

PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.

# PARKY NEWS!

The Magazine of the New Forest Branch of Parkinson's UK  
Spring 2022



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## Chairman's Piece –

This year is proceeding with great promise of things to come. Our AGM, in February, was attended by a reassuring number of our Members; who were rewarded by a fascinating and informative talk by Dr Catherine Ackerman on the current understanding of and research into Parkinson's disease.



We were delighted to welcome several new Committee Members: John and Gill Naish, who have already worked wonders with advertising in all the local papers and magazines, through which we have been able to welcome several new Members to our ranks; as well as organising our Parkinson's Friendly Cinema Shows at the Malt Cinema in Lymington. Brian Horne and Jackie Gill, who have taken on the task of booking and organising our monthly Coffee Mornings and Afternoon teas and Linda Handscombe, who provides, prepares and serves our teas, biscuits and cakes at our regular monthly meetings. I am also delighted to welcome Mary Tozer to the Committee, whose task is to plan and book our selection of Speakers at our future meetings.

At our March meeting, Roy Sanderson, one of our Members, gave us a fascinating and deeply researched talk about the Trojan War and asked us to consider whether the stories we have grown up with about this ancient event have been fact, or fiction. On balance, he says, he believes that they are, mostly, fact and that the Trojan war really did take place. After tea, we met Kenna, who manages the Active Nation Boutique Fitness Centre in Lymington. She told us about the power-assisted exercise machines she provides and how they have proved beneficial to a good number of clients with Parkinson's and other debilitating neurological conditions, such as MS.

We also enjoyed our first ever Cinema showing in March, with over 30 Members and their guests seeing the new film of 'Death on the Nile'. I expect and hope that these shows will become a much-anticipated event every month from now on.

At our April meeting, we were given a fascinating insight into the development and future of Augmented Technology, in the form of a headset which superimposes a variety of visual prompts and stimuli onto the surrounding area, making it possible for people with Parkinson's 'Freeze', or other mobility issues, to walk about their home environment with comparative ease and

safety. We also had a short history of the Duke of Wellington from Stephen Petty, linked to the upcoming Parkinson's Friendly film showing of 'The Duke' The April Film show of 'The Duke' was very well attended and enjoyed, as was the buffet lunch which followed it. In May, at our monthly meeting, we were kept fascinated by Martin Phillips, with his 500 year history of Trinity House; which was followed a day later by the showing of 'Downton Abbey, A New Era' at our private film show and buffet lunch.

Our Coffee Mornings and Afternoon Teas continue to be well attended and offer a great excuse to get out of the house and have a good natter.

*Martin Hall-Patch*

([chairman@parkinsonsnewforest.org](mailto:chairman@parkinsonsnewforest.org))



Friendship and support through the toughest of times

## **ALISON MCGREGOR**



I have now managed to book two sailings on the Alison McGregor; one in the morning and one in the afternoon. On Saturday 16<sup>th</sup> July, we will be sailing from Hythe Marina at 10.30 am and on Saturday 27<sup>th</sup> August, our booking is for 2.00 pm. The Ali

McG sails from the far side of the Marina; right beside the Lock Gate. You do not have to pay for parking, as a free pass will be provided for you. There is no charge for any trip on the Ali McG, but voluntary donations are always welcomed by Solent Dolphin, the charity which operates the boat.

I know that these dates are some time in the future and that, with Parkinson's, it is not easy to plan definitively that far ahead, but please could

you indicate your interest and book your provisional seats as early as you can. This will enable me to decide whether there is sufficient interest to book one, or more, further sailings or, heaven forbid, to cancel these existing ones, if there is insufficient uptake or interest; thereby enabling Solent Dolphin to accept bookings from other groups instead. Bookings can be made by ringing 07595 927 299; e-mailing [chairman@parkinsonsnewforest.org](mailto:chairman@parkinsonsnewforest.org) or by speaking directly to me at any of our regular meetings.

For those of you who have yet to set sail on the Alison McGregor, I strongly recommend a trip as the perfect way to escape the four walls of home for a while. The boat is fully wheelchair-accessible and you will be in the safest of hands with the fully trained and experienced crew.

### ***BEST THING SINCE SLICED BREAD'***

I have struggled for several years to put my husband's socks on and take them off again each day. Does any other carer struggle too? I've tried the so-called 'soft tops', but they don't help. The problem is with the instep measurement. It's no good having loose material around the lower leg if you can't get past the arch of the foot!

