

OUR NEWS

NEWCASTLE GROUP NEWSLETTER JULY 2021

If you need help, please freephone the National Helpline on 0808 800 0303

WHEN WILL WE MEET AGAIN ?

At the time of writing, we still have no plans and await the latest political announcements.

Hopefully, after July 19th, more restrictions will be removed.

Until then, please continue to take care and keep safe.

If you need help, please contact us.



BEWARE PHONE SCAMS

In the past fortnight, I have received 2 phone calls, both claiming to be BT stating there was something wrong with my broadband,

I do not have any account with BT, so I just hung up.

I have also heard of an insurance scam. Your policy may be comprehensive, but the scammer tries to persuade you that it doesn't cover everything. He starts listing items which may not be included and tries to sell you extra insurance – which you probably don't need,

My advice is – if you receive any cold calls, any unexpected calls - **JUST HANG UP**



Join our **LOUD** speech confidence sessions

These sessions are designed to help people affected by Parkinson's to maintain and improve their speaking voice. The sessions are fun and informal, with vocal exercises and the chance to practice speaking 'loud.' Sessions are currently held online, run by speech therapy students every other Saturday from 11am to 12 noon. As the sessions are online, you can join from home, wherever you are. To book your place, contact Viv Rogerson: vrogerson@parkinsons.org.uk or 0300 123 3970





<https://my.livewellwithpain.co.uk/festival/explore-the-festival/>

Event List

Every Monday 11.30am-1pm BST **Coffee & Chat**
Every Tuesday 7-8.30pm BST **Create & Chat**

- 6th July **Step Into Singing Block 2**
- 7th July **Zentangling**
- 7th July **Book Plug with Ian Taverner ‘Cookfulness’**
- 10th July **The Step**
- 11th July **Pet Show and Tell Social Gathering**
- 13th July **Step Into Singing Block 2**
- 13th July **Footsteps into Pilates**
- 14th July **Book Club reading ‘Behind The Scenes At The Museum ’ Kate Atkinson**
- 14th July **Zentangling**
- 16th July **Coffee and Chat around the Globe**

- 21st July **Smart Phone Smart Photography with Jo Bradford**
- 24th July **En-Joy(Energy and the Joy Of You)**
- 28th July **Zentangling**
- 4th August **Zentangling**
- 11th August **Zentangling**



CHANGES TO TEAM PARKINSON’S MEMBERSHIP RENEWAL PROCESS

The Team Parkinson’s Membership renewal process has changed for offline members. You no longer need to complete an annual renewal form - your membership will now automatically renew and members will receive a letter in the post to confirm this.

If Members wish to make a donation to their local group or the charity they can do so by calling our Supporter Care Team on 0800 138 6593 or emailing team@parkinsons.org.uk and they'll be happy to help.



RESEARCH NEWS

NEW OPPORTUNITY FOR PEOPLE WITH PARKINSON'S TO TAKE PART IN RESEARCH

Participants needed: Speech and language therapy for slurring of speech (dysarthria) and future treatment directions

Pasquale Balzan, a PhD researcher at the University of Sheffield, is investigating what therapies people with slurred speech have experienced and they're thoughts on them.

What is involved?

Completing a one-off, 15 minute online questionnaire. You'll be asked about your speech, what you've experienced as therapy and how you feel about new therapies.

For more information, please read the [Participant Information Sheet](#).

Who do the researchers need?

100 people diagnosed with Parkinson's or a medical condition that causes slurred speech. You must currently or have previously attended speech and language therapy for your slurred speech.

Interested in taking part?

Please fill in the [online questionnaire](#).

If you have any problems or more questions about the research, email Pasquale at pbalzan1@sheffield.ac.uk or phone 0114 222 2446 before 30 September 2021.

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Participants needed: Measuring how much a person's health condition affects the quality of life of partners and family members

Rubina Shah, a PhD student at Cardiff University, is investigating how successful a new questionnaire is at measuring the experiences of partners and family members when someone they are supporting has a long term health condition.

What is involved?

Completing a one-off, 15 minute online questionnaire.

For more information, please read the [Participant Information Sheet](#).

Who do the researchers need?

1200 people diagnosed with Parkinson's or another long term condition, and their partner or a family member.

