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THOUGHTS FROM THE CHAIR

The world famous conductor Sir Thomas Beecham was famously absent minded. In a 1940's post-concert drinks party, a vaguely familiar smiling face appeared in front of him. Drawing a complete blank as far as her name was concerned, a flash of inspiration caused him to dig for a clue with a question about her family. "Do tell me, how's your husband? What is he doing these days? "Thank you so much for asking" came the reply "He really is very well and he is still King..."

I have some sympathy for Sir Thomas. I can't count the times I have forgotten names and it's even worse when we have met the person several times before and still can't remember their name (It is such a help having sticky name labels at branch meetings).

For my part I don't only have a problem with names of people I have met I also find it hard to remember the names of films, actors, directors and even the name of the author whose books I am reading. I enjoy reading and when I am asked "What are you reading at the moment?" I find it embarrassing not to be able to name the author having just raved about the writing.

One memory aid, I have tried with some success, is associating what I am trying to remember with something else. I have heard memory wizards say they use association to help them. At the moment I am reading novels by Sebastian Barry so to remember his name I recall an old friend called Sebastian and another one called Barry. Thinking of two old friends provides me with the author's name Sebastian Barry.

To help me remember the things I need when I am going out I think of **KFC** which stand for KEYS, FONE and CARD or CASH (perhaps, now, I should add an **M** for MASK !!). Do let me know for the next Newsletter any tips you have to aid your memory.

The Parkinson's UK website has provided the following tips for mild memory problems:

<https://www.parkinsons.org.uk/information-and-support/mild-memory-and-thinking-problems>

Cognitive problems can happen as part of the normal ageing process, but can also affect some people with Parkinson's. People with Parkinson's, and experts on the condition, give their advice on what might help:

1. Use visual prompts

Having calendars, clocks, noticeboards and notices around your home may help jog your memory and provide helpful reminders. You may find it helps to keep a list of things to do. You can see what you have achieved as you tick off each task.

2 Keep a routine and organisation

Being as organised as possible may help you stay focused and keep stress to a minimum. Avoiding change in your daily routine - as best as you can - may also be helpful.

3. Make a memory basket

A 'memory basket', will help you to keep your keys, wallet and glasses all in one place. You can create a rule where you keep your key belongings in one place.

4. Use a medication dispenser

Medication dispensers and pill timers can be useful to help remind you when to take your medication. It's important to take them at the times advised by your specialist or Parkinson's nurse.

Pill dispensers and timers are available from the Parkinson's UK shop.

5. Set reminders to yourself

Some people find it helpful to use the alarm or reminder setting on their mobile phone. These can be used to remind you to take your medication and attend appointments.

6. Keep your mind active

It's important to keep your mind as active as possible. Try some mental stimulation, such as doing crosswords or Sudoku.

ANOTHER GOOD READ:

Many of you will remember Alison Anderson whose descriptions of her amazing fund-raising cycle rides in aid of the Cure Parkinson's Trust we have enjoyed at Branch meetings.

We also heard at a branch meeting last year about Alison's fascinating trip to the 2019 World Parkinson Congress in Japan.



Alison is now one of fifteen WPC 2022 Parkinson Ambassadors for the next World Parkinson Congress in Barcelona, in June 2022, which should be more easily accessible to more people from the UK.

<https://wpc2022.org/page/2022ParkinAmb>

Alison recommends this new book:- :

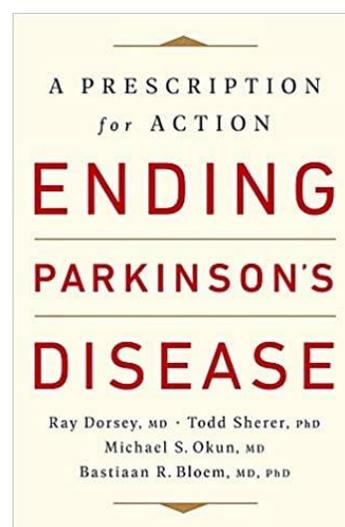
Ending Parkinson's Disease - A Prescription for Action.

(Published: April 2020) by Bastiaan R. Bloem MD PhD , Michael S. Okun MD, Ray Dorsey MD , Todd Sherer PhD

It appears to be causing a great deal of enthusiasm and energy amongst researchers and patients alike to take action!

Written by top researchers/specialists.

I understand 'all proceeds will be donated to efforts to end this debilitating disease':



RESEARCH UPDATE:

The impact of coronavirus on people with Parkinson's



In May Parkinson's UK asked members/website visitors to complete a survey and share what impact coronavirus has had on your life. The results are in!

Lancaster University analysed the survey and found that coronavirus has had a big impact on the lives and the health of people affected by Parkinson's.

Over 2,000 people with Parkinson's and their family members, friends and carers across the UK responded to our survey about their experience of lockdown, and it revealed:

- 34% said reduced access to exercise had a big impact on their lives
- 34% also said that appointments with their Parkinson's Nurse or consultant were cancelled and more than half were not offered a phone or online appointment
- Of those who received social care and support at home before lockdown, 48% received less care during restrictions.

Many respondents also told us that their mental health and physical symptoms had worsened during lockdown.

PARKINSON'S AND CORONAVIRUS - OBTAINING HELP OR ADVICE:

There is support on offer for anyone affected by Parkinson's from the **Parkinson's UK helpline, Website and Parkinson's Local Advisors** (See **Useful Contacts** below).

The Parkinson's UK website advice on **Coronavirus and Parkinson's** is regularly updated as Government and NHS policies and advice change.