And then our son was staying with us for a few days in February. While he was relaxing without shoes one evening, I admired his socks. "Yes," he said, "and they're extremely comfortable." I began to make a few enquiries and discovered that they were made of bamboo. Having never heard of such a thing, I thought he was teasing me, but no, he was serious. He gave my husband a pair to try - and the rest, they say, is history, and I'm smiling once more. ( In case you should think that he's been wearing that pair since February, let me assure you that our son ordered a copious supply for his Dad!)

The socks are the SockShop Gentle range, which has been developed for those who ' ... suffer discomfort from the tight construction and elastication in the foot, leg and cuff of traditional socks.' Or to use my words, they work. What a relief! I hope this recommendation will do the same for you if you relate to my past problem.

Thanks to Maureen White

## **APPLETREE CARELINE**

Appletree Careline community alarm service is provided by New Forest District Council. A community alarm installed at home provides peace of mind knowing that help is at hand at the touch of a button, 24 hours a day, seven days a week.

### **What is a community alarm?**

A community alarm is a two-way speech system linked to our emergency response centre, where trained operators will answer your call quickly, professionally and efficiently, ensuring that help is arranged. A lightweight alarm button can be worn as a pendant or wrist band and works in the home and garden, giving you the freedom to move around. Offering reassurance, security and the confidence to support independent living.

### **How does the alarm work?**

The alarm unit and button are installed by our trusted and experienced installers who will demonstrate the equipment to you and answer any questions. The alarm unit is plugged into an existing telephone line and nearby electrical socket. Once your alarm is installed simply press the alarm button that you wear or the red button on the unit to be connected to our emergency response centre who will have access to all of your contact details and arrange the help you need.

### **Is the alarm suitable for you?**

Appletree Careline community alarms are perfect for anyone of any age 18 - 100+. Our customers include; older, frail, disabled or vulnerable people; those with health issues; at risk of violence or who just want to take proactive steps to maintain their independence.

### **How much will the alarm cost?**

Appletree Careline offer a number of options to suit your individual needs. See our pricelist for details. You may be VAT exempt if you have a disability, injury or illness.

- Quick and easy to install
- Can be used in the home and garden
- No need to remember any numbers
- Simply press the button to connect to our emergency response centre

- 24 hours a day, seven days a week 365 days a year

## **Additional equipment**

Additional equipment can also be programmed to the alarm. The most popular devices we offer are a fall detector, smoke detector and carbon monoxide detector, they will all automatically trigger a call without the need to press a button. More complex equipment is available on request.

023 8028 5523 [appletree.careline@nfdc.gov.uk](mailto:appletree.careline@nfdc.gov.uk)

[newforest.gov.uk/appletreecareline](http://newforest.gov.uk/appletreecareline)

Please contact us for further information or to discuss how we can tailor our service to best assist you

## **DONATION CHEQUE**

Early in April, we were grateful to be presented with a cheque for £200 from Glen Parker, the Treasurer for the Eling Manor Masonic Lodge. This is the fourth time that they have helped us out financially over the past few years and we thank them very much for regularly keeping us in mind when choosing recipients for their charitable donations.

## **PLEASE JOIN PARKINSON'S UK**

The New Forest Branch is a part of Parkinson's UK, the UK's leading Parkinson's charity. While all of our activities are open to anyone, whether they are a member of Parkinson's UK or not, we would encourage you to become a member of the national charity as well as attending the branch activities.

As a member you will receive The Parkinson magazine quarterly, and if you choose to, you'll also receive a copy of Progress, the research magazine. You will also be entitled to help shape the future of the branch and national charity by voting at the local and national AGMs and electing local officers and national trustees.

Membership no longer carries a fixed membership payment, but you will be invited to make an annual donation of whatever amount you choose, or nothing. Please also specify New Forest Branch when signing up. Parkinson's UK will only tell us about members who specify the branch / group on joining. If you don't, Parkinson's UK will not tell the branch that you're a member (GDPR strikes again!). It will also mean that your donation can come back to

fund branch activities. You can join online at <https://www.parkinsons.org.uk/about-us/team-parkinsons> by phoning the Supporter Care team on 0800 138 6593, email [team@parkinsons.org.uk](mailto:team@parkinsons.org.uk), or download the paper form and return it by post.

