey: sarah.parkinsonscambridge@gmail.com 07801-577181
 Newsletter Editor: David Boothroyd d.boothroyd@btinternet.com 01353-664618 07799-598130
 Publicity & Social Media: Annabel Bradford annabelparkinsonscambridge@gmail.com 07950-685307
 Membership: Keith Howlett keithparkinsonscambridge@gmail.com 01954-719601 07885-976194
 Margaret Steane margaretsteane1@gmail.com 01223-860128
 Myra Moore mooremymra@hotmail.com 01223-843211 07866-068357
 Andrew Stevens andrewstevens@btinternet.com 01223-861063 07850-250673
 Webmaster, Mike Crofts: 01223 893619, mickcrofts('at symbol')gmail('dot')com
 (Replacing @ symbol with ('at') and . with (dot) in the email address reduces the possibility of spam)
 Gabby Farrow (Honorary member): 01223-356433

USEFUL CONTACTS

Parkinson's Local Adviser – Candy Stokes 0344-225-3618 cstokes@parkinsons.org.uk
 Facebook: 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 help and information contact the Parkinson's Nurse Team on 0330-726-0077
 Addenbrooke's Hospital Parkinson's Nurses 01223-349814
 Branch Website: www.parkinsonscambridge.org.uk
 Parkinson's UK 020-7931-8080 enquiries@parkinsons.org.uk www.parkinsons.org.uk

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom.
 A company limited by guarantee. Registered in England and Wales (948776).
 Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ.
 A charity registered in England and Wales (258197) and in Scotland (SC037554).

PARKINSON'S UK – CAMBRIDGE BRANCH CALENDAR – NOVEMBER-DECEMBER 2019

REGULAR MEETINGS AND ACTIVITIES

Aquatherapy

Thursdays weekly, 14:30-15:30
Chesterton Sports Centre, Gilbert Rd, CB4 3NY
Contact: Laurie 01223 295711

Last 2019 session on 12th December

Aromatherapy

Alix Allan will be at the Branch Meeting and at the Milton Bring and Share Lunch every month. Make an appointment for your therapy on arrival at the meeting

Branch Meeting

Fourth Friday of every month except December 10:30-13:30,
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, 12:30-15:00
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]

Aromatherapy throughout.

Contact: Gabby 01223-356433

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: Denise 01954 202235

Please confirm Holiday dates with Denise

OF SPECIAL NOTE

NOVEMBER

- 13: Event for newly-diagnosed people with Parkinson's
- 22: Branch meeting – CHRISTMAS PARTY Raffle and Quiz courtesy of our John Lewis colleagues;
A visit from Nicola McQueen, Addenbrooke's Parkinson's Nurse.

DECEMBER

- 12: Last Aquatherapy of 2019
- 13: Christmas Lunch; see article above

JANUARY 2020

- 24: Branch Meeting
10:30 Coffee and Tea, refreshments
11:00 Demonstrations by Moniek Hopman – "Gentle Movements" and Janet Green "Dance for Parkinson's"
The meeting will be attended by **Cllr Gerri Bird, Mayor of Cambridge**
12:00 Soup and sandwich lunch
Aromatherapy throughout

FEBRUARY

- 28: Branch Meeting

MARCH

- 27: Branch Meeting and **AGM**

APRIL

- 17: Collection at Waitrose
- 19: **TULIP FUN-RUN** – *see article above*
- 24: Branch Meeting
Speaker: Retired publican David Short.
"My Life Behind Bars"

FUTURE PLANS

At 2020 Branch meetings we hope to engage speakers who can advise on the use of technology, on how to travel safely and comfortably, on what useful devices may assist our members, on Cambridge, on art, etc., and of course on the latest developments in Parkinson's research.

And maybe there will sometimes be other entertainment, for example a screening of "Kinetics: the Desire to Move"