<https://www.parkinsons.org.uk/news/understanding-coronavirus-and-parkinsons>

The following guidance from the Parkinson's UK Website was **up-to-date on 24th August**. The main changes include:

- On July 24th – Wearing of Face Coverings in Shops made compulsory
- On July 30th - Increase in the recommended self-isolation period from 7 days to 10 days
- On August 1st - Pausing of Shielding measures for people who are extremely vulnerable

Face coverings

If you have to be in an indoor space, it's best to wear a face covering. You may be asked to wear one in certain situations, like a GP appointment, but you should be informed of this before you go. Face coverings on public transport, shops and other indoor places are compulsory in England, Scotland, and Northern Ireland. In Wales, face coverings are compulsory on public transport.

You can see [how to make and wear a face covering here](#). We also sell [face coverings and filters in our shop here](#).

You do not need to wear a face covering if you have a good reason not to. If you have a physical or mental illness, or a disability that means you cannot put on, wear or remove a face covering, you do not have to wear one. You do not have to provide medical evidence of your reason for not wearing a face covering.

If you feel more comfortable, you can carry a face covering exempt card. [You can download and print one free of charge here](#). The second and third cards under the heading, 'Learning disability cards' are suitable for anyone with Parkinson's who cannot wear a face covering.

Staying up to date on coronavirus around the UK

Coronavirus testing and contact tracing - what do I do?

On 30 July, all 4 nations increased the recommended self-isolation period from 7 days, to 10 days. This means if you, or anyone, in your household has symptoms, **you should isolate for 10 days**.

Each country in the UK has announced systems for coronavirus testing and contact tracing to control the spread of the virus.

Testing and tracing means that, if you have symptoms, you can arrange a test. If your test comes back positive, you will be asked about who you've been in close contact with in the 2 days before, and 10 days after, developing symptoms. Close contact means:

- People you've spent 15 minutes or more with at a distance of less than 2 metres.
- People you've had direct contact with - such as sexual partners, household members or people with whom you've had face-to-face conversations at a distance of less than 1 metre.

Those people will be notified by phone, email, or text that they should isolate for 14 days. They won't be told who they were in contact with who had the virus.

If you are notified that you may have been in contact with the virus, you must self-isolate for 14 days even if you do not have symptoms.

How will I know if a notification is genuine?

If you've been advised by one of the country testing and tracing services to isolate, please do so. Trace callers will never ask you for details that could put your privacy or finances at risk.

The BBC have shared [advice on how to avoid scams here](#).

Where can I find up to date information and guidance?

- **England** - follow advice from the [NHS](#) and [Government](#)

These sources reflect the most up-to-date information and will be updated as the situation progresses.

Shielding measures for people who are extremely vulnerable

Strict shielding measures for people in the UK classed as extremely vulnerable were introduced in March. Shielding is for people at very high risk of severe illness and hospital admission from coronavirus (COVID-19) because of an underlying health condition. If you need to shield, you will have been contacted by the NHS. Only people who were advised by the NHS had to take this precaution.

Because disease levels are much lower now than when shielding was first introduced, shielding advice is officially paused across the UK. You should have received a letter updating you on what this means for you.

Jenny Harries, Deputy Chief Medical Officer for England said at the announcement, "It is not just about what it is possible to do, it's about what it is sensible to do. [...] it's advisory as we keep saying, it is for individuals to choose."

You may choose to remain at home if you do not feel comfortable with contact with others. Though time outside in the fresh air, when it's very quiet, is likely to make you feel better in yourself. Parkinson's is different for everyone and we know that it's a challenge to balance your mental health, physical health and social wellbeing. If you're unsure or need to talk to someone, we're here. Call our advisers on 0808 800 0303.

You can [see the updated guidance on shielding in England in this link on the gov.uk website](#).

USEFUL INFORMATION

BRANCH ON-LINE EVENTS (on Zoom)

Parkinson's Cafe on Zoom **11.00am Thursdays September 3rd and 17th.**

An invite and meeting link details will be emailed to the branch mailing list before each Parkinson's Café.

Table Tennis Zoom Meeting **2.00pm Fridays September 11th and 25th**

An invite and meeting link details will be emailed to the group members before each meeting.

BRANCH MEETINGS & REGULAR EVENTS

NB: All face to face meetings/events are cancelled until further notice.

We await further guidance by Parkinson's UK about how, and when, we can restart face to face meetings/events in a Covid secure manner.

BRANCH CONTACTS

Branch Chair: Harry Matthews 07515 857110 or parkinsonshjm@gmail.com

Branch and Membership Secretary: Ian Jones 07903 850597 or ianjones.parkinsons@gmail.com

Branch Treasurer: Dot Simpson 01242 583894 or dsimpson.parkinsons@googlemail.com

Committee Members: Val & Clive Corke, James Howell, Joy & James Ingram,
Didi Jepson, Hilary Moody

Branch Website: <http://www.cheltenhamparkinsons.org.uk/>

USEFUL CONTACTS

Parkinson's UK Website: <http://www.parkinsons.org.uk>

Parkinson's UK Helpline: (phone free) 0808 800 0303 or email hello@parkinsons.org.uk

Parkinson's Local Advisor Service: contact our helpline on 0808 800 0303 or email hello@parkinsons.org.uk to be put in touch with a local adviser.

Parkinson's Nurse Specialist Service: 0300 421 8109 or parkinsons.team@ghc.nhs.uk

Age UK Help Team: Monday – Friday 9am – 4pm 01452 422660

Mind: Infoline: 0300 123 3393 or www.mind.org.uk/information-support

Samaritans: call free any time, from any phone, on 116 123.