## **MOVEMENT CLASSES FOR PEOPLE WITH PARKINSON'S**



**MOVEMENT CLASSES FOR PEOPLE WITH PARKINSON'S**

Helping to improve balance, walking, hand function and speech. Excellent for improving confidence and general well-being. Classes are run by fully qualified specialists in neuro-rehabilitation. Also specialising in Stroke, Cerebral Palsy, SDR pre & post-operative rehabilitation, MS and Head Injuries.

Please contact Judit Szathmary or Mandy Elliott for further details: 07967 194 433 or 07966 431 861 [judit@szathmarytc.com](mailto:judit@szathmarytc.com)



Many people with an acquired neurological condition receive medical help and management at a point of crisis but regular therapy is available only for a relatively short time.

We offer holistic and integrated rehabilitation services that are timely, preventative and outcome-focused and targets the person as a whole. We believe that the availability of adequate information, advice and support is vital from the point of diagnosis –

- preventing social isolation
- paving the way to a quicker recovery
- delaying deterioration in the case of progressive conditions

The earlier adequate support is

in place, the greater the potential for individuals to manage their condition and take charge of their own recovery. By regular attendance we can help with:

- Bradykinesia (slowness of movement)
- Dyskinesia (side effect of medication)
- Rigidity
- Tremor

- Freezing
- Lack of facial expressions
- Micrographia

Our specifically designed programmes:

- Improve concentration.
- Improve strength and stamina.
- Improve health and general wellbeing.
- Improve mobility, co-ordination, dexterity and fine manipulation.
- Improve breathing, speech and communication skills.
- Increase motivational levels. Increase self-esteem and boosts confidence.
- Provide natural pain relief for muscle spasms and joint pains.
- Contribute to significantly reducing stiffness by maintaining and improving range of movements.
- Increase independence.
- Delay the need for nursing/care.
- Provide training and guidance for family members and carers.
- Provide a comprehensive support system for the whole family

## Editor's Note

The gentleman for whom I cared used the services of Judit and Mandy for quite some time and he found the benefits were enormous. However, it must be stressed that this service is not cheap and may not be suitable for everyone. Please make your own decisions, based upon your own condition and circumstances.



## **RESEARCH OPPORTUNITIES**

### **1. PD Frontline - Identifying genetic changes in people with Parkinson's**

Professor Anthony Schapira and his research team at Queen Square Institute of Neurology, UCL, are looking to identify people with Parkinson's who may have small changes in genes such as LRRK2 or GBA.

The aim of the research is to identify these people so they can be invited to take part in future research trials.

#### **Who do the researchers need?**

4000 people diagnosed with Parkinson's who live in the UK.

#### **What's involved?**

Visit the PD Frontline website, <https://pdfrontline.com/en>, where you will be asked to complete an online consent form and a short 10-minute survey.

Upon completion, you will then be sent a saliva sample collection kit which will be posted to you with return pre-paid packaging.

For full information, please go to the PD Frontline website  
<https://pdfrontline.com/en> .

#### **Interested in taking part?**

Please go to the PD Frontline website <https://pdfrontline.com/en>

If you have problems accessing the website, please contact the research team via email [pdfrontline@ucl.ac.uk](mailto:pdfrontline@ucl.ac.uk) or phone 0208 016 8431 **before 30 September 2023**.



## **2. Visual Vertical and falls in Parkinson's.**

The aim of the research is to examine whether or not there is a link between falls and perceptions of verticality, and if so use this to help in preventing falls and improving balance for people with Parkinson's.

### **Who**

120 people diagnosed with Parkinson's, who have no recognised cause of impaired vision (short and long sightedness is allowed).

### **What**

Attending a visit at Bournemouth University that should take no more than 1 hour. If coming to the university is difficult, a home visit can be arranged. At the visit you will have your vision and balance assessed and complete a number of short questionnaires. You will be given a diary to record future falls at the end of the visit.

### **For full information about the research:**

Please visit <https://www.parkinsons.org.uk/research/visual-vertical-and-falls-parkinsons> and read the Participant Information Sheet.

