

Parkinson's UK Newport Branch

July 2024 Newsletter

PARKINSON'S^{UK}
CHANGE ATTITUDES.
FIND A CURE.
JOIN US.

Join Us For Boccia!

After the success at the recent Boccia Tournaments, we have continued the new Boccia sessions at Rodney Parade and welcomed 17 players during June, we also welcomed players from the nearby Chepstow Group who joined the Newport Group for a game.



The monthly Boccia session is a great afternoon of fun and activity. The next session will be Monday 15 July, 2pm – 4pm at Dragons RFC Rodney Parade Newport, sessions will be held on the third Monday of every month.

If you have any queries, contact Ruth on 07966 754366, we would love you to join us!

Boccia is a game very similar to bowls, played sat down and an ideal sport for our Parkinson's Group. If you would like to know about the rules of the game:

[RULES OF BOCCIA](#)

Golff Cymru

Over the last few months Rebecca and the team at Parkinson's UK Cymru have been working in partnership with Golff Cymru to expand the golf sessions that are available for people with Parkinson's across Wales.

Golff Cymru are now offering to fund one session per week for up to 12 weeks for 8-12 participants per session, at the Celtic Manor Resort, on Wednesday afternoons at 12noon or 1pm.

Sessions will be approximately 1 hour long and are open to people with Parkinson's and their partners and carers. Spaces are available on a first come first served basis, if you would like to find out more and enquire about spaces contact Dawn via email dmcquinness@parkinsons.org.uk or please call her on 0344 225 3713.

Can you spare a little time to volunteer?

We will be in attendance at Maindee Festival on Saturday 6 July from 11am to 5.30pm and at Caerleon Arts Festival on Saturday 13 July, throughout the day. The Parkinson's Newport stand will be the place to share more information about living with Parkinson's, and of the important support available through the group. If you can spare a little time to help with manning the stands please contact Julie on 07446 630229 or email Julie via julieseans35@outlook.com

**maindee
festival**



In other News...

A group from Newport are trekking the Wales Coastal Path for Parkinson's.



The group who are friends of Parkinson's Newport Group member Nick Dudley have far raised an impressive £1,049 of their target of £1,500. [Find out more and donate here.](#)

Nick and his sister Linda are members of the Newport Support Group and are also fundraising for the Newport Group, to date raising an impressive £250. [Find our more and donate here.](#)

Huge thanks to all that attended the Maesglas Group meeting last month, with free Reflexology provided by Sophie, a singalong and fantastic raffle, everyone had a great time.

Special thanks from all who attended to Ruth, Julie, Fiona, and Penny for their 'grand efforts' in creating an enjoyable afternoon for all.

The next meeting is on 29 July at 2.30pm.

Celebrate Your Everyday Heros

It is time to shine a light again on the compassionate individuals who strengthen our community. From those making time for comforting conversations to those campaigning for change, every gesture of kindness deserves recognition.

Parkinson's UK are keen to receive nominations for your everyday hero now by using our short form to share their story. We will then send them a Community Awards card and will be highlighting some of the nominations at the annual general meeting. Click the link here to nominate your hero!



NOMINATE YOUR HERO

Volunteering Opportunity

We occasionally get calls from people with Parkinson's who are nervous about joining a support group, but as we know would likely benefit from joining the group. A particularly effective way to help is to invite them to meet up for a coffee, at a convenient time and place, to chat about what the Support Group has to offer and to assure them there is nothing to fear, whilst also sharing dates for the groups.

If you feel you could do this, please get in touch. This may also be an ideal role for a couple, partners, father and son or mother and daughter or as we know any supportive combination. We can all share experiences of how the group has supported us. It is a wonderful opportunity to share more information and extend that important welcome. Please get in touch via andrea.ovey@gmail.com or call Julie 07446 630229 if you would like to offer your support.

Could you be the Parkinson's Newport Research Champion?

Parkinson's UK is committed to getting the Parkinson's community new treatments, faster. But they can only do that with the support of the people affected by Parkinson's. To inspire people to get involved and join the Research Support Network, it is important to highlight this, you will find unique stories and experiences of 10 members of the Parkinson's UK Network online. [The Parkinson's UK Research Support Network | Parkinson's UK \(parkinsons.org.uk\)](https://www.parkinsons.org.uk/research-support-network)

The important role of the Research Champion is to try and spread the word/news about what is happening more widely,

Research Champion Adrian was diagnosed with Parkinson's aged 52. He shares his experiences of taking part in research and being a Research Champion volunteer and becoming more positive about the future.

"Since taking up the Research Champion role I have really enjoyed going around local groups meeting new people, passing on the benefits of getting involved in research and hearing other experiences and stories. I become more positive about the future through seeing people who have recently been diagnosed realise all is not lost."

Contact Alice Keogh Research Participation and Engagement Officer at Parkinson's UK.
Email akeogh@parkinsons.org.uk or call 020 7963 3610, if you would like to know more about becoming the Newport Group Research Champion.

[The Parkinson Magazine](#)

Parkinson magazine is packed with articles and features to help you live well and manage your condition. Inside you will find:

- real life stories and experiences from people living with or caring for someone with Parkinson's.
- expert insights from healthcare professionals working with people with Parkinson's.
- tips from people with Parkinson's and the people who love and care for them.

There is no membership fee. You can choose to add a donation when you sign up, as we rely on our brilliant supporters to fund our life-changing work. But all members enjoy the same benefits, whether or not you have donated. Become a member today by registering here. [Become a member | Parkinson's UK \(parkinsons.org.uk\)](#)

The Parkinson is also available online. Updated content including real-life stories and interviews, tips from our readers, experts and professionals are published weekly. You can find The Parkinson here: [Your Magazine | Parkinson's UK \(parkinsons.org.uk\)](#)

[3 Minute Read: 'It's as though I never had it', as 'miracle' treatment ends tremors.](#)

An ultrasound thalamotomy, which gives Parkinson's patients hope of regaining independence, was carried out on a sufferer for the first time in Scotland recently.

Ian Keir, 63, was diagnosed with Parkinson's in 2018 after suffering two years of tremors in his right hand and couldn't manage everyday tasks. But since the retired firefighter underwent the non-invasive procedure at the University of Dundee's School of Medicine as part of an international clinical trial, he can write and cut his own food again, making him less reliant on his wife.

Mr Keir, from Carnoustie in eastern Scotland, said: "It feels like a miracle. My tremor has completely gone - it's as though I never had it. I'm now able to do exactly what I could before. I can pour a jug of water, my handwriting is back, and I'm now able to do things without thinking about them beforehand. I was obviously nervous, but the improvement was almost immediate."

Uncontrollable tremors, stemming from reduced levels of dopamine in the brain, are a symptom of the incurable illness. The ultrasound thalamotomy is an incision-free procedure that uses high-intensity focused ultrasound to create a lesion in a part of the brain known as the thalamus, which controls a person's movements.

Relying on technology that is not widely available, the procedure has been carried out on a small number of Parkinson's patients elsewhere and on 60 people in Scotland living with essential tremor disorder, a condition similar to, and often confused with Parkinson's, in recent years.

Dr Tom Gilbertson, consultant neurologist and honorary senior lecturer at the University of Dundee, one of the world's leading centres for Parkinson's research, called it "a milestone moment" for Scottish medicine. "We have already witnessed the transformative impact similar procedures have for patients living with essential tremor, so to replicate that for those with Parkinson's - who may never have dreamed of having such control of their movements again - is a huge privilege and a life-changing impact on patients".

Mr Keir said his shaking was "very innocuous to start with", but "over the years my tremors got significantly worse".

He added: "It was incredibly frustrating - I had to learn to eat with just a fork. Thankfully my wife is very understanding and was a great support to me. My handwriting was pretty much illegible - tremors affected my right hand, but I never really mastered writing with my left hand. While I'm aware this isn't a cure for Parkinson's, it is a cure for some of my symptoms. I'm so grateful and just want to make the most of every day."

Important Dates for your Diary

Group Support Meeting Maesglas Community Centre, Bideford Road, Newport NP20 3XT Last Monday each month 2.30pm – 4.30pm except May, August & December	Parkinson's Café Maindee Library 79 Chepstow Road, Newport NP19 8BY Second Friday each month 2.15pm - 4.15pm
29 July 2024 Lorna Comic Verse	12 July 2024
August 2024 No Meeting	9 August 2024
30 September 2024 Parkinson's Nurse – General Information	13 September 2024
28 October 2024 Quiz – Dave the Quizmaster	11 October 2024
25 November 2024 Choir	8 November 2024
December 2024 No Meeting	13 December 2024

Curry Club Godfrey Morgan Wetherspoons, Maindee, Newport. NP19 8EG Monthly - Third Thursday each month at 1pm Contact Dave Harrington 07889 407953 - phone or text by the day before 18 July - 15 August - 19 September - 17 October - 21 November – 19 December

Boccia Dragons RFC, Rodney Parade, Newport. NP19 0UU Third Monday each month at 2pm Contact Ruth 07966754366 for more information 15 July - 19 August - 16 September - 21 October - 18 November – 16 December
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Additional Dates for your diary! The below sessions are not organised by the Newport Support Group but are held locally and may be of interest to you.
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Live Loud Newport Christchurch Centre, B T Compound, Malpas Rd, Newport NP20 5PP First Monday each month at 2pm – 4pm (unless Bank Holiday) Contact Liz Morgan at lmorgan@parkinsons.org.uk 1 July - 5 August - 2 September - 7 October - 4 November - 2 December

Cardiff Walk for Parkinson's - 12 October 2024 - Bute Park 11am Follow the link here: Walk for Parkinson's Cardiff Parkinson's UK Walk for Charity (parkinsons.org.uk)
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Please share your thoughts and feedback. Our Group Meetings, Café and Curry Lunches and other events are an important opportunity to meet as a group and support each other across the Parkinson's Newport Network. We would love to hear your suggestions and recommendations for speakers, places to visit as well as important news and information that you would like to share. Please speak to one of the Committee at any of our meetings or send them to Andrea via email at andrea.ovey@gmail.com

Parkinson's UK Helpline 0808 800 0303

Help can be found here on many topics, including medical. You can also contact your local adviser, Karen Miles, and Helen Dobson via the helpline number.

We are the Newport Branch of Parkinson's UK Wales. Any views and contributions are welcome (the right to edit reserved). Please send by the first Wednesday of the month to Andrea's email shown below. For further information, or to unsubscribe from this Newsletter and/or any other contact from the Newport Branch, please contact the Editor, Andrea Ovey on 07970 364779 or email andrea.ovey@gmail.com. The UK website is parkinsons.org.uk