

SOLIHULL BRANCH PARKINSON'S UK

NEWSLETTER no.6

AUTUMN 2020

Update

Tuesday Exercise Classes

We were there, then it was taken from us!

The Church Hall plans were in place, our Committee had talked through every scenario, except the one we're in! So deep breath everyone, it won't be much longer.

We will update you as soon as we can. You may want to try one of the video exercise classes which are to be found in the video section on our new website

www.solihullparkinsons.org.uk

The Website is Live!

So have a look for yourself and tell us what you think. There's plenty more information to be added in the next few weeks, but we wanted to get it up and running as soon as we could.

www.solihullparkinsons.org.uk

Design A Christmas Card



A reminder to everyone, we are looking for entries to find the Solihull Branch Christmas Card 2020.

To enter you must design the

front of a Christmas card, and you should be able to put yourself into one of the entry categories below

1. You or someone in your immediate family has Parkinson's
2. You are the friend or work mate of a sufferer

3. You are over 75 years of age
It's Free to enter, and there will be a prize for the winner of each category with an overall first prize of a Fantastic Robotic Vacuum Cleaner.

Photograph or scan your entry and email it to Jan at samianleigh@hotmail.com or post to Jan Mason 25, Rodborough Road, Dorridge, Solihull, B93 8EE.

Please include your name and contact number on the entry which must be received no later than 23rd November 2020. We cannot return any original submissions. All entries will appear on the website after judging.

Meet the Judges

We have been very fortunate to secure three great judges, but rest assured they all know this is a fun competition without the strict criteria they would use for professional competitions. However how lovely to have our work appraised by them, they will be particularly impressed with the enthusiasm and variety of the entries received so far are the benchmark!

Alison Elkin is an active Solihull Branch Member who is a younger sufferer with an optimistic approach to dealing with Parkinson's. She attends Crossfit in Solihull and circuit training Warwick. On retirement Alison took a History of Art Course and has one or two original pieces around her home. Alison admits to being in complete awe of those with artistic talent.

John Hopkins studied illustration at the Birmingham College of Art and has over 30 years professional experience, working in all mediums but specialises in watercolour. John works commercially, exhibits widely and has won many awards. John

teaches and does demonstrations to groups and art societies. He is an Associate member of Royal Birmingham Society of Artists and a member of the Birmingham Watercolour Society.

Ann Swan is a professional artist who teaches worldwide. She is a fellow of the Society of Botanical Art and has won many medals from the RHS, exhibiting at Chelsea Flower show for many years. Ann specialises in Graphite and Coloured Pencil although her roots are in oils. Ann has work hung in the most prestigious of galleries at Kew Gardens and is always experimenting with new techniques.

If you require any further information, please contact us on solihullparkinsons.org.uk or call 07377 978018



Parkinson's Nurses Answer Your Questions

We had arranged to have a live zoom meeting with the Parkinson's Nurses answering questions about the current situation regarding all things Parkinson's which are affecting your daily living.

Once again, we are restricted by Covid and the latest lockdown. So we have had to adapt the idea, please continue to send us your questions which will be forwarded to the nurses who will answer them and we will publish them on the web page and in the newsletter.

We want questions on things such as consultations, medicines, other therapies, future appointments, what you are entitled to, etc.

Please send these to the email account enquiries@solihullparkinsons.org.uk
So, get thinking about those issues you would like some answers to and send them to us as soon as you can to give the nurses the best opportunity to give full and informative answers.

Farewell From Anne Sage

Our Parkinson's UK Local Advisor is moving on (to Warwickshire and Coventry) and her successor is Hermina Roberts who will be in post from 2nd November 2020.

She can be contacted on hroberts@parkinsons.org.uk or 0344 225 3763
For any new referrals please continue to contact the Helpline on 0808 800 0303 or hello@parkinsons.org.uk

Anne sent the following message:
It is not without regret that I am no longer going to be the PLA for Solihull. I have enjoyed my time with you and I am so grateful for all the support the Branch Committee and members have given me over the years.

