

As a local support group, our purpose is to offer friendship and support to anyone affected by Parkinson's in the Reading area. No one should face Parkinson's alone and so we aim to be as accessible as possible offering a wide range of social and therapeutic activities.

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Edition 18

Please note that the views expressed in the newsletter are those of the editor and contributors and do not necessarily represent those of Parkinson's UK.

Welcome to the latest edition of the PUK Reading Branch Newsletter. I hope you find it informative. If you have recently joined the group, then a very warm welcome to you. If you are not yet a member then you are invited to join – see **Branch Membership Information** below. For the very latest news and information don't forget to visit our website at:

www.parkinsonsreading.org.uk

Your Branch Needs You for 2025!

Newsletters, like this one, are packed with information about what the Reading branch has been doing, and the activities we organise for the local Parkinson's community. But none of this would happen without a dedicated committee and other volunteers. To maintain this level of activity into 2025 we need more support from you, and potentially your friends and loved ones.

There are many ways to help, from basic tasks like shifting chairs, to supplying specialist skills and knowledge, and it can take as little or as much time as you wish. See Page 2 "How You Can Help" for further examples of what you might be able to do. Please contact any committee member to find out more – details overleaf. Thank you!

Branch Membership Information

The suggested donation for 2024 is £10 per person. The easiest way to pay annually is by setting up a Direct Debit to **Parkinsons Disease Society of the UK, Sort Code 20-00-00, Account Number: 43353958 using the reference "Reading Membership"**. Alternatively, you can pay by cash or cheque, made payable to **'PDS Reading Branch**, at any of the Reading group meetings. Any questions to membership@parkinsonsreading.org.uk

Not yet registered to receive regular updates? Download the registration form from the "Contact Us" page of our website and follow the instructions.



How You Can Help...

Our Branch now has nearly 400 members, including 160 new members in the last two years. Sadly, with more people diagnosed with PD all the time, the local Parkinson's community that we serve will continue to grow. We are regularly starting new therapies and activities, and thanks to successful fundraising by Krys and many others, we can afford to do more... but we are reaching the limits of what we can achieve without a larger team. If you can help, you could join us as a Committee member, or as a supporter, with a designated role if you wished.

Some examples of what you might do include:

- Being a friendly face to greet newcomers at meetings and events
- Helping run therapy and activity classes – liaising with tutors, venues and members, keeping registers
- Providing support at social events - catering, chairs, tables, registration, raffles, photographs...
- Joining in our fundraising with bucket collections, or other assistance at fundraising events
- Helping with financial admin such as invoicing for therapies and events
- Assisting newsletter production, editing and layout
- Making available specialist skills such as graphic design, web site support and IT assistance

If you, your family or friends are able to give up a little time, or more, there is almost certainly something you can contribute. Just contact a Committee member face-to-face, by 'phone or email, so we can explore how you can help – details below. Thank you!

The 2024 committee members are:

Andrew Last:	Chair and event organiser	chair@parkinsonsreading.org.uk	07813 193038
Geoff Gee:	Vice chair and Membership	membership@parkinsonsreading.org.uk	07713 590636
Alison Gee:	Treasurer	treasurer@parkinsonsreading.org.uk	07421 739575
Nigel Crabb:	Secretary	secretary@parkinsonsreading.org.uk	07810 554650
Penny Inglis:	Social	social@parkinsonsreading.org.uk	07757 662925
Krys Lewis:	Fundraising	fundraising@parkinsonsreading.org.uk	07787 511447
David Adby:	Therapies	therapies@parkinsonsreading.org.uk	01189 267 348
Ricky Duveen:	Therapies	therapies@parkinsonsreading.org.uk	0118 961 4027
Colette Wood:	Therapies	therapies@parkinsonsreading.org.uk	07766 224669
Zoe Crabb:	Minutes	minutes@parkinsonsreading.org.uk	07709 087854

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom. A charity registered in England and Wales (258197) and in Scotland (SC037554)

Dates for your Diary

NOVEMBER 2024

Wednesday November 6th 2:15 pm to 4:00 pm

Branch meeting at Our Lady of Peace Church, 338 Wokingham Road, Earley RG6 7DA.