Interested in taking part?

Please fill in the [online questionnaire](#).

If you have any problems or more questions about the research, email Rubina at ShahR45@cardiff.ac.uk or phone 0785 250 3661 before 30 September



FROM LINNY

**contact.: lrubra@parkinsons.org.uk
or phone 0344 225 3604**

Make a nomination for the VOLUNTEER AWARDS

The volunteer awards aim to celebrate you - the volunteers who drive Parkinson's services, support and vital research.

You can nominate a volunteer who has made a difference to you, or who you've seen making a difference to others, putting the Parkinson's UK values into action. If you're looking for inspiration, we've featured the stories of people like Andrew, who unites people with Parkinson's, scientists and researchers together at the University of Cambridge to chase down a cure on the Parkinson's UK website.

It can be hard to pick one person for an award. So this year we've launched a Team category. Whether it's a group who have collaborated to keep activities going throughout lockdown or research volunteers coming together to create an event, you can now nominate a whole dream team, in line with the criteria on the website. Read all you need to know and [make your nomination here](#).



WELCOMING OUR NEW CEO

We're delighted to announce the appointment of Caroline Russell as our Chief Executive. She'll be starting on 1 September, taking over from Shān Nicholas, our interim Chief Executive since January 2021. [Read more on our website](#)



NATIONAL TRUST CHERRYBURN wants to hear from you

A chance to tell the Trust what you'd like to see at the lovely Cherryburn venue. Here's the link: [complete the survey](#)



Will you support INDEPENDENT AGE’S open letter on bereavement support?

Parkinson’s UK is supporting the Independent Age campaign to improve bereavement support. Up to 300,000 people over 65 have been bereaved of a partner since the start of the COVID-19 outbreak. Independent Age want everyone to be able to access emotional support if they need it and are asking people to sign their [open letter](#) to call on the Government to fix bereavement support.



Does your local health or social care team offer an outstanding service for people with Parkinson’s?

It could be your hospital team, your local therapist, your nurse, or any other health or social care professional or team that supports people with Parkinson’s. If they’ve offered a great service to someone affected by Parkinson's, you can nominate them for an [Excellence Network Award](#).



Take a virtual tour with the NATIONAL GARDEN SCHEME

The National Garden Scheme is one of our most valued supporters, donating £157K to the charity in 2020. Alison Jordan, the National Garden Scheme Assistant County Organiser for Staffordshire was diagnosed with Parkinson’s ten years ago and credits gardening with helping her Parkinson’s symptoms. You can find out more about the tranquil haven Alison and her husband have created and take a [virtual tour here](#). Alison says “It may not be the biggest garden you’ve ever been in, and it won’t have the most unusual plants, but it’s fantastic for me, I love it.”



Could your photos feature on the Parkinson’s UK website?

Photography is at the heart of Parkinson's UK's brand, and we always try to use photos of real people to reflect our values as a charity. We want to tell authentic stories based on real experience and we need some fantastic new photos to be able to do that. Do you have any photos that show volunteering in action? If you have photos you’d be willing to share, please get in touch via creative@parkinsons.org.uk for more information.



FROM VIVIENNE contact: : vrogerson@parkinsons.org.uk or 0300 123 3970

New activities coming your way.

THE FORESTRY COMMISSION : social prescribing
CHOPWELL WOODS, GATESHEAD.

The programme has developed recently and as well as the walks they are looking at starting;-

Nordic walking- all equipment provided which will be on Mondays starting from the 5th July.

Run, talk, jog every Sunday around the woods from 9am

Mens shed/gardening club is in the planning stage

All the above are free but you do need to book. **Please contact me in the first instance as dates and times are still being planned.** vrogerson@parkinsons.org.uk
tel. 0300 123 3670



BOXACTIVE:

This is still running at the Qfit Gym, Dudley. It is a session specifically for people with Parkinson's and their partner, carer or friend. The format of the exercises is known to have real benefits for core stability and strength. Please contact the owner David direct on email info@qfitgym.uk



If you have difficulty with any of the above links, please contact me and I may be able to send you a printed paper copy.

Take care and keep safe.

Best Wishes

Angela

Phone: 0191-2950467

Email: awaugha@virginmedia.com