

UTTLESFORD SUPPORT GROUP

Newsletter April 2025

Website: www.parkinsonsuttlesford.org.uk



Spring is here and with it comes a new logo for Parkinsons UK, featuring a tulip bloom at its heart. The tulip appears in Parkinsons-related branding across the globe, and is a seasonal reminder that April 11th is World Parkinsons Day. Here in Uttlesford we will be marking World Parkinsons Day with our annual street collection in Saffron Walden on **Saturday 12th April**. If you haven't yet volunteered your services and you would like to help raise funds and raise awareness, please get in touch with Kate Riley as soon as possible.

RECENT MEETINGS

Our March meeting took place in the new regular venue: The Community Link, in Saffron Walden Building Society on Market Street. We were very pleased to welcome two 'guest speakers' Steve Harmer and Julia Brown

Firstly, Steve gave our brains a good workout with his Annual Quiz. Steve's quiz questions covered a range of subjects, some provoking very quick-fire responses, others requiring deeper thought and all adding up to lots of informal, informative fun. Many thanks Steve!

The second part of the meeting was led by Julia, who is one of two Parkinsons Nurses currently covering the vacancy in our area. West Essex are still looking to recruit a PD nurse to replace Viv Kavanagh, but Julia and Nadine have taken up the temporary role with a proactive energy that has been very reassuring to many members who have already had contact with them. Julia spoke about some of the different medications and therapies available for people with Parkinsons and listed the clinic times for various 'Parkinsons Professionals' in the West Essex area (see below); she also warned that there is currently a wait of around eight weeks for appointments.

COMING UP

- The next meeting is on Tuesday 8th April and our speaker will be Kate Watson from PUK.
- On Tuesday 13th May we will be joined by Barbara Wilcox, from the Citizens Advice Bureau.
- Our much-anticipated annual Garden Party hosted by Vivian Falk will be held on Monday 24th June 2.30 – 4.30

NEWS FROM FURTHER AFIELD

THE PARKY CHARTER

The Parkinsons podcasters, Movers & Shakers, have drawn up a petition, calling on the government to take action to improve the lives of people with Parkinson's Disease. The 'Parky Charter' needs 100,000 signatures in order to be considered for parliamentary debate. [Click here](#) to find out more and to add your signature to the petition.

RESEARCH QUESTIONNAIRE

We have been contacted by Rachel Li, a student at Hills Road Sixth Form College in Cambridge. She is conducting research for her Extended Project Qualification (EPQ) which is a qualification that runs alongside A-level studies and offers students a chance to undertake research on a specific topic that interests them. Her project focuses on the potential benefits of different exercises for individuals with Parkinson's, specifically examining the impact on motor skills and overall well-being. To gather information, she has created a short and anonymous online survey, which is done and submitted on a computer screen – no need to print anything out or find a stamp! Please spare ten minutes to help if you can and encourage the next generation of researchers. [Click here to take survey](#)

YAPA SATURDAY

Saturday 26th April is the date of the next get together for YAPA (Young and / or Active with Parkinsons) The meeting will be at Swavesey Memorial Hall in Swavesey, Cambs and runs from 10.30 to 2.30. There will be a workshop from Speech Therapist Veronica Clark to offer some ways to keep voice and swallow strong followed by opportunities to try walking football, updates and plenty of time to chat.

Please contact Julie Wilson for further details

jmwilson@parkinsons.org.uk

0300 123 3675
Internal 3975

07500097222

CONTACTS FOR UTTLESFORD

LOCAL NHS SUPPORT FOR PEOPLE WITH PARKINSON'S

The following clinics are available to those registered at a surgery in Uttlesford. Please note – these are not drop-in clinics, appointments must be made in advance

- **Saffron Walden Community Hospital**, Radwinter Rd,
 - PD Nurse-led clinic, (Dr Rhys Roberts may also attend)
 - Last Wednesday in every month
- **Stansted Mountfitchet Health Centre**
 - PD Nurse-led clinic
 - First Thursday in every month
- **Herts and Essex Community Hospital**, Bishops Stortford
 - Dr Caroline Williams-Grey

Contact details - Julia and Nadine 01279 621924

(please ring Tuesday, Wednesday or Thursday between 8.30am and 4.30pm)

PARKINSONS UK LOCAL ADVISERS

Joanna Aldridge (West Essex/Herts) Based in Saffron Walden

Becky Linnell (Cambridgeshire)

PLAs provide support, information and advice on anything to do with living with Parkinson's, including access to financial support, and are happy to talk to family and carers as well.

Contact via the PUK helpline 0808 8000303

UTTLESFORD COMMITTEE

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| Interim Chair | Vivian Falk (01799 513128) |
| Secretary | Judy Millward (01763 83874) |
| Treasurer | Tony Leek , Richmond House, Mount Pleasant, Hundon, CO10 8DW (07824 997748) |
| Joint Outings Co-ordinator | Mary Woolhouse (01799 530155) |
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| Speaker Secretary | Bridget Hardy (01799 550533) |
| | David Perks (07774 294954) |
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