### **Deadline**

**30 June 2022**

### **Funded by**

Bournemouth University

### **Research**

Questionnaires

Studying symptoms

### **Locations**

Bournemouth

For many other opportunities to be involved in easy-to-access research, please go to <https://www.parkinsons.org.uk/research/take-part-research>

## CARERS' CORNER



### NEW FOREST CARERS' FRIENDS

C/o Carers Together  
9 Love Lane  
ROMSEY  
Hampshire  
SO51 8DE

Carers Listening Line: 08000 323 456

Information & Advice: 01794 519 495 365 days a year

Email: admin@carerstogether.org.uk

Activities Organiser: 07920 506343

### MESSAGE IN A BOTTLE MEDICAL IDENTIFICATION

#### What is the Message in a Bottle?

The Lions Message in a Bottle scheme is a simple idea designed to encourage people to keep their personal and medical details on a standard form and in a common location - the fridge.



Whilst it is focused on the more vulnerable people in our community, anyone can have an accident at home, so this scheme can benefit anyone, including you.

#### How does the scheme work?

As the name suggests, the personal information is kept in a small plastic bottle.

The bottle has a push-fit lid and is big enough to hold the necessary information. The bottle is then kept in the fridge, where the emergency services will expect to look for it in the event of being called to your home.

They will be alerted to your membership of the scheme by two 'green cross' labels. One is fixed to the back of the front door (or the door most used to access the premises), the second is attached to the door of the fridge.

## Where can I get a Bottle from?

Your health centre, doctor's surgery and chemists will all have supplies of the bottles and forms. They will also be available in some other venues like the community centre or your local church.

## How much does it cost?

There is no cost to the user. Costs of running the scheme are being borne by local Lions Clubs.

## What information is needed?

The information you need to provide is quite straightforward, but you may like to ask a relative, neighbour or carer to help you complete the form.

## **EQUIPMENT AVAILABLE**

Available for a donation to New Forest Branch

Indoor Walking Frame ; Portable Commode; Pager; Incontinence bedding (used/clean/washed); Double fitted sheet x2; Double quilt cover; King Size fitted sheet; King Size quilt cover

Contact Paul Smith 01590 678 029



### **Walking Stick available**

This adjustable walking stick is available, free of charge, to anyone who has need of it. It was donated by Doreen Risso, in memory of her husband, Jim.

If you are interested, please contact Alison Bolton on 01590 674 607

## Battery operated bath lift

Brand new and unused, still in original box, this bath lift is available to anyone who wants it. It does require a new battery due to time in storage without charging. Any enquiries to Rose Toms on 01425 610 416



- \* LINAK lifting actuator.
- \* The BathTub lifter weighs only 11.5 kg/25 lbs.
- \* Bathtub lifter seat lowers to 6cm/2.3".
- \* Bathtub lifter seat height reaches 48cm/18.8".
- \* The backrest reclines to 50 degrees at its lowest position.
- \* Completely tool free set up makes it easy to install and operate.
- \* The completely water tight hand control floats, making it easy to access the control buttons while bathing.
- \* The easy to use quick charge lithium-ion battery is accommodated in the **Hand Control**.
- \* When not in use the back easily folds down for space-saving storage.
- \* Padded seat and backrest provides added comfort.
- \* Available in grey with blue or white covers.
- \* Hygienic cutaway and slim-line profile for easy handling.
- \* Built in safety controls.
- \* 4 quick release suction cups with option for an additional 2 for anti-slip bath base.
- \* Headrest available as an option.

**Specifications**

- \* Overall Dimensions(cm): 83/32.6" (L) (with backrest in a reclined position) x 70/27.5" (W) (scat incl. side flaps)
- \* Seat Dimensions(cm): 35/13.7" (W) x 42/16.5" (D) x 57/22.4" (L)
- \* Sitting Height(cm): 5.8/2.3" - 44.7/18.8"
- \* Backrest Dimensions(cm): 64/25.1" (H) x 32/12.5" - 36/14.1" (W)
- \* Backrest Reclines: 50°
- \* Baseplate Dimensions(cm): 31/12.2" (W) x 56/22" (L)
- \* Max. Safe Working Load: 140 kg/300 lbs.
- \* Total Weight (excl. hand control): 11.5kg/25lbs.



Pelican Befriended A Stray Dog Who Was Often Spotted Hanging Out All Alone Along The Boat Docks. The Man Who Photographed This Has Adopted Him But Brings Him Back Every Day To See His Friend, Petey The Pelican

# THE PRINCESS ROYAL TRUST FOR CARERS



*All of our services are completely confidential and free of charge.*

The work we do is varied and is tailored to the needs of each individual carer.

