

# PARKINSON'S<sup>UK</sup>

## CHANGE ATTITUDES. FIND A CURE. JOIN US.

News and Information Letter for Cornwall & the Isles of Scilly

*April/May '21*

***Coronavirus restrictions have led to the suspension of all our group activities.  
Please turn to Page 5 of this issue for more information.***

## Editorial Thoughts

It is now a year since our front page carried the black box announcing the suspension of our activities. During the year we have brought information and ideas to you all covering a wide range of topics. Hopefully you have been informed and entertained!

Continuing with that aim this issue includes another quiz and a variety of courses and articles to pursue online. The Medicine Chest details the latest Parkinson's Nurse Services and also a chance to join a Dance class to help celebrate World Parkinson's Day on 11<sup>th</sup> April.

I am hopeful that the next issue will be the last to carry the "black box", and that by August/September edition we will have news of how to restart meeting in person again. In the meantime we have the light days and hopefully good weather to enjoy our gardens and countryside.

# Points West

We are pleased to confirm your West Cornwall & Isles of Scilly Committee for 2021 is as follows:

Chair Edward Bolitho  
Vicechair Helen Hichens  
Treasurer Rob Burt  
Secretary Linda Ashmore (holding role)  
Committee Members

Jenny Richards, Bernie Doeser, Emily Harris

WE NEED HELP! If you can help on the Committee in ANY way, please contact Linda!

## April Quiz

**Spring Quiz (from Emily)** Answers on Page 8 of Newsletter

All answers can be made using letters contained in the clues

1. Can be preceded by "West", "Ax", "Ex". "Bed" and "Leo", to name a few.
2. Allow to park
3. Just one Cornish pasty maker
4. Pepper or Spear
5. Typo
6. 7, 11, 23, 31, 61 – for example
7. Not the Ladies
8. It's his title
9. It's one way to cut the grass
10. Aston Villa defender
11. You need the stomach to eat this nonsense
12. Whale with a tail, and its male
13. Sounds like a bell in Hertfordshire
14. Yes, when Prime
15. Spotless

## **General Knowledge**

1. Who painted the Mona Lisa?
2. What three South American countries does the equator cross?
3. Which way do the clocks go in winter?

4. What island's entire population was awarded the George Cross?
5. How many fences does a Grand National winner jump?
6. What year did man first land on the moon?
7. What's the only house in England that the Queen may not enter?
8. What did Teddy Boys call their heavy crepe-soled shoes?
9. Who was the only female athlete in the 1976 Summer Olympics not given a sex test?
10. What is the pseudonym of English spy novelist "David John Moore Cornwell"?
11. Do sea gulls drink sea water?
12. Who was the object of Compo's lust in The Last of the Summer Wine?
13. What bodily function can reach the breakneck speed of 200 miles an hour?
14. What two birds did Noah send out from the Ark?
15. What plant does natural vanilla flavouring come from?

## Looking Ahead

### **North Cornwall Talking Newspaper**

Do you have a problem reading the paper if so The North Cornwall Talking Newspaper may be helpful. For the last 31 years volunteers have been weekly recording local news and sending it out free of charge to North Cornwall residents from Newquay to St Austell up to the Devon border, we even have a few ex pats we send to!

There are lots of reasons why reading the paper is difficult for some people though sight loss is the most common. In these challenging times it is even more important to feel connected to our communities. The paper is recorded on a memory stick and posted to our listeners if they don't have access to a computer, we will also lend free of charge a simple to use listening device.

If you, or someone you know might benefit from receiving the news in this format do give me a ring on 01208 831454 our website is [www.nctn.co.uk](http://www.nctn.co.uk) or email at [coordinator.nctn@gmail.com](mailto:coordinator.nctn@gmail.com)

*Penny Robertson*

## Promas Caring for People



### **Are you an unpaid carer who needs support?**

If you are tired or staring at a screen, Promas CIC are offering a new way of learning (without Zoom, Facetime or Skype!). Access support and find answers to questions through free one-to-one telephone guidance.

### **It takes three easy steps**

You will receive three 45-minute telephone sessions on the topic of your choice, at the time and date you choose.