- **Becca Hunsdon**, University of Reading psychologist talking about mental health and wellbeing with PD, and her research project trialling a new treatment process
- **Dr James Esdon**, a GP with the CEDA Health private GP practice in Wokingham, to talk about the services they offer, and how they relate to those offered by the NHS.

Friday November 8th 10.30am to 12.00pm

Wokingham Café at the Bradbury Centre, Rose Street, Wokingham RG40 1XS

Friday November 22nd from 2.00pm to 4.00pm

Tilehurst Café in the Youth Hall at the Tilehurst Methodist Church RG31 5AN

Thursday November 28th from 2.00 pm to 4.00 pm

Partners and Carers meeting, Salvation Army meeting hall, Lower Earley RG6 5HZ

DECEMBER 2024

Wednesday December 4th, from 12:30 pm... **NO BRANCH MEETING BUT:**

BRANCH CHRISTMAS LUNCH - SEE PAGE 7 FOR DETAILS

Sonning Golf Club, Duffield Road, Sonning, Reading RG4 6GJ

Friday December 13th 10.30am to 12.00pm

Wokingham Café at the Bradbury Centre, Rose Street, Wokingham RG40 1XS

Friday December 20th

Bucket collection at Tesco Wokingham

Note: Fourth Friday in December is a Public Holiday so no Tilehurst Café in December

JANUARY 2025

Note: First Wed. in January is New Year's Day so branch meeting will take place on:

Wednesday January 8th 2.15pm to 4.00pm

Branch meeting at Our Lady of Peace Church, 338 Wokingham Road, Earley RG6 7DA

- gaitQ Tempo: a vibrational cueing device for the legs
- **Nayia Argyrou**, gaitQ

Friday January 10th 10.30am to 12.00pm

Wokingham Café at the Bradbury Centre, Rose Street, Wokingham RG40 1XS

Friday January 24th from 2.00pm to 4.00pm

Tilehurst Café in the Youth Hall at the Tilehurst Methodist Church RG31 5AN

and SATURDAY FEBRUARY 8th 2025: Reading Male Voice Choir Fundraising Concert, Woodley

Regular Activity Classes

Activity	Location	Details
Activities organised and supported by the Reading Branch of Parkinson's UK <i>For more information contact the named Committee lead at therapies@parkinsonsreading.org.uk</i>		
Hydrotherapy	Park House Spa 57 Honey End Lane, Southcote RG30 4EL	Hydrotherapy is held on Mondays from 2.30pm to 3.30pm -- contact David Adby at therapies@parkinsonsreading.org.uk .
Pilates	Our Lady of Peace, Earley, Reading RG6 7DA	Every Wednesday 12.45pm to 1.45pm; £5.00 per session - contact David Adby at therapies@parkinsonsreading.org.uk
Ballroom Dancing	Our Lady of Peace, Earley, Reading RG6 7DA	Every Wednesday 11:40 am to 12:40 pm; £5 per session, partners/friends £2.00 – contact David Adby at therapies@parkinsonsreading.org.uk
“BEAT Parkinson’s!” group drumming sessions	Stoneham Court, 100 Cockney Hill, Tilehurst, Reading RG30 4EZ	Fortnightly group drumming, every other Thursday 11am to 12:15pm. No experience required, instruments provided, partners welcome, good fun guaranteed! Contact Andrew Last at chair@parkinsonsreading.org.uk
“Boxercise” – Boxing Exercise for Parkinson’s	Mapledurham Pavilion, off Woodcote Road, Caversham RG4 7EZ	Fortnightly classes on alternate Wednesdays from 16:00 – 16:45. NEW CLASS - If interested contact Colette Wood at Therapies@parkinsonsreading.org.uk
“Express Yourself” – Speech and Communications	Beansheaf Community Centre, Calcot, Reading RG31 7AW	Weekly classes focussed on improving communication skills for people with Parkinson’s on Wednesday mornings, 9:45 am to 11:15 am. NEW CLASS – if interested contact Belinda Beakhouse at belindabeakhouseSLT@outlook.com or Andrew Last at chair@parkinsonsreading.org.uk