Would you please give my kindest regards and best wishes for the future to everyone at your Branch.
Many thanks and best wishes,
Anne

(diagnosed 19.12.2001 aged 60)

A Poem

My New Job

*I have a new job, I'm now a P.W.P
I didn't apply for it, never sent a CV
No interview took place, no job offer letter
Not much information to help me do better*

*No training was given to guide me along
So it wasn't surprising if some things went
wrong*

*It appears that the boss is a medical man,
Twice a year he advises, I do the best I can*

*I didn't want this job, didn't know what to
do*

*But I picked up the routine, try to help
others too,*

*Retirement time came, but no break from
his work,*

No holidays or bonuses, not one little perk,

*I thought jobs for life were a thing of the
past*

But apparently this one, a lifetime will last

But the backroom boys are studying hard

*And some kind of respite may be on the
cards*

Those brilliant brains will continue to strive

For an answer in ten years, or even in five

*We hope against hope that the end is in
sight*

*And **People with Parkinson's** will win the
fight*

Cynthia Ho 2010

Raise Funds Whilst Shopping with smile.amazon.co.uk

AmazonSmile is a website operated by Amazon that lets customers enjoy the same wide selection of products, low prices, and convenient shopping features as on amazon.co.uk. The difference is that when you shop through the URL smile.amazon.co.uk, **Amazon Smile will donate 0.5%** of the net purchase price (excluding VAT, returns, and shipping fees) of eligible purchases to Parkinson's UK. You can go to the website above or look at more details on our website under the fundraising link.

What Costs Can I Claim?

Your Management Committee have recently been reviewing the level of subsidies offered to our members.

We have been extremely fortunate in having received a legacy from Norma Hone which has provided us with unprecedented flexibility in these troubled times.

Normally we do not pay travel costs but the legacy has enabled us to

assist some members to attend various branch activities.

The current subsidies which will be applied up to the end of the year after which they will be reviewed in light of the financial outlook at that time are as follows and in all cases the amounts referred to are the actual amounts incurred:

Taxi fare payments as of the 1st October 2020

Taxi fares will be refunded as below: Fares within Solihull will be refunded up to £10 each way without a wheelchair and £20 each way with a wheelchair

There will be no refunds for taxis to or from the National Institute of Conductive Education Canon Hill Park, Birmingham

Respite Care

A refund will be paid for one day per week at Shepherdson. £48 or £26 for a half day in addition meals are charged £5.50 per head. If you wish to attend a different respite care centre we will reimburse up to the figure charged by Shepherdson's. You will have to pay any excess charge. Up until the end of the year we will refund the cost of once a week attendance rather than once a fortnight.

Conductive Education

Due to the centre now charging for

the initial six sessions the following will be refunded.

The First six sessions for newly diagnosed, or new to the centre will be refunded, which will be
6 x £20 = £120
Then each year after that 10 sessions @ £40 per session can be claimed, which will be £400

No taxi fares can be claimed for any sessions

Alternative Therapy

£20 per session towards cost of each of the first 3 sessions can be claimed for any alternative therapy (such as Acupuncture, Pilates, Reflexology, etc)

If you require any further information about the above please contact the Treasurer Richard Nelson

Do I Want to Knit a Brain Hat?

Why not, something else new in lockdown. The instructions in the pattern are good once you convert them to UK specifications eg it is double knit (DK) wool. I didn't use a circular needle for the hat itself, just because I didn't have one.

The i-cord is REALLY easy to make and I did check out how to do it on YouTube. I can see how that new skill could be handy for other craft projects.

I knitted my version over two days, it's a nice easy pattern that you can do whilst watching TV. If I did it again, I'd make more i-cord for the brains themselves. The hat would look better if it had more full and compact brain patterns on top and so I look slightly brainless in mine!

