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**UTTLESFORD SUPPORT GROUP
NEWSLETTER/INFORMATION SHEET
October/November 2023**

Website: www.parkinsonsuttlesford.org.uk

CHAIRMAN

Simon Russell who has been our Chairman for several years and has served the Support Group with great diligence, patience and good humour, has decided to step down. We are hugely grateful for everything he has done for us in that time, not least being a fund of knowledge on interesting speakers. Thank you, Simon, most sincerely.

MEETINGS

On 12th September we had a really interesting and entertaining talk by Sophie Davis from UCAN. For those who don't know, UCAN stands for Uttlesford Community Action Network, and is a registered charity whose primary mission is to support communities to thrive, and to improve the quality of life of people in Uttlesford. They have a number of projects currently up and running, including the *Community Response Hub* where two dedicated Community Responders and a bank of volunteers can help with things such as occasional shopping, urgent prescription collection & delivery, providing walking buddies, amongst many other things. They can even arrange for someone to come and replace an unreachable lightbulb for those of us who no longer 'do' ladders! Additionally they are involved with the *Men's Sheds*, where men at risk of loneliness or isolation can get together to work on various handicraft projects and *Ticket Home*, which aims to resolve minor non-medical problems which might delay a person's discharge from hospital. They also help run the Garden Room, where we now hold our meetings. At present they are running the Vaccination hub at the Lord Butler Leisure Centre in conjunction with our GP Practices. Altogether a little-known and very worthwhile charity. As we don't currently have a speaker for October, it has been suggested that we might spend part of that meeting discussing how our members might benefit from their services.

In November, Nigel Franceschi, one of our members, with the help of his wife, Corinne, will talk to us about the two books he has written describing his travels all over the world. Nigel has very generously said he will give all profits from the sale of these books to Parkinson's. As some of you may know, Nigel used to be a music teacher and is a very talented pianist. However, any recital will have to wait until another occasion!

ROCK AND ROLL BINGO

At our Parkinson's Street Collection at the end of May, we were ably assisted by a group of ladies called The Diamonds. This is group who help other charities with their events. Once or twice a year, they also arrange events themselves and next **Saturday, 7th October** they are running a Rock and Roll Bingo evening in Saffron Walden Town Hall. On this occasion they have very generously decided to share the takings between Riding for the Disabled and our Parkinson's Group. This is extraordinarily kind of them and we would like to support them as much as we can. So if any of you are free at 7.30pm next Saturday and think this sounds fun, please contact Sharon (07866 148703) or Claire (07929 720432) for tickets, which are £20 each. This includes a ploughman's supper and one free card for the first round of Bingo. Additional cards are £2.50

each and there will be a licenced bar and gin bar. In addition there will be a raffle, advance tickets for which will be on sale at our next meeting on October 10th, so please bring some cash if you would like to buy some.

CHRISTMAS LUNCH

We are now taking bookings for our Christmas Lunch, taking place at Saffron Walden Golf Club on **Tuesday 12th December, at 12.30pm**. Please contact Mary Woolhouse (01799 530155, marylowlands@gmail.com), or Kate Riley (012799 530350, rileyca@eldoret64.plus.com) to let us know if you would like to attend. This event costs members, plus one guest if wished, £15 per head for a three-course lunch, including wine and coffee (it is obviously heavily subsidised out of group funds). We would be very grateful if you could let us have your contribution before the event. Payment may be made at either the October or November Support Group Meeting, or if you are unable to attend either of those, please send a cheque, made payable to Parkinson's UK Uttlesford Support Group, to our treasurer, Tony Leek, at Richmond House, Mount Pleasant, Hundon, Suffolk, CO10 8DW.

Additionally, we will need your menu selections. The choice is as follows:

Starters

Roasted Tomato & Thyme Soup, or

Chicken Liver Pate, with Toasted Sourdough, Onion Marmalade & dressed Watercress Salad.

Main Course

Traditional Roast Turkey with all the trimmings, or

Roast Salmon with Herby Crushed New Potatoes and White Wine Cream Sauce

Desert

Traditional Christmas Pudding with Brandy Sauce, or

Mandarin & Cranberry Pavlova

Please email or phone your selections to Mary or Kate (see above for details) or tell us at one of the next two meetings.

OUTINGS

There has been a suggestion that we might have an outing next summer to the Gardens at Easton Lodge outside Great Dunmow, the former home of Daisy, Countess of Warwick - the mistress of Edward VII, great-great grandfather of our present King – and apparently the inspiration for the song, “Daisy, Daisy, give me your Answer Do”; she was a great beauty and a keen Edwardian cyclist! The Gardens have recently been restored from their near derelict state.

Parkinson's UK membership *If you are not already a member, we do encourage you to join. Please ask for a form. There is currently no fixed fee to join and you do receive an excellent and informative quarterly magazine. We do, however, encourage you make a donation towards the running of the Uttlesford Support Group. A suggested figure would be £10 p.a.*

TRANSPORT: *If you wish to attend a meeting but can't do so because of transport problems – please contact a member of the committee; we will do all we can to find a way to get you there*
PARKINSON'S NURSE COVERING UTTLESFORD: *Vivienne Kavanagh 01279 621924*
Unfortunately Viv is currently unable to offer Clinic sessions, but she is available to give advice over the phone on Tuesdays, Wednesday and Thursdays. Her email is epunft.westsexneuroteam@nhs.net.

LOCAL ADVISER *At present you should contact the national helpline on 0808 8000303*

UTTLESFORD COMMITTEE: *Interim Chair, Vivian Falk (01799 513128); Secretary, Judy Millward, 01763 838742; Treasurer (& Donations) Tony Leek, Richmond House, Mount Pleasant, Hundon, CO10 8DW, (01440 786599); Joint Outings Co-ordinators, Mary Woolhouse (01799 530155) and Vivian Falk (01799 513128); Fundraising Officer, Kate Riley, (01799 530350); Newsletter editor, Vivian Falk (01799 513128), Bridget Hardy (01799 550533). We are also delighted to welcome a new Committee Member, David Perks.*

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