## Our service includes:

- Information, advice and guidance
- Advocacy and representation
- Liaison with statutory bodies
- Access to training and education
- Support groups
- Carers clinics
- Carers hubs
- Opportunities for respite
- Regular support groups
- Free counselling by way of voluntary qualified counsellors
- Regular newsletters
- A listening ear
- Emergency Planning for Carers



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Telephone: 01264 835 246 or e-mail :[infor@carercentre.com](mailto:infor@carercentre.com)

## CARERS' CAFÉ

Run by Lyndhurst, Minstead and Emery Down Churches Together (but don't worry; no-one will preach at you!)

If you are a Carer and would like to meet with other Carers, do come and join us at the Baptist Church Hall in Chapel Lane, Lyndhurst for an afternoon of informal chat and a very good buffet lunch. The person for whom you are caring is also very welcome indeed.

The café is held on the first Thursday of each month from 1:30 to 3:30 pm and it is FREE. (Except, this year, for June, when it will be the second Thursday due to a Queen's Jubilee event in the Church Hall)

The Café has been running for 15 years and many of the original attenders are still coming. If you are interested, do ring the organisers, Henry and Nuala, on 02380 282 485 or e-mail: [nualarosenvinge@hotmail.com](mailto:nualarosenvinge@hotmail.com). Alternatively, you are very welcome to just turn up and you will be greeted warmly.

We are looking forward to hearing from you.

## C.A.M.E.O.

### Come And Meet Each Other.

A new social and friendship group has started at the Baptist Church Hall, Chapel Lane, Lyndhurst. Meeting every Friday from 11.00 to 1.00, this is a group for everyone and anyone to come along for chat and a small meal (soup & a bun and cake), intended to help break the cycle of loneliness and isolation. It is completely free (though voluntary donations are always welcome) and there is no obligation to come every week. Simply turn up on Friday, or call David Featch on 07491 683 404.



## PARKINSON'S FRIENDLY CINEMA SHOWS

When we had the idea to put on 'Parkinson's Friendly' cinema showings in conjunction with the Lymington Centre in their Malt Cinema we hoped they would be popular and to our delight they are proving just that!

We had a good turnout for our first film Death on the Nile but even more people came to see the second film The Duke! It was a very funny film and it was so lovely to hear the audience laughing and really enjoying themselves and coming out afterwards with happy, smiling faces!

We followed The Duke with a delicious sandwich lunch served to us in the Centre! This was a great opportunity to meet and socialise together after the film and to meet new people.

At the time of writing, we are looking forward to seeing the long-awaited film Downton Abbey – The New Era. Judging by the number of seats already booked it looks as though it will be another popular choice!



The film for June has just been chosen! We are going to show Operation Mincemeat starring Colin Firth – a fact-based story of an incredible plot to trick Hitler – but will it work? To find out come along on Friday 17<sup>th</sup> June at 11.00is and then join us for lunch too!

We hope to see you there!

If you need more information then contact us on 01590 679099

Gill & John



## **2022 Photography Competition and 2023 Calendar**

**For 2022 we are holding a photography  
competition. The subject is**

### **The New Forest**

The best entries will be used on the cover of Parky News and to create a 2023 Calendar which will be on sale at the November meeting to raise funds for  
**2023**

(They may also be used at meetings, or on our Website and social media pages)

We live in a beautiful area of the country so get your camera or phone out and get snapping!

Send your entries as soon as possible to [admin@parkinsonsnewforest.org](mailto:admin@parkinsonsnewforest.org) or hand prints to any member of the committee.

**Closing Date 31 Oct 22**

Submission of a photograph grants Parkinson's UK the right to use it in any media

# *Lymington Voluntary Care Group*

Cars and drivers for medical appointments

## **What we do**

Lymington Care Group is a voluntary organisation with charitable status. We drive people to their medical appointments with doctors, chiropodists etc, and to any hospital they need to go to. We stay with them and help in any way we can especially at hospitals which can be very confusing. We feel that by staying with our clients it helps to take some of the anxiety away as hospitals can be frightening places. Some of our drivers can accommodate wheelchairs and clients are very welcome to take a relative or friend with them. Our charges to cover car expenses are paid to the driver.

## **How we do it**

Since 2019 we have given up our office and it's volunteers. Instead we now use an answerphone to record requests for transport. These are picked up daily by a volunteer co-ordinator who arranges the journeys with our volunteer drivers.

