

READING BRANCH

Quarterly Newsletter – Autumn 2026

For every Parkinson's journey

CHANGE ATTITUDES. FIND A CURE. JOIN US.

IN THIS ISSUE



Contacts and
Branch Membership



From the Chair



Christmas Lunch
date and details



Dates for
your Diary



Respite Care

PARKINSON'S^{UK}
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Parkinson's UK



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www.parkinsonsreading.org.uk

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

Parkinson's UK Reading and District Branch

Est. 1978

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.

Welcome to this edition of the Parkinson's UK Reading and District Branch Newsletter. 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.**

Contacts:

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Reading and District Branch Membership Information

The suggested donation for 2026 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 **'Parkinsons UK - 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.

From The Chair

Geoff Gee – Branch Chair

I hope you've been able to make the best of the summer. We were away with the family on the day we had the first rain for ages, and we were very happy about it.

You occasionally hear it said that some compensation for being involved in Parkinson's in any way is that you get to know some nice people you would never otherwise meet. That seems true to me, not only for other members of the branch, but also the professionals who work with us.

Nearly all the NHS staff, charity employees, or independent health care professionals I've met not only bring their skills to bear but also show a great commitment to helping others.

I've noticed how often you hear from one of them 'my grandad/other relative had Parkinson's', which suggests their involvement with us is more than just a career choice.

If you are thinking about joining one of our classes or groups, talk to someone who already goes. I am sure they will have positive things to say about the person running the group.

Geoff Gee
Chair
Parkinson's UK Reading Branch

Parkinson's Reading Branch Christmas Lunch

Sonning Golf Club, Duffield Road, Sonning RG4 6GJ

Wednesday 2nd December 2026 12.30 for 13.00 Lunch

Cost - £21.95 each, so £43.90 for pwp and partner

3 course meal will also include Christmas Novelties, Tea/Coffee & Mince Pies

Please pay by BACS Ref XMAS/MEMBERS SURNAME

Account Name Parkinson's Disease Society of the UK

Account No 43353958 Sort Code 20-00-00

You can also pay by card/cash at any Branch Meeting

When paid please send your meal options to penny.inglis@btinternet.com and any dietary requirements



See Menu attached

All bookings must be made by November 11th, 2026





E V E N T M E N U

3 Courses @ £42.95pp



Starters

Roasted Cauliflower Soup

Chorizo Crumb (vn*) (df) (gf)

Smoked Salmon

Caper, Creme Fraiche & Cucumber Dressing (gf)

Brie, Cranberry & Thyme Filo Parcel

Rocket Leaves, Balsamic Vinaigrette (v)

Chicken Liver Pate

Chargrilled Sourdough, Lambs Lettuce,
Pomegranate Seeds, Fig & Honey Chutney

Mains

Roast Breast of Norfolk Turkey

Sage & Onion Stuffing, Honey Glazed Parsnip,
Pig in Blanket & Rich Gravy (df) (gf*)

Slow Cooked Pork Belly

Cavolo Nero & Pancetta, Crackling Shard,
Sherry Cream Jus (gf)

Butternut Squash, Spinach &

Courgette Crumble

Tomato Reduction (vn)

Fillet of Sea Bream

Herb Potato Cake, Lemon, Cream & Samphire Sauce (gf)

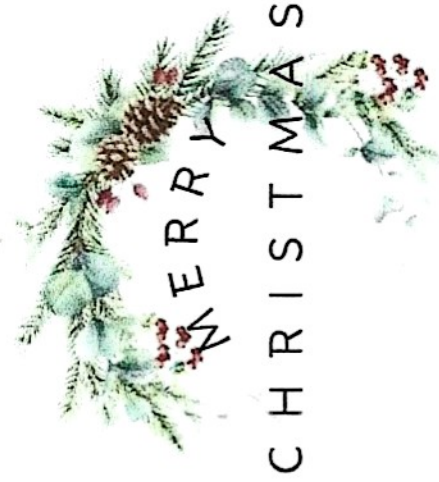
Served with Chef's Selection of Roast Potatoes & Vegetables,
unless otherwise stated

To include

Christmas Novelties Tea/Coffee & Mince Pies

(vn) Vegan / (v) Vegetarian / (df) Dairy Free / (gf) Gluten free / (gf*) Gluten Free available / (vn*) Vegan available.
Some dishes may contain nuts, alcohol & other allergens

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



C H R I S T M A S

Desserts

Individual Christmas Pudding

Redcurrants, Warm Brandy Sauce (vn*) (gf*)

Winter Berry Meringue Nest

Chantilly Cream, Mulled Wine Syrup (gf)

Chocolate & Orange Cheesecake

Ginger Biscuit Base, Candied Zest

Fresh Fruit Salad

Apple Sorbet (vn) (gf) (df)

The bigger picture on Parkinson's.

