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#### THOUGHTS FROM THE CHAIR

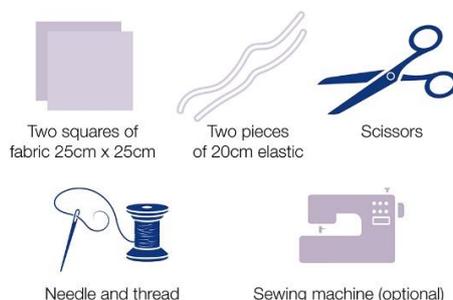
This morning someone from the British Film Institute asked the public to send in video clips of life under lockdown so that when edited, the collection would provide a glimpse of our lives in the age of pandemic. I wonder what images will remain for you when you look back at this strange time.

I am sure I will remember the fresh feeling of community solidarity each Thursday as my neighbours and I stood on our steps clapping and banging pots and pans in thanks for the NHS and all frontline staff.

Another person said they would take photographs of their not tidied up living area eight weeks into lockdown. That made me think of Tracey Emin's unmade bed entry for the 1999 Turner Prize. After 10 weeks of lockdown I understood for the first time what the unmade bed represented!

There have been lots of examples of manufacturers turning their production towards protective wear for the NHS. A bridal wear boss with no fittings in sight organised her seamstresses to make scrubs. We are even encouraged to make our own face coverings! – See:

<https://www.gov.uk/government/publications/how-to-wear-and-make-a-cloth-face-covering/how-to-wear-and-make-a-cloth-face-covering>



Celebrities have also offered ideas of how to use the extra time we have positively. Esther Ransen's advice was to make a list of people you are sorry to have lost touch with and phone them. So I phoned a former pupil I had lost contact with who struggled at school with his severe dyslexia. I was so thrilled when he told me he was now a Doctor of Philosophy and so happy to be organising Adult Further Education

It has also been a time for revisiting (or for some people writing) poetry and Radio 4 have invited well known people to read a poem that has meant something to them I really liked 'Atlas', by Ursula Fanthorpe (who taught English at The Ladies College). See below for this and other 'Poetic Thoughts':

## POETIC THOUGHTS FROM OUR MEMBERS:

### Atlas

There is a kind of love called maintenance  
Which stores the WD40 and knows when to use it;  
Which checks the insurance, and doesn't forget  
The milkman; which remembers to plant bulbs;  
Which answers letters; which knows the way  
The money goes; which deals with dentists  
And Road Fund Tax and meeting trains,  
And postcards to the lonely; which upholds  
The permanently rickety elaborate  
Structures of living, which is Atlas.  
And maintenance is the sensible side of love,  
Which knows what time and weather are doing  
To my brickwork; insulates my faulty wiring;  
Laughs at my dryrotten jokes; remembers  
My need for gloss and grouting; which keeps  
My suspect edifice upright in air,  
As Atlas did the sky.

**UA Fanthorpe**, from *Safe as Houses* (Peterloo Poets, 1995)

At a recent Zoom Parkinson's Café **Sue Duckworth** read to us her own poem 'Lockdown':

### Lockdown

You may go out  
once a day  
No children, not to play,  
but exercise,  
to the wise  
  
Shut your doors, stay in,  
if out, that's a sin.  
In their box, everyone,  
from the virus, they run.  
  
Two metres apart,  
difficult at start.  
Now, for life, this is the way,  
and for the moment, will stay.  
  
With no human contact,  
personal touch now lack.  
Phone, write, text, Skype or Zoom.  
You need not, be wrapped in a cocoon  
  
We reach for the light,  
the Lord is within sight.  
With him as our cornerstone,  
we need never feel alone.

**Sue Duckworth** - April 2020

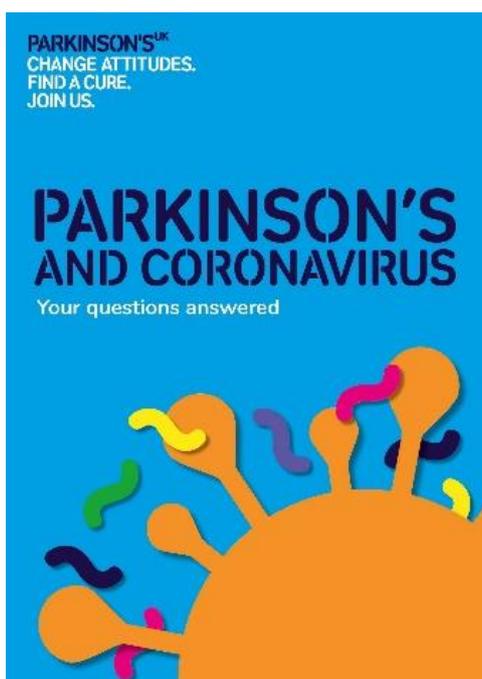
**Val