### **OFFICE DETAILS**

Office hours: Weekdays 9 am to 5 pm

Phone number: 01590 679187

Email: [lymcare@gmail.com](mailto:lymcare@gmail.com)

(Please use the phone for transport requests.)



## THE F B POCKET ORCHESTRA



Our concert this year will take place on Sunday 2nd October and will, I am sure, be attended by a good selection of our Members.

Between the 'sets' we will be, once again, be enjoying an amazing selection of cakes, baked for us, as always, by Angela Grainger. It has been secretly whispered that the only reason the Band come every year is to sample Angela's cakes! I recommend that you write this date into your diary now, as this regular annual event is one not to be missed.

## PARKINSON'S DANCE CLASS



Location: Forest Arts Centre, Old Milton Road, New Milton, BH25 6DS T: 01425 619983 [forest-arts.co.uk](http://forest-arts.co.uk) Parkinson's Dance

Monday 's 1pm -2pm  
£4 (careers go free)  
Free hot drink  
Starting 13 September 2021

The Parkinson's Dance class provides a creative, fun and social space where dance sparks imaginations, nurtures expression and empowers our bodies and minds to move and invent as the individuals we are, rather than the condition we have. The Parkinson's Dance class is the New Milton Mayors Charity for 2021

## L.A.P.S. EXERCISE GROUP

### Lymington Area Parkinson's Support

Every Tuesday morning, at 10.30 a happy group gathers at the Boldre Memorial Hall for an hour of fun, laughter and mild, mainly chair-based exercises designed specifically for those with Parkinson's. Everyone's ability is different and each person does as much, or as little, as he or she feels comfortable with. There is no pressure to perform and limitations are fully respected at all times. To find out more, contact Alison on 01590 674 607

Parky News copy is always welcome from our readers; please give to any member of the committee or send to [editor@parkinsonsnewforest.org](mailto:editor@parkinsonsnewforest.org). We are always looking for interesting or inspiring stories, amusing anecdotes, helpful tips and hints, poems, recipes or anything else you would like to share with the rest of our readers. **Copy deadlines are one week before the 1<sup>st</sup> of the publication months: March, June, September and December.**

## CHICKEN AND LEEK CASSEROLE

An easy to make and easy to swallow recipe for 2 people

200g skinless chicken breast fillets  
1 medium leek  
1 chicken stockpot  
1 tin of chicken soup  
1/2 red pepper  
1/2 yellow pepper  
1/2 orange pepper  
1/2 medium courgette

Those are the basic ingredients that I use, but you can substitute other vegetables according to your own preference.

Preheat the oven to 180\*C

Cut the chicken fillets into small pieces and fry them in a little oil until they have changed colour. Transfer them to a casserole dish

Wash the leek and slice it into rings of about 1/2 cm. Fry them until they begin to soften.

Add the peppers, cut into small squares, and the courgette, diced into small pieces. Fry for a couple of minutes.

Now add the chicken soup. Stir thoroughly.

Dissolve the stockpot in a little hot water and stir it into the mixture in the frying pan. Bring the mixture to simmering point.

Finally transfer all the contents of the frying pan into the casserole dish with the chicken pieces. Cover the dish with a piece of kitchen foil before putting on the lid. (This helps to make a tighter seal, which will help to keep in the moisture)

Place the casserole dish onto the middle shelf of the preheated oven. Cook at 180 degrees for about 30 minutes, checking occasionally to see that it's not drying out. Add hot water if necessary.

Serve with your choice of green vegetables - broccoli, green beans, peas for example - and maybe potatoes or rice or couscous. Bon appetit!

Thanks to Maureen White.

## **JIGSAW CLUB**

Many people, it seems, like to fill their spare time by doing jigsaws. This has been especially true during the extended lockdowns over the past couple of years.

One problem that this raises, however, is that people start to accumulate jigsaws which they have successfully completed, but which are too expensive to simply throw away; and storage starts to become an issue.

A solution to this has been suggested, which also helps to reduce the cost of continually purchasing new puzzles. Why not swap your old puzzles for somebody else's old puzzles?

