

Solihull BRANCH

parkinson's Uk **Newsletter**

JULY 2021

Solihull Branch – Café

On Thursday 24th June 2021 Martin Sewell and a small team of volunteers welcomed members, newly diagnosed and other parties interested or affected by Parkinson's, to the new Café at the Solihull Retirement Village. The Village staff were very accommodating and welcoming, and the atmosphere was friendly and very relaxed. Those that attended said they enjoyed it and would return. Three new members joined on the day with at least two more to follow. Attendees were able to pick up leaflets of interest, Tulip pins and there was a wealth of information and tips shared, over a good coffee. Our next Cafe is this Thursday 8th July 10.30 am – 12.30 pm.

Jan Mason



Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ

Free confidential helpline **0808 800 0303** (Monday to Friday 9am–7pm, Saturday 10am – 2pm).

Interpreting available.

Text Relay **18001** or **0808 800 0303** (for textphone users only) or email: hello@parkinsons.org.uk or parkinsons.org.uk

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Venue:- Solihull Retirement Village, Victoria Crescent, Shirley, B90 2FH. Turn right at the traffic lights opposite the Asda car park.

Falls Survey

There is an opportunity for people with/without Parkinson's to take part in some research looking at falls in the home. This is a quick online survey to be completed in the comfort of your own home.

Exploring the influence of the home environment on falls and near-falls.

Dr Lisa Alcock at the University of Newcastle is investigating how the home environment affects the frequency and likelihood of falls or near-falls happening.

The aim of the research is to understand what things in your home may be likely to contribute to people falling or almost falling. If they can better understand this they may be able to reduce the likelihood of falls happening in the future.

Who do the researchers need?

300 people with and without Parkinson's who are aged over 60 and are living in the UK.

What's involved?

Completing a one-off 15 minute online questionnaire. You'll be asked questions about if a recent fall or near fall and about

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your home environment.

Interested in taking part?

For more information, do read the [participant information sheet](#). Have a look at the [study website](#).

If you have any further questions about the research or issues with the website, please contact Lisa via her email, at lisa.alcock@newcastle.ac.uk or phone 0191 208 1283 before 1st August 2021.

[Go to the study website](#)

This opportunity is not managed by Parkinson's UK.

Advice on Benefits

Hermina Roberts, Parkinson's UK Local Advisor

Anyone who has a health condition or disability that has a negative impact on their daily lives can apply for a disability benefit.

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There are two main benefits that can be applied for: Personal Independence Payment (PIP) and Attendance Allowance (AA). Both benefits are not means tested - this means that savings and earnings are not taken into account.

Referral can be made to the DWP Home Visiting Service to help you to complete the form, or your local Advisor (PUK CAB, or Age UK) will assist you to complete the form via a telephone call.

Full details of all the benefits can be found by visiting the Gov.UK website.

Personal Independence Payment:

- You can apply for PIP from aged 16 up to state pension age.
- There are two parts - daily living and mobility.
- The amount awarded depends on how your condition **affects** you, not the condition itself.
- PIP has two rates - Standard and Enhanced.
- Whether you get one or both of these and how much you'll get depends on how **severely your condition affects you**.
- You will be asked to attend a face-to-face or telephone assessment to decide if you meet the criteria.
- To order the PIP claim form - telephone 0800 917 2222.

Attendance Allowance:

- AA is for people of state pension age or older.
- Mobility is not taken into account.
- AA has two rates – Daytime rate and Night-time rate.
- The amount awarded depends on the level of help you need because of your condition.

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- You do not have to have someone caring for you in order to claim, but if you do they may be entitled to Carers Allowance (means tested).
- The decision to award AA is based on the application form - no face to face or telephone assessment will take place.
- To order the AA application form - telephone 0800 731 0122.

If your application is successful you will be paid the PIP or AA from the date you requested the application form. If you are receiving PIP or AA, you are likely to also be entitled to a reduction in your Council Tax, some extra premiums with Universal Credit, 50% or more off Road Tax and travel benefits such as a 'Blue Badge', or reduced rail fares. Tell your benefit provider (e.g. HMRC, DWP, MOT, Local Council) you are in receipt of PIP/AA and ask how this may affect other benefits,

Carers Allowance (CA)

- A claim for CA can only be made if the person being cared for receives the daily living component for PIP or AA.
- CA is a mean-tested benefit.
- You cannot get CA if you earn more than £128 a week net.
- If your pension is £67.60 a week or more, you will not get CA.
- Beware: if you are awarded CA this can affect other benefits that you and the person you care for get.
- You must care for the person at least 35 hours a week.

You can contact the free helpline: Call on 0808 800 0303

- Email: hello@parkinsons.org.uk

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- NGT Relay: 18001 0808 800 0303 (for use with smart phones, tablets, PCs and other devices.
See www.ngts.org.uk)
- Write to: Helpline, Parkinson's UK, 215 Vauxhall Bridge Road, London SW1V 1EJ

Helpline Opening times:

Mon to Fri: 9am to 6pm, Sat: 10am to 2pm Our helpline is closed on Sunday and bank holidays. The helpline can put you in touch with a local adviser if needed.

[Research opportunity: Impact of the COVID pandemic on physical activity and mental health in people living with Parkinson's in the UK.](#)

Leire Ambroiso and the research team at the University of Southampton are investigating how COVID has impacted on physical activity and therefore mental health for people with long term conditions.

The aim of the research is to assess the impact of social isolation, social distancing and shielding on physical activity and mental health, leading to better support moving forward.

Who do the researchers need?

200 people diagnosed with Parkinson's who live in the UK and are happy to access the online questionnaire. The research team are also looking for people with other long

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term conditions so please share this with anyone who may fit with that description.

What's involved?

Completing a 20 minute one-off online questionnaire. You'll be asked about your physical activities, mood and the impact of COVID on your everyday life.

For more information, please read the [participant information sheet](#).

Interested in taking part? Go to the [online questionnaire](#).

If you have any more questions about the research or problems accessing the online questionnaire contact Leire via email on Lag1v19@soton.ac.uk or phone 02380 596591 (this number will only be checked periodically, before 30 July 2021).

[Go to the online questionnaire](#)

This opportunity is not managed by Parkinson's UK.

Maybe this research isn't for you?

We realise that not every piece of research is right for everyone.

To find more opportunities near you, use our postcode to search through [Take Part Hub](#) which is regularly updated with new research looking for people like you.

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Best Wishes,
Amelia Hursey
Research Participation Lead

Information on
Anxiety

Coronavirus
advice

Take part in
research

This research regarding the impact of the pandemic which has affected so many, may be “The One” that you feel worth participating in. Participants time in any of the ongoing projects is greatly appreciated.

Anne Williams, Research Secretary

Tuesday Exercise Class

Good News! The classes started back today and it was so lovely to see everyone that attended.

Anyone planning to attend must **book a place** in either the 10 a.m. or 11.15 a.m. class. Contact Jan on 01564 730147 or email samianleigh@hotmail.com

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Members Corner

Moved But Will Keep In Touch

Graham & Jean Bastin have moved to Albrighton, Shropshire to be closer to family. They made many friends at Solihull Branch and would love to hear from any of you

grahambastin@hotmail.co.uk.

Race To The Moon

I wanted to take part in the Race the Moon fund raising event organized by Parkinson's UK and was encouraged by other members in my group who had set up their own challenges. It was all about adding miles to a cumulative total so whilst I considered short burst type of activities such as skipping, I really wanted to do something over the whole month. I've always been a keen walker, so the obvious activity was to do just that. I set a realistic target of 225km which equated to 7.5km per day over the whole month.

I made an early decision to clock up extra kms to give me a buffer and was soon ahead of target. I am fortunate to live in an area with lots of lovely walks, so it never seemed to be a chore. The second half of the month was even better as we were in the northeast of Scotland where the walking was spectacular.

By the end of the month I had clocked up 345km which was very satisfying and am now look forward to the next challenge.

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jconn@parkinsons.org.uk.

Solihull Branch

Chair, Martin Sewell 07905 598285
(martin.sewell@parkinsons-uk.goassemble.com)

Secretary, Tim Mason 07974 761969
(samianleigh@hotmail.co.uk)

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Events Secretary, Carly Wilkes 07812 088449
(Carly.J.Wilkes@ehi.com)

Membership Secretary, Jan Mason 07825 511994
(samianleigh@hotmail.com)

Research and Minutes Secretary, Anne Williams
enquiries@solihullparkinsons.org.uk

Please send us your photo, questions, stories, ideas and useful contacts to:

Solihull Branch email enquiries@solihullparkinsons.org.uk

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