Activities provided independently, with no Reading Branch involvement

Nordic Walking	Thameside Promenade Car Park, RG1 8BD	You can join in any Thursday 3.00pm to 4.00pm. Please contact Derek Holloway directly on 07843 584 900 or derekholloway1@gmail.com . No experience needed. Poles available for loan.
Dead Sea Saltwater Flotation Pool	Nirvana Spa, Mole Road, Wokingham RG41 5DJ	Times to suit your individual needs. Please contact Ginny Mancey of Nirvana Spa at gabby.mancey@nirvanaspa.co.uk for details of charges and booking arrangements.
Walking Football	1.30pm, every Tuesday at Bracknell Leisure Centre	Contact Callum Salhotra at callum.salhotra@berks-bucksfa.com or phone 07399 249038
Wokingham Boxercise	BXGFIT Places Leisure, 12a Peach Place, Wokingham, RG40 1LY	Boxing class for people with PD every Tuesday 13:15 to 14:00. Must be booked in advance through <u>BXGFIT by Places Leisure</u>

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Neuro Physiotherapy Exercise Classes

Here is a summary of the neuro-physio sessions organised by the Reading Branch - select the class most suitable for your individual needs.

Static Movement and Balance Exercise

Home-based exercise via Zoom, every Thursday from 12.45pm to 1.30pm. Session led by Sarah Papworth. £5 per session.

Exercise from the comfort of your home or anywhere that has an internet connection. Feel free to contact Sarah directly to find out more: 07775 647054. **Zoom meeting ID: 859 771 2511 / Password: nD42pD.**

Medium intensity classes in Wokingham

Led by Kelly Dodds, at Bradbury Centre, Rose Street, Wokingham RG40 1XS

Every Tuesday 10.30am to 11.15am

Every Thursday 1.00pm to 1.45pm

£7.00 per session

Email David Adby c/o therapies@parkinsonsreading.org.uk to find out more about the Wokingham classes

Medium/high intensity classes in Caversham.

Led by Sarah Mindham. PD-specific exercises at a medium/high intensity.

At Mapledurham Pavilion, signposted off the Woodcote Road, Caversham RG4 7EZ

Every Monday 2.30pm to 3.30pm, including PD-Warrior style exercises

Every Wednesday 3.00pm to 4.00pm, including circuits and PD-Warrior style exercises.

First session is free - £30 per month for one class per week

Email Colette Wood c/o therapies@parkinsonsreading.org.uk to find out more about the Caversham classes

PEAPs Update

'If a pill could be created that mimicked the effects of exercise, everyone would take it.' - Daniel Corcos

Back in April we launched a new initiative which we called PEAPS – Personal Exercise and Activity Programme. Six members took part in the pilot scheme, which aimed to guide them towards a programme of exercise that is right for them. The Programme included group sessions with partners and one-to-one meetings with neuro-physiotherapists from Thorpes Neuro Rehab, subsidised from Branch funds provided by generous donors.

Following very positive feedback, we intend to continue and expand the scheme early in 2025, with a few changes to reflect what we learned from the pilot. So if this is something you might wish to be part of, please let us know. Some people expressed an interest in the pilot who were not able to take part for various reasons: we will be in touch with them. For more information, email PEAPS@parkinsonsreading.org.uk.

“BEAT Parkinson’s!” Drumming Group First Gig



Our drumming group meets every other Thursday, at the Berkshire Music Centre in Tilehurst. We play a mixture of Latin American and African rhythms including the Samba. We find that drumming is very helpful for Parkinson’s symptoms and is great fun.

We are regularly joined by Lily, a SEN pupil from Brookfields Specialist School who is a talented musician, and were pleased to be invited to the 50th Celebration of Brookfield’s in September, when she showed off her skills to good effect. Ten of us took part, demonstrating what we regularly do in our sessions, playing for over an hour and creating a great sound that got the audience dancing!

Help the Neurological Alliance campaign for more support from Government

The Neurological Alliance is supported by Parkinson’s UK and represents clinicians and patients with neurological conditions such as PD in negotiations with DHSC. Through its local partners (in this case the West Berkshire Neurological Alliance, WBNA), it runs a regular survey of patient experience of the services that we receive, and would like as many of us as possible to take part. It is especially keen to include carers, companions and young-onset PwPs – previously poorly represented in the survey.

More information can be found on the WBNA web site here: <http://www.wbna.co.uk/> or the survey itself is here: <https://revealingreality.welcomesyourfeedback.net/w2a6jx>

The more responses, the greater the weight that the survey results will carry.