For a trial period, there will be a table set aside at our monthly Thursday meeting where you can put any puzzles you no longer want and select from any others left there by your co-puzzlers. If this works (and I see no reason why it shouldn't), maybe a group of you might like to band together, share your contact details, make new friends and have a sympathetic, like-minded

shoulder to cry on when your latest puzzle is proving to be more difficult than you anticipated. You never know, it might even encourage some novice Puzzlers to take up the art and have a go at what is often a wonderfully engaging and time-consuming exercise for the brain and fingers.

## **DEMENTIA ADVENTURE:**

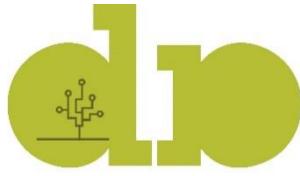
### **Health, nature and dementia**

Dementia Adventure is a multi-award-winning national charity challenging the perception of what it is to live with dementia, with a focus on the individual rather than the illness, thinking about 'the possible' and removing barriers to the outdoors for people living with dementia. Too often, a dementia diagnosis leads to isolation indoors, resulting in an unnecessary decline in health and wellbeing. Dementia Adventure's research shows connection with nature can slow the progression of dementia symptoms, which can enable people to live longer in the earlier stages, with a better quality of life. With the right support, people living with dementia can connect

with nature and their community and keep a sense of adventure in their lives.

### **Training for family and friends**

An estimated 670,000 unpaid family members care for somebody living with dementia, yet often these essential caregivers don't have the information, skills and support they so desperately need. Our online skills sessions provide practical support and guidance to help them in their supportive role.



dementia adventure®

## Supported holidays and short breaks

Caring for someone with dementia can be intensive and exhausting.



Breaks are essential, but holidays can become difficult. Dementia Adventure's shared supported breaks offer a real alternative to traditional respite care, which typically separates a carer from their family member and can come at an emotional cost. Financial assistance is available to make the breaks accessible for all.

Visit [www.dementiaadventure.org](http://www.dementiaadventure.org) to find out more.

## LIVE-IN CARE OPTIONS

### Full time care doesn't mean you have to leave your home.

It is often assumed that the need for full time care means moving to a residential care home, but there is an alternative – Live In care.

With live in care, a Carer comes to live with you and looks after all the personal care and medication. There are challenges and benefits of this approach

#### Benefits :

- You remain in your own home
- You have 1:1 care
- Your routine is what suits you, not what suits the system

#### Challenges :

- You have someone who, initially, is a stranger living in your house
- Carers come and go, so you have to be prepared for change

## How does it work?

In the simplest form a Carer comes to live with you and is entitled to a 2hr break each day.

There are two ways to implement this :

1. Through an agency
2. Privately

## Through an agency

Contracting a live in Carer through an agency is the least difficult and consequently more expensive method. Using an agency has the following benefits:

- They are monitored by the CQC, so you know how good they are before entering a contract
- The agency will arrange break cover for the Carer, both on a daily basis and on a longer term switch
- The agency has contacts with other services such as Occupational Therapy which reduces work for you.
- The agency will monitor the quality of the care notes made, this could be very helpful if applying for continuing healthcare.

## Independently

There are agencies who will supply independent Carers, most Carers are self employed anyway.

1. Going independent will certainly reduce your costs but you'll have to make arrangements to cover the Carer's break each day.
2. You'll need to do a lot more management of the situation including making sure that proper notes are kept etc.
3. Care agencies are often unwilling to partner with private arrangements or other agencies, so you are truly independent

## Costs & Funding

This article does not cover how to fund care, it's aim is to explain the options. Superficially, the cost of live in care through an agency is comparable to the costs of a CQC 4/5\* rated care home in this area, but you have the additional costs of board and lodging for the Carer. A private arrangement will be significantly cheaper and may well suit those who have family in the area who would cover the Carer's daily breaks

Thanks to Paul Smith for this article.

## WHAT'S ON

**For further details of any of these events, please ring 07595 927 299**

| Date   | Location                                 | Event  |
|--|--|--|
| Every Tuesday<br>10.30 – 11.30               | Boldre Hall                              | Parkinson's friendly<br>Exercise Class                   |
| Thur 9th June<br>1.30 pm                     | Lyndhurst Baptist Church,<br>Chapel La   | Carers' Cafe   |
| Mon 13 <sup>th</sup> June<br>10.30 am        | Everton Nursery,                         | Coffee Morning   |
| Thur 16 <sup>th</sup> June<br>2.00 pm        | Boldre Hall                              | Monthly meeting &<br>Jubilee Party                       |
| Fri 17 <sup>th</sup> June<br>start 100.00 am | Malt Cinema, Lymington<br>Community Hall | Film, followed by lunch<br>'Operation Mincemeat'         |
| Wed 29 <sup>th</sup> June<br>from 2.30 pm    | Shallowmead Nursery, Boldre              | Afternoon Tea  |
| Thur 7th July<br>1.30 pm                     | Lyndhurst Baptist Church,<br>Chapel La   | Carers' Cafe   |
| Mon 11 <sup>th</sup> July<br>10.30 am        | Redcliffe Nursery, Bashley               | Coffee Morning   |
| Sat 16 <sup>th</sup> July<br>10.30 am        | Hythe Marina                             | Alison McGregor Boat Trip                                |
| Thur 21 <sup>st</sup> July<br>2.00 pm        | Boldre Hall                              | Monthly meeting Angela<br>Trend 'Alice in<br>Wonderland' |

## USEFUL CONTACTS

|   |                              |
|---|------------------------------|
| Parkinson's UK Helpline   | 0808 800 0303<br>(Freephone) |
| Branch Committee general No.                                      | 07595 927 299                |
| Parkinson's Nurse: Sheena Morgan                                  | 01590 663446                 |
| Sharon Atkins Parkinson's Nurse for New Milton/ Avon Valley       | 01590 663446                 |
| Parkinson's UK Local Adviser: Rosemary Smith                      | Contact via Helpline above   |
| Adult Services.<br>Mon – Thurs. 8:30 – 5:00 pm Fri 8:30 – 4:30 pm | 0300 555 1386                |
| Adult Services: All other times                                   | 0300 555 1373                |
| Community Physiotherapy Service                                   | 0300 121 0175                |
| Occupational Health direct  | 0300 555 1378                |
| Citizens Advice Bureau New Forest                                 | 03444 111 306                |
| Age Concern New Forest  | 02380 841 199                |
| Community First New Forest  | 01425 482 773                |
| Disability Info Service New Forest                                | 01425 628 750                |
| Red Cross Lymington   | 01590 679 529                |
| Red Cross Christchurch  | 01202 484 074                |
| Blue Badge Hampshire  | 0300 555 1376                |
| Voluntary Car Group Hythe & District                              | 02380 845 788                |
| Lymington Voluntary Care Group                                    | 01590 679 187                |
| Princess Royal Trust for Carers                                   | 01264 835 246                |
| Blue Lamp Trust   | 0300 777 0157                |
| Carers Together / N F Carers' Friends                             | 01794 519 495                |



If in doubt, or if you don't know who to ask, please feel free to contact any member of the committee, or phone 07595 927 299 and we will do our best to point you in the right direction

## Branch CONTACTS

|   |   |
|---|---|
| <b>Branch phone No</b>                      | 07595 927 299   |
| <b>Chairman &amp; Magazine Editor</b>       | Martin Hall-Patch<br>chairman@parkinsonsnewforest.org<br>editor@parkinsonsnewforest.org |
| <b>Secretary</b>                            | John Naish  |
| <b>Membership Sec.</b>                      | John Phipps   |
| <b>Treasurer &amp; Website Manager</b>      | Paul Smith<br>treasurer@parkinsonsnewforest.org<br>admin@parkinsonsnewforest.org        |
| <b>Events and Speakers</b>                  | Mary Tozer; Gill Naish; Jackie Gill;<br>Linda Handscombe                                |
| <b>Committee Members</b>                    | Alison Bolton; Derek White;   |
| <b>Coffee Mornings &amp; Afternoon Teas</b> | Jackie Gill & Brian Horne   |
| <b>Branch Website</b>                       | <a href="http://www.parkinsonsnewforest.org">www.parkinsonsnewforest.org</a>            |
| <b>Branch e-mail</b>                        | info@parkinsonsnewforest.org  |

The New Forest Branch of Parkinson's UK meets every third Thursday of the month (except December) at the Boldre War Memorial Hall, Pilley, SO41 5QG. The meetings are from 2.00pm to 4.15pm and there is tea and usually a Speaker. Anyone with an interest in Parkinson's Disease is welcome. There are no Membership fees; but voluntary donations are always welcome.

The opinions expressed in magazine articles are not necessarily the views of the Committee Team or Parkinson's UK.

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