

Parkinson's UK Newport Branch November 2024 Newsletter

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

Congratulations to our Group Members, who have been busy!



Walk for Parkinson's took place at Bute Park, Cardiff on October 12, it's the flagship fundraising event for Parkinson's UK and great fun too. Congratulations to all the wonderful walkers; especially our Newport Support Group Members!

Information Stands



Huge thanks to Julie, Ruth and members of our Support Group who regularly attend events in the area to promote the help and support available to those living with Parkinson's and their families. Please keep an eye on the newsletter and the What's App group for call outs if you would like to offer your support.

Newport Support Group Christmas Lunch

Were very much looking forward to Christmas Lunch on Wednesday 11 December at the Holiday Inn.

Final booking numbers have now been shared with the Holiday Inn. Our thanks to Bettyann for organizing the event again this year!

Any questions please speak with Bettyann, or call her on 07962 561540.

We will miss our dear friend, Nick Dudley.



We were saddened to learn of the passing of one of our Newport Parkinson's Support Group Members, Nick Dudley who passed away on September 21. Nick was a well-respected and loved member of the group and Parkinson's Community. Our thoughts are with Nick's family including his sister Linda who was a regular attendee at our group meetings and all of Nick's friends.

In a very fitting tribute and in lieu of flowers, a donation will be made to Parkinson's as £1,117 was raised, Nick was so well loved a heartfelt thank you to all.

Nick's friends who are also trekking the Wales Coastal Path continue to raise awareness and all important funds for Parkinson's. They have now achieved their target of £1,500 currently the funds raise stand at £1,629. We have all watched for their updates this year and send our thanks to 'The Taking Long Walk Home' friends' group. [Find out more and donate here.](#)

Nick will be very sadly missed, but remembered with fondness.

Sign up to Live Loud!

An innovative program of vocal exercises designed to strengthen and maintain the voice for people living with Parkinson's. There are monthly sessions all over Wales and online.

Sessions in person are held in the afternoons on a Monday in Newport & Cardiff and Fridays in Chepstow. Online Zoom sessions are held on Wednesday evening, Thursday afternoon and Friday mornings.

Contact Liz Morgan for further information - lmorgan@parkinsons.org.uk, 0344 225 3767



Say hello to our local Parkinson's Advisers in Wales!



Did you know that Parkinson's UK in Wales have a team of dedicated specialist local advisers who are ready to support you with any aspect of living with Parkinson's?

From Anglesey to the Vale of Glamorgan, Pembrokeshire to Monmouthshire - wherever you are in Wales, we are here to help and can discuss social care, employment rights, benefits and much more. We can also offer emotional support as well as liaise with health and social care services and local professionals on your behalf.

Our priority is to ensure that you receive the best possible support and you live well with Parkinson's.

If you would like support from the Adviser Service in Wales, please call our helpline on 0808 800 0303 and they will connect you to the right person. Otherwise please visit our website

<https://www.parkinsons.org.uk/information-and-support/helpline-and-parkinsons-advisers>

[Join us for Boccia!](#)

A huge well done to all that joined Boccia during September and October at Rodney Parade, it's a great fun afternoon to play the team sport and catch up with friends. If you'd like to join us please come along next month.

We meet on the third Monday of the month at 2pm.

Parking is available onsite at Rodney Parade, please just drive through the main gates.



[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.

[Useful Information](#)



Hynt is a national access scheme that works with theatres and arts centres in Wales to make sure there is a consistent offer available for visitors with an impairment or specific access requirement, and their Carers or Personal Assistants. If you need support or assistance to attend a performance at a theatre or arts centre then you may be eligible to join hynt. [Find out more about Hynt!](#)

[National Exercise Referral Scheme](#)

The National Exercise Referral Scheme, more commonly known as NERS, is designed to provide help and guidance for people living with conditions to improve their health and wellbeing. To be referred onto the Exercise Referral Scheme speak to your Health Professional or GP. For more information about The National Exercise Referral Scheme call 01633 238510. The National Exercise Referral Scheme in Newport is run in partnership with [Aneurin Bevan University Health Board](#), [Newport Live](#) and [Newport City Council](#).

[Newport Citizens Advice Warmer Wales Project](#)



Representatives from Newport Citizens Advice kindly attended the Newport Supprt Group Café recently. If you would like to reach out for any guidance and support please do so via 01633 222622.

[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

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
25 November 2024 Singer, Jim Walsh will be joining us!	8 November 2024
December 2024 No Meeting	13 December 2024
27 January 2024	10 January 2025

Curry Club

Godfrey Morgan Wetherspoons, Maindee, Newport. NP19 8EG
 Monthly - Third Thursday each month at 1pm
 Contact Ruth 07966 754366 to confirm attendance to ensure we can confirm the table numbers

21 November – 19 December – 16 January

Boccia

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

18 November – 16 December – 20 January

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
 4 November - 2 December – 6 January

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