Roger Barker is one of the good guys. He is Professor of Clinical Neuroscience and Honorary Consultant in Neurology at the University of Cambridge and at Addenbrooke's Hospital. Last year he was president of the World Parkinson's Congress. He is lead researcher on one of the current trials of stem cell replacement therapy for Parkinson's. But he can talk about the issues in Parkinson's research in a way that non-specialists can understand. He does this in a recent interview

<https://theinitiativemagazine.com/en/article/roger-barker-profile>

'Asked where neuroscience currently stands in its understanding of Parkinson's disease - at the beginning, middle or approaching a breakthrough - Barker paused. "I think we're beyond the beginning," he said.'

This newish online newsletter, The Initiative, was launched at the World Congress in May, and has other Parkinson's stuff, including an interview with Bas Bloem, who presents a similar picture to Roger Barker.

Young entrepreneur, Rohan Mistry, donates profits to Parkinson's UK

"The donation is part of my profits from my business called Simply Corks which I have run for just over 4 years. Simply Corks sells a wide range of products made from wine corks, from keyrings to coasters as well as custom business to business designs. The donation represents 10% of the profits over the last year or so and has always been an important part of the way I run my business."

Rohan's grandma is a member of the Reading Branch. Therefore, Parkinson's UK has always been a charity that Rohan has chosen to support.

Thanks to Rohan for his support and generosity.



DATES FOR YOUR DIARY

Guest speaker for October 2026

Amiel Celocia

Wednesday 7th October: 2.15-4.00pm

Our Lady of Peace Church Hall,
338 Wokingham Road,
Earley, RG6 7DA

Amiel Celocia is a Frailty Practitioner working in A&E at the Royal Berks, part of a small team who work alongside ED doctors/ nurses.

Their role is to look beyond the immediate medical problem and assess the person's mobility, function, independence and ability to managed safely at home.

Part of Amiel's role is to be the Frailty Team Parkinson's Champion.

Guest speaker for November 2026

Katie Ayling

Wednesday 7th November: 2.15 – 4.00 pm

Our Lady of Peace Church Hall,
338 Wokingham Road,
Earley, RG6 7DA

Katie Ayling is a Community Dietitian at Berkshire NHS Foundation Trust.

There is increasing recognition of the importance of diet and nutrition in managing Parkinson's.

We asked for your questions about diet at our July meeting, and these have been passed to the dietitians

Parkinson's UK – Reading Respite Care for Supporters of People with Parkinson's

We realise how hard supporting and caring for your Parkinson's partner can be and how difficult it is for you to get some time to yourself. Would it help if you could occasionally pay a carer to sit with your partner whilst you had a few hours to yourself?

If so, your Branch would like to help through our Respite Support fund. We have set aside £5,000 and funds are available on a first-come, first-served basis. We will not be making any judgements on who is most deserving. Respite Support is open to any Branch members who are caring for someone with Parkinson's.

All you have to do is:

- Fill in the attached form on next page and send it to
treasurer@parkinsonsreading.org.uk
- Find a care agency, and book a few hours for a professional carer to come to your own home
- Enjoy your "time off"
- Pay their invoice in full then send us a copy
- We will refund you 50% of that invoice, up to a maximum of £400 per person per year.



Unfortunately, the Branch can't recommend care agencies to you, but some of your Parkinson's friends may be able to.

Do contact us if you have any queries.

Parkinson's UK Reading Branch Respite Support Application Form

Name

Address

.....

.....

Telephone

Email

Name of Person Being Cared For

Name of Care Agency providing care

Date(s) of care

Approximate cost of care

By signing this application form, I/we confirm that:

- The person named above as being cared for has been diagnosed with Parkinson's and is a member of the Reading Branch of Parkinson's UK.
- I/we have arranged respite care for the above named person and I/we acknowledge that I/we are responsible for the selection of the care provider and the care to be provided by them, for paying all of the costs incurred by the care provider in providing the care, and for dealing with any queries that may arise with the care provider.
- I/we will provide Parkinson's UK Reading Branch Treasurer with copies of invoices for this care. On receipt of the invoice(s) the Branch Treasurer will validate the application and will reimburse 50% of the care costs to the applicant up to a maximum amount of £400 per year per applicant.
- I/we have provided my bank account details to which any reimbursements will be sent and my/our contact details in case of any queries regarding this application.
- Reimbursement of any costs is not an endorsement or recommendation by Parkinson's UK or their Reading Branch of any particular care provider.

Signed Name of Applicant

Name of Bank Account

Bank Name

Sort CodeAccount Number

Please return your completed form to treasurer@parkinsonsreading.org.uk