READING BRANCH CHRISTMAS LUNCH – BOOK BY NOVEMBER 8th!

The Date: Wednesday 4th December 2024

The Time: 12:30 pm, lunch served at 13:00

The Venue: Sonning Golf Club, Duffield Road, Woodley, RG4 6GJ

The Cost: £20 per person for each person with Parkinson's and 1 guest. Additional guests are welcome but will be charged £40 per person.

Booking: pay the full amount due by BACS transfer to Parkinsons Disease Society of Great Britain, Sort Code 20 00 00, Bank Account number 43353958, Reference Christmas. As soon as you have paid, please email each person's **choice of food** from the menu below, to Penny on social@parkinsonsreading.org.uk

Alternatively, you can pay using **cash, cheque or card** at the Branch Meeting at Our Lady of Peace on Wednesday 6th November, or the Wokingham Coffee Morning on 8th November. On the day there will be a bar for drinks (card only please, no cash), and there will be a raffle (cash only).

Any queries, please email Penny - social@parkinsonsreading.org.uk or Alison - treasurer@parkinsonsreading.org.uk

Festive Menu

Starters

Roasted Parsnip & Apple Soup
(vn) (gf) (df)

Duck Rilette

Fig & Tamarind Chutney, Sourdough Crostini

Whipped Goats Cheese & Pickled Beetroot Salad

Candied Walnuts, Rocket (v) (gf) (vn*)

Prawn & Smoked Salmon Cocktail

Bloody Mary Sauce (gf) (df)

Mains

Roast Breast of Norfolk Turkey
Sage & Onion Stuffing, Pig in Blanket (df) (gf*)

Slow Roasted Pork Belly

Grain Mustard Jus, Chorizo Crumb (gf) (df)

Oven Baked Fillet of Sea Bass

Roasted Tomato, Red Pepper & Potato Stew (gf) (df)

Woodland Mushroom & Spinach

Puff Pastry Tart

Creamy Thyme & Sage Sauce (v) (vn*)

All Main Courses are served with the Chef's Selection of Vegetables & Roast Potatoes, unless otherwise stated

Desserts

Individual Christmas Pudding
Redcurrants, Brandy Sauce (vn*) (gf*)

Passion Fruit Panna Cotta

Blueberry & Blackberry Compote (v) (gf)

Dark Chocolate & Mint Tart

Mint Chocolate Chip Ice Cream (v)

Fresh Fruit Salad

(vn) (gf) (df)

To include Christmas Novelties, Tea/Coffee & Mince Pies (gf*)

(vn) Vegan / (v) vegetarian / (df) Dairy Free / (gf) Gluten free

(gf*) Gluten Free available / (vn*) Vegan available. Some dishes may contain nuts and alcohol.

Irrespective of your menu choice, please advise any dietary requirements when ordering

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Preparing to go into Hospital?

We hope you are not, but if you are about to go into hospital, and you have Parkinson's, you might be interested in the advice available on this link to a leaflet on the Royal Berkshire Hospital web site.

The leaflet was drawn up by a group of clinicians at the RBH to advise PwPs how to prepare for admission, and what to expect (and demand!) once you are there.

We are not sure how specific this is to the RBH, and unfortunately may reflect "Best case" standards of care that may not be delivered in practice. Even so, it seems to offer many useful pointers to what should be asked for, by PwPs or their loved ones.

Here is the link: <https://www.royalberkshire.nhs.uk/leaflets/parkinsons-coming-into-hospital-guide>

SONNING CLUB FUNDRAISER



Thanks to the help and generosity of Sonning village and surrounding community, the Sonning Club held a phenomenally successful fundraising event on September 27th.

Organised by Joan Farnese, whose husband Tony sadly died with PD earlier this year, it raised nearly **£5,000** with music, face-painting, a silent auction and raffle. As well as putting in huge amounts of time and effort behind-the-scenes, Joan also contributed her hair to the proceedings, with a sponsored "Brave Shave" on the night. Many thanks to everyone who took part, especially Joan.

AND FINALLY...

Well done to Krys Lewis and her intrepid team of bucket collectors who survived an initial deluge on Saturday 19th October at the Reading Napier Road Tesco to raise **£300** for Branch funds. Thank you!!