#### **STEP 1: Pick your course**

Caring for Dementia Carers	Coping Strategies for Carers
Managing Stress in your Caring Role	Caring for Carers
Managing Mental Illness for Carers	

#### **STEP 2: Choose three dates and three time slots**

Dates	Session times	
April 8 <sup>th</sup> , 9 <sup>th</sup> , 15 <sup>th</sup> , 16 <sup>th</sup> ,	10am-10.45 am	11.30am-12.15pm
22 <sup>nd</sup> , 23 <sup>rd</sup> , 27 <sup>th</sup> , 29 <sup>th</sup>	2.00pm-2.45pm	3.15pm-4.00pm

#### **STEP 3: Apply by contacting us**

email on [info@promas.co.uk](mailto:info@promas.co.uk)  
Or call us on 07435 870587 / 01736 339226  
07775 756454

# Coronavirus

You will all be aware of the current restrictions on travel and social contact. As a result of this we are still unable to produce the normal flyers that accompany the Newsletter.

The calendar entries have all been cancelled until further notice.

However, probably the most important information for you all is the list of local contacts and sources of information.

This list appears over the next two pages of this Newsletter.

If you wish to remove the centrefold you can pin the list to your noticeboard or keep it close to your phone.

*Editor*

## **LOCAL CONTACTS AND SOURCES OF INFORMATION**

### **Parkinson's Nurse Service**

Parkinson's Nurse Service

**01209 318048**

[Pdnurses.cornwall@nhs.net](mailto:Pdnurses.cornwall@nhs.net)

(Recorded message covering the whole county with advice, and explaining the current service)

Appointment changes only (NOT Nurses)

**01209 318050**

### **Neurological Advice Service**

Mary Eason and Bernadette Murray

**01209 318106**

[cpn-tr.NeuroRehab@nhs.net](mailto:cpn-tr.NeuroRehab@nhs.net)

(Answerphone service – please leave a message and one of the advisors will call you back)

### **Parkinson's UK Representatives**

Local Parkinson's Adviser

**To be appointed** 0808 800 0303 [hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

The whole of Cornwall and Isles of Scilly

Network Support Officer

**Mary Jane Hunter** 0344 225 3695

[mjhunter@parkinsons.org.uk](mailto:mjhunter@parkinsons.org.uk)

**Parkinson's UK Helpline** **0808 800 0303**

[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

## **LOCAL CONTACTS AND SOURCES OF INFORMATION**

### **Contacts for Mid Cornwall, West Cornwall & IoS Branches**

#### **Mid Cornwall**

<u>Chairman</u>	Jan Wilder 01726 61502 <a href="mailto:chairman@parkinsonscornwall.com">chairman@parkinsonscornwall.com</a>
<u>Vice Chairman</u>	Position vacant
<u>Secretary</u>	Sue Whipps 01503 262166 <a href="mailto:secretary@parkinsonscornwall.com">secretary@parkinsonscornwall.com</a>
<u>SE Cornwall Rep</u>	Tom Bevan 01579 321132
<u>Newsletter</u>	Kay Maycock 01208 420432 <a href="mailto:newsletter@parkinsonscornwall.com">newsletter@parkinsonscornwall.com</a>
<u>Membership Sec</u>	Kay Maycock 01208 420432 <a href="mailto:membership@parkinsonscornwall.com">membership@parkinsonscornwall.com</a>
<u>Treasurer</u>	Nick Wilder 01726 61502 <a href="mailto:treasurer@parkinsonscornwall.com">treasurer@parkinsonscornwall.com</a>
<u>YOPs</u>	see Facebook group People with Parkinson's in Cornwall

#### **West Cornwall and Isles of Scilly**

<u>Chairman</u>	Edward Bolitho 07980 826613
<u>Vice Chairman</u>	Helen Hichens 01736 788309
<u>Secretary</u>	Linda Ashmore 01736 711293 <a href="mailto:secretarywest@parkinsonscornwall.com">secretarywest@parkinsonscornwall.com</a>
<u>Treasurer</u>	Rob Burt 01326 221330
<u>Membership Sec</u>	Kay Maycock 01208 420432 <a href="mailto:membership@parkinsonscornwall.com">membership@parkinsonscornwall.com</a>

**Parkinson's UK Helpline 0808 800 0303**

[hello@parkinsons.org.uk](mailto:hello@parkinsons.org.uk)

# Coronavirus

## Calendar Entries

The Calendar page on the Parkinson's Cornwall Website will show the cancelled events. Obviously this will be the first place that will show when activities re-start.

