

Parkinson's UK Newport Branch

April 2025 Newsletter

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

Afternoon Tea Day Trip



The annual Afternoon Tea trip is confirmed as Wednesday 21 May, and after excellent research and delicious tasting adventures, we are delighted to confirm we will be visiting the popular Cadbury Garden Centre.

A coach had also been arranged with parking for those wishing to travel by coach from Castle Bingo, which is the meet point for the coach.

Cost is £20.95 per person, which includes coach transport. To find out more and book your space please speak with Bettyann at one of the group meetings, or please call Bettyann on 07962 561540.

Monthly Boccia Meet



Each month our group get together to play Boccia at Rodney Parade, it's a great fun afternoon, with easy rules and all equipment provided.

Earlier this month the team had a lovely afternoon when playing Cardiff, A huge well done to all in the group that have been taking part, despite everyone's best efforts, Cardiff won 6 - 3. It's a fun afternoon to play the team sport and catch up with friends.

If you'd like to find out more or join the session, please check the details on the back page of the newsletter or speak with Ruth at one of our groups sessions or give Ruth a call on 07966 754366. The group meet on the third Monday of the month at 2pm. Parking is available onsite at Rodney Parade, please just drive through the main gates. Please reach out to Ruth if you have any questions

Fred Hiscocks

Everyone at the Newport Support Group is saddened to hear the news that Fred Hiscocks, one of our group members has sadly passed away. Our thoughts and deepest sympathies are with Marion, and all of Fred's family and friends.
RIP Fred. x

[World Parkinson's Day](#)

From walking to cycling challenges, the community is finding ways to get involved with World Parkinson's Day this year.

Taking place on the 11 April, so many of you are already finding ways to raise awareness of Parkinson's, celebrating progress and helping to create a brighter future for everyone living with the condition.

How should we get involved this World Parkinson's Day, please share your thoughts and ideas with the committee members, or email andrea.ovey@gmail.com. For help and inspiration on how to get involved, please [download the guide](#)

Until we find a cure, we're here for everyone affected, offering support through our helpline, local advisers and online resources.

[Grass Routes Community Transport](#)

The Grass Routes transport scheme is a responsive flexible bus service that makes trips on request. It operates a low floor, fully accessible for all passengers. The scheme is run by Monmouthshire County Council on a membership basis and is open to all members of the community.

To book a journey on the bus, members of the scheme need only call a free phone number that operates from 9am to 4.30pm. Call 0800 085 8015 between 24 – 48 hours in advance, to book your journey with the Grass Routes support team.

The scheme also operates two vehicles in the Newport area for Newport Residents. These buses also operate between 9am and 2 pm. Journeys on this means of transport must start and finish within the Newport area. Newport residents can only book 24hours in advance. Therefore, please ring up to place your bookings the day before you need it. The cost of membership is a one-off payment of £5 per household of up to four members.

Find out more by calling the Grass Routes Community Transport Team on 0800 085 8015.

[Getting the right Healthcare](#)

Everyone's experience of Parkinson's is different. Getting the right care from health professionals after diagnosis is important to make sure your symptoms are managed well, right from the start.

But Parkinson's is complex and can change over time. So, it's also important to get support as your symptoms change and your Parkinson's progresses.

This booklet gives you the information to help you understand health professionals, how to access healthcare and how we can support you.

If you prefer, you can read this information [online](#).

You can order your copy [Getting the right Healthcare](#)

You can also browse the [Parkinson's online shop](#) which also includes helpful aids and information to support those living with Parkinson's and their support network.



[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

[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 Support 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

[Lasting Power of Attorney](#)

A Power of Attorney is a written legal document giving someone else authority to take actions and decisions on your behalf. There are different types of Power of Attorney according to where you live in the UK.

There are two types of Lasting Power of Attorney (LPA) that can be used in England and Wales. Both types of LPA must be registered with the Office of the Public Guardian before they can be used. You can choose to make one type or both. Find out more online [Lasting Power of Attorney](#)

Important Dates for your Diary

Group Support Meeting Maesglas Community Centre, Bideford Road, Newport NP20 3XT <i>Last Monday each month 2.30pm – 4.30pm except May, August & December</i>	Parkinson's Café Maindee Library 79 Chepstow Road, Newport NP19 8BY <i>Second Friday each month 2.15pm - 4.15pm</i>
31 March 2025 Cllr Dimitri Batrouni - Newport City Council Leader	
28 April 2025 Lorna Pearson Comic Verse	11 April 2025
May No Meeting	9 May 2025
30 June 2025 Mike Sage - Head of Community Engagement, Dragons RFC	13 June 2025
28 July 2025	11 July 2025
August 2025 No Meeting	8 August 2025
29 September 2025	12 September 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
 30 March – 17 April – 15 May – 19 June – 17 July – 21 August – 18 September

Boccia

Dragons RFC, Rodney Parade, Newport. NP19 0UU
 Third Monday each month at 2pm
 Contact Ruth 07966 754366 for more information
 *14 April – 19 May – 16 June – 21 July – 18 August – 15 September
 During the cold months we will be meeting in Rodney's Bar rather than the marquee. Vehicle access is available via Corporation Road by pedestrian access to Maindee School.
**please note date change due to bank holiday*

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 April – **5 May – 2 June – 7 July - 4 August – 1 September
***please check as date may change due to bank holiday*

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

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.

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.