Knitting has been recommended by Dr Chatterjee in his latest book as a good calming thing to do. I am now knitting lots of small items ready to sell to raise money for the Solihull branch of Parkinson's.

Knitted by Anne-Marie Chatterton

Knitting for Premature Babies

Some of our skilled members have taken up the challenge laid down by Parkinson's Nurse Maggie Johnson. To knit some clothes for babies in the premature unit at Heartlands Hospital



Letter of Thanks

Dear all

I just wanted to send out a huge thank you to all the fabulous knitters in the group who have knitted the most beautiful clothes and blankets for the special care baby unit I have been overwhelmed by your generosity. Child birth sadly does not always end well so for some babies being clothed or wrapped in these beautiful garments' has a very special place at what must be the saddest of times. For others that need to be monitored in the unit surrounded by machines etc the colourful blankets must help take some of the frightening clinical aspects away when anxious parents are in that environment

So once again many thanks if anyone wants to knit more I am happy to pass things on. I hope you are all keeping well and ready to embrace another lockdown . Remember take a day at a time keep exercising ,drink plenty of water, eat well aiming for 5 a day and keep your brain busy. Look forward to meeting up whenever we can

Kindest regards

Maggie Johnson

Parkinson's nurse specialis

Recycle your ink cartridges to help raise funds

We are now collecting used ink cartridges from your home computers to help us raise funds to enable us to continue to support the activities and events we have provided in the past. So don't throw away those HP or Canon ink cartridges. Please save them until classes resume when you will be able to place them in the boxes provided. There is a long list of cartridges on our website under fundraising

Chair Found A Good Home!

The offer of a therapeutic chair for free was snapped up after being advertised in the last newsletter. So a big thank you to Andrew who donated it, and we hope it serves the new owner well!

Offer Your Items to a New Home

If you have any pieces of equipment which may assist another manage their Parkinson's and you are willing to offer it for free please send us your details and we will advertise them here for free!

Singing Sessions!



The Sessions are Free!

To access the site go to the calendar of our website, find the date of the session, and the code and password you need will be there.

Traders Offering to Help Us

Friends of Solihull Branch of Parkinson's UK. Here you will find people known to a Branch member who have a service or product they offer. They are not recommended by the Branch or Parkinson's UK. We accept no liability for any communication or work

done, or product supplied which is not of a standard the customer expected. The person advertising does not pay any fee for the advert to be in the newsletter or on the website, and they have agreed that they may make a donation to the Branch through our Donate button which takes you to the JustGiving page.

The people who are offering their services will be in the Newsletters and on the website under the drop down menu 'Social' and then "we can help"

Plastering

Stewart Nelson is a very experienced plasterer, with over 30 years in the trade. Available for all types of plastering jobs. Based in Solihull. Call 07970 940787 for a FREE no obligation quote. Mention Solihull Parkinson's when you call

Fountains Care Home Tour

On the 14th August Martin, Tim and myself were invited to tour the new care home on Stratford Road (where Shirley Aquatics once stood). Several years ago, I viewed care homes to choose one for my mother who had dementia and it was no longer viable for her to live in a retirement

village, needless to say I had preconceived ideas!!



I have to report that the setting, décor, and layout was way beyond my expectations. There was not a sign of a leatherette covered chair, canteen style tables or a menu to match. Instead the soft furnishings were all tastefully and expensively done, of course I asked if this standard would be maintained once lived in and was told that at all Barchester Homes items were replaced if spoilt. I also asked if you could take your own furniture as I did with my mother, her favourite chair, sideboard full of photos etc, and was told yes whatever made your relative or friend comfortable and at home. Throughout the building there are several dining rooms, however if a resident is unwell or as in recent times self isolating, meals are served in their rooms.

Menus are extensive a choice on all three courses and an alternative menu is also provided.

On the lower floor patio doors access the wrap around gardens, on the