Perhaps those of you who do not have on-line access can ask a friend (or your local library) to check the site for you?

The website address is <https://parkinsonscornwall.com>

A reminder to all of you who attend drop-ins or other activities, the contact details of the leaders are all listed on the back page of the Newsletter. Please contact them if you need any further information.

*Editor*

### **April Quiz Answers**

1. Minster
2. Permit
3. Ginster
4. Mint
5. Misprint
6. Primes
7. Gents
8. Mister
9. Strim
10. Mings
11. Tripe
12. Sperm
13. Tring
14. Minister
15. Pristine

### **General Quiz Answers**

1. Leonardo da Vinci
2. Brazil, Colombia and Ecuador
3. Back
4. Malta
5. Thirty (30)
6. 1969
7. The House of Commons
8. Brothel creepers
9. Princess Anne
10. John Le Carre (who sadly died recently)
11. Yes
12. Nora Batty
13. The sneeze
14. A dove and a raven
15. The orchid

## Trembellows Report

As Max Bygraves might have said, I'm going to tell you a story -

"Early one morning" "I had a dream the other night" that I was a "Happy Wanderer" and "Leaving Liverpool" and was "500 Miles (from my home)!" on a "Freight Train" "Riding on a donkey", when I saw "The Whistling Gypsy came over the hill" going to "The Streets of London" with "Amazing Grace" and they were singing "The Woad Song", "Leaning on a Lamp post" and "Putting on the Style". They were "Leaving on a jet plane" "Side by side", going to "South Australia" and through the window could see "It's only a paper Moon", when they arrived they went "Waltzing Matilda" but soon got tired and sang "Show me the way to go home" "Way back to Lamorna".

And if the vaccines do their job then "We'll meet again, don't know where don't know when" but let's hope it's soon.

*Alan*

## Medicine Chest

### Pill Timers - FREE

The Tabtime Super 8 pill box reminder is now available FREE (while stocks last).

Two Compact pill box reminders are also available FREE for assessment. If you like it, tell us and keep it.

The stock of Pill Timers is held by Rowena Wilson. Telephone her on 01326 376710 to make an arrangement for collection or posting.

If you have any difficulty using them, our Drop-In Group Leaders will (soon) be familiar with them, so may be able to help



### An update from the Parkinson's Service from Cornwall Partnership Foundation Trust.

Parkinson's Awareness Week will be taking place shortly and will be focusing on mental Health in Parkinson's. The launch of the Parkinson's Mental Health Support Hub sounds very positive and I hope this will be a resource for you to use going forwards if required.

This is also the opportunity to consider restarting or trying a different type of exercise and the link to Dr Sophia Hulbert's dance class may be something to try! (please see below)

I am very pleased to inform you that the Royal Cornwall Hospitals NHS Trust are planning to recruit a seven days a week Parkinson's Nurse Specialist service. Interviews are being held in the near future and I hope to provide you with further information in due course.

Please continue to contact the Parkinson's Nurse Specialist Service when required. We are providing a responsive telephone service to people with Parkinson's. We are still sending out letters to everyone on our caseload, providing an update on the Covid situation and, outlining that routine appointments are not being offered by the Parkinson's Nurse Specialist Service. If we have not heard from you for twelve month you will receive a letter from us, asking that you make contact to provide us with an update about your Parkinson's symptoms.

Thank you for completing the three questionnaires prior to your video consultation or telephone review (virtual clinic) taking place. They are very useful to form the basis for discussion and for other team members such as Medical Consultant and Therapists to be kept up to date with your Parkinson's journey.

We are finding that more of you are able to use the video consultation route with a bit of support. This is called Attend Anywhere and is a secure NHS platform for you to have your Parkinson's review online. It is a great way to have a face to face discussion without the need to travel or park. The information below outlines a couple of key steps for this to happen and you are welcome to try it out at any point:

To attend your appointment, you need to click on the link below, or copy the link into your Google Chrome or Safari web browser:

1. Click on the link to access our Video Appointments  
<https://www.cornwallft.nhs.uk/video-appointments>
2. At the bottom of the page click on the Adult Community Services Waiting Room link
3. Click on the Join your video appointment button to begin

We are starting to evaluate the effects of Covid through the use of a survey, which I hope you will be able to complete in due course. This will form the basis of how our service may look like into the future.

If you have concerns about your Parkinson's symptoms please contact the Parkinson's Nurse Specialist Service on 01209 318 048 or via email on [Pdnurses.cornwall@nhs.net](mailto:Pdnurses.cornwall@nhs.net) . Alternatively if you have any feedback for the service please contact me via the email or telephone number above.

Many thanks *Lynne Osborne Consultant Nurse Parkinson's Service*

## **Parkinson's Awareness Week 11<sup>th</sup> – 17<sup>th</sup> April 2021**

Join co-founders of Parkinson's Dance, Neuro-physiotherapist Dr Sophia Hulbert and Dance Artist Aimee Hobbs in a fun filled dance class, designed to address the symptoms of Parkinson's. No dance experience necessary. Carers, friends & family welcome. There are also online dance classes to join and all events are free.

<https://www.pdsw.org.uk/digital-content/parkinsons-dance-awareness-event/>

## **Peninsula Parkinson's Research Interest Group**



Gait Disturbance. Recently we heard some excellent news from Dr. Will Young at Exeter University. The research project that he described in “Meet the Researcher Online” (watch this: [https://www.youtube.com/watch?v=eHTQSfrv\\_WA](https://www.youtube.com/watch?v=eHTQSfrv_WA)) has won funding from Parkinson's UK for a 3 year project to investigate the topic of anxiety and freezing of gait. Further news about participation is expected soon.

Not Just a Load Of Old Tablets. In the first of our “Meet the Researched” videos, we turned the Zoom camera onto John and Sue Whipps, who gave a presentation about their journey from his diagnosis to their involvement in clinical trials and answered questions from a Panel. This video will be of interest to those newly diagnosed and those further down the track. Watch this <https://www.youtube.com/watch?v=gjkh738UOrI> for a jargon-free experience!

## COUNTY WIDE MEETINGS

We now have ten monthly meetings run by our  
Parkinson's groups and branches, they are:

	Contact nos.
BUDE group on 2nd Saturdays	01237 441913
LAUNCESTON group on 1st Tuesdays	01208 420432
TORPOINT Shuffle Club on 1st Thursdays	01752 822870
WADEBRIDGE group on 4th Mondays	01503 262166
HELSTON Meeting on 3rd Fridays	01736 711293
LUDGVAN Meeting on 2nd Tuesdays	01736 788309

### **These four are generously supported by local Rotary Club members**

EAST TAPHOUSE Drop-In on 3rd Wednesdays	01503 262166
ST AUSTELL Drop-In on 2nd Wednesdays	01726 61502
CARNON DOWNS Drop-In on 1st Thursdays	01326 376710
NEWQUAY Coffee morning on 3rd Thursdays	01503 262166

### **ACTIVITY MEETINGS run by the branches**

HELSTON PD Active every Thursday	01326 561012
SUMMERCOURT PD Active every Thursday	01326 561012
TOWNSHEND Singing every Wednesday fortnight	01736 351330
SUMMERCOURT Trembellows sing every Monday	01726 815054
GOLDSITHNEY Exercise to Music every Monday	07773 669667

Many of the above have exceptions during the year especially summer and Christmas. Please see the calendar flyers for full details.

Wherever you live in Cornwall and the Isles of Scilly, you are all welcome at any of the meetings and events mentioned in this newsletter and flyers. Just follow the instructions to make a booking.

DISCLAIMER. Whilst every effort is made to ensure all details in this News and Information letter are accurate at the time of publication, The Editors, The Mid-Cornwall Branch and the West Cornwall and Isles of Scilly Branch of Parkinson's UK or any Committee Member do not accept any responsibility for the accuracy of information or of any technique, medication or treatment.

This Newsletter is published by Parkinson's UK Cornwall Branches.

[newsletter@parkinsonscornwall.com](mailto:newsletter@parkinsonscornwall.com) 01208 420432

Website <https://parkinsonscornwall.com>

**THE DEADLINE FOR NEXT EDITION IS 15<sup>th</sup> May**