

Parkinson's UK Newport Branch

September 2024 Newsletter

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

Join our fabulous festive Christmas Lunch at The Holiday Inn Wednesday 11 December, 12noon

Lunch served at 12.30pm
Fabulous Entertainer Jeff Hooper until 4pm

Menu

Starter

Roast parsnip soup (vg&gf) or

Duck & orange pate with fruit chutney & melba toast

Main Course

Roast turkey with seasoning, pigs in blankets, roast potatoes, swede, carrots & sprouts, rich gravy

Dessert

Christmas pudding & brandy sauce (gf&vg)

Or cookie dough, salted caramel crunch pie

Tea, coffee & mints

Vegetarian, Gluten Free and other dietary requirements have to be preordered, request a menu from Bettyann.

We really would love to see as many of our wonderful friends from the Newport Support Group come together and enjoy the Christmas Festivities. The meal is £29, Newport Support Group will kindly pay £5 towards the meal. The cost to our members is now £24.

Bettyann will start to collect names and payment at the Parkinsons Café on 9 August, as well as during September and October meetings. The final date for bookings is Monday 28 October. Please also speak to Bettyann if you have any dietary requirements.

Please come along and enjoy Christmas celebrations together; it is a wonderful afternoon for all!

To book a £15 deposit is required, please speak with Bettyann, or call her on 07962 561540.

Get Involved and enjoy beautiful Bute Park

Walk for Parkinson's at Bute Park, Cardiff is taking place on Saturday 12 October at 11am. Last year's walk saw a number of our Newport Support Group getting active whilst also enjoying the walk and raising much needed and important sponsorship.

Find out more at

<https://events.parkinsons.org.uk/register/walk-parkinsons-cardiff/>, call 0800 138 6593 or

Email: walk@parkinsons.org.uk



In other News...

Just £121 to go...



The group who are friends of Parkinson's Newport Group member Nick Dudley are trekking the Wales Coastal Path for Parkinson's. They have far raised an impressive £1,379 of their target of £1,500., with just £121 to go, can you help....

[Find out more and donate here.](#)



A huge well done to the fantastic members of our Chepstow Support Group and their families for organising a sponsored six mile walk over the Severn Bridge. They raised more than £1600, with the funds going to support Parkinson's research.



Huge congratulations to Eilish Gilbert who cycled 350 miles from north to south Wales in August to raise money for Parkinson's UK.

Shape a Welcome Pack for new volunteers

Research volunteers put the voices of people affected by Parkinson's at the heart of research. They strengthen the quality of Parkinson's research, keep the wider Parkinson's community informed of the latest breakthroughs and share opportunities to get involved.

Parkinson's UK would like to create a welcome pack to help new research volunteers feel supported in their new role. The pack will form part of every research volunteer's induction to introduce them to their role and the research team at Parkinson's UK.

Before we do this, we want to hear from current research volunteers to better understand what they would have liked to receive when they first started in their role.

What is involved?

Sharing your thoughts to help shape a welcome pack for new research volunteers.

There are 2 ways you can be involved:

1. Join a discussion group to share your thoughts on what a Welcome Pack for new volunteers should include, on 15th - 17th October, Online, via Zoom. Support is available for joining Zoom calls.

OR

2. Answer some questions via email, by Friday 20 October, Online, via email

Who can be involved?

Parkinson's UK research volunteers. These roles include: Lay Grant Reviewers, PPI contributors, Research Champions, Research Interest Group volunteers.

Please email Anne (at researchinvolvement@parkinsons.org.uk) if you would be interested in attending the discussion group. Please include in your email:

- Your volunteer role(s) at Parkinson's UK (this includes our Newport volunteers)
- How long you have volunteered in this role(s)
- If you would rather join a discussion group or answer some questions via email
- If you'd like to join a discussion group, which of the suggested dates you are available, and if there are specific times that would be better for you

If you're in multiple research volunteer roles, you may have already seen this email in which case you only need to express your interest for this opportunity once.

Please express your interest by **Friday 27 September**

The Movers & Shakers podcast is BACK with a new episode!

Movers and Shakers finds six friends – Rory Cellan-Jones, Gillian Lacey-Solymar, Mark Mardell, Paul Mayhew-Archer, Sir Nicholas Mostyn and Jeremy Paxman – gathered in a Notting Hill pub to discuss the realities of life with Parkinson's. And maybe find a few silver linings!

Click to tune into the latest episode: Movers & Shakers Podcast



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.

New Live Loud, the evening group!

The hugely important Live Loud Sessions are now available in the evening online. You can now join the session from anywhere in Wales.

Evening sessions are held on the second Wednesday of each month, it's an online voice support programme. Providing exercises and activities to strengthen and maintain the voice.

If you'd like to know more have a chat to Liz 0344 225 3767 or email lmorgan@parkinson.org.uk.

Or use the QR code to register your interest online.

A poster for the 'NEW LIVE LOUD! EVENING GROUP'. The top half is blue with the title in white. The bottom half is orange with white text. It includes a QR code and contact information for Liz Morgan.

**NEW LIVE LOUD!
EVENING GROUP**

Coming Soon!

Online voice support program - exercises and activities to strengthen and maintain the voice

Wednesday evenings - starting in September

To register interest contact Liz
Email: lmorgan@parkinson.org.uk
Tel: 0344 225 3767
or use the QR code

Are you over the State Pension Age?

With changes being introduced to who will be eligible for the Winter Fuel Payment this year, it's now time to check what support is available for you. Visit gov.wales/heretohelp for further details or visit our website to read more about pension credit www.parkinsons.org.uk/information-and-support/pension-credit

It's almost time for Par-Con 2024!

We're so excited to invite you to join online at Par-Con 2024 - the free conference for the Parkinson's community. Par-Con is a free, 2-day in-person and online event for the Parkinson's community to hear from expert speakers, connect with others and learn more about living well with Parkinson's.

Par-Con is an event that brings the Parkinson's community together. From hearing about the latest Parkinson's research developments and upcoming research trials, to sessions on new technology that could revolutionise research, diagnosis and living well with Parkinson's, Par-Con is your opportunity to connect directly with experts and people with Parkinson's.

There is an exciting and varied agenda that covers many aspects of living well with Parkinson's, including physical activity taster sessions and a chance to speak to healthcare experts on managing Parkinson's medication. Plus plenty of space to meet others in the Parkinson's community and share your tips on living well with the condition. They'll also be celebrating inspiring individuals at our Community Awards, and taking a look back at achievements of 2023 with our annual general meeting.

On 11-12 October, hear from expert speakers on research, share tips on living well and connect with others in the community.

Register for free and find out more now [Par-Con 2024](#)

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
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 Wetherspools, Maindee, Newport. NP19 8EG
 Monthly - Third Thursday each month at 1pm
 Contact Dave Harrington 07889 407953 - phone or text by the day before

19 September - 17 October - 21 November – 19 December

Boccia

Dragons RFC, Rodney Parade, Newport. NP19 0UU
 Third Monday each month at 2pm
 Contact Ruth 07966 754366 for more information

16 September - 21 October - 18 November – 16 December

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.

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
 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 \(parkinsons.org.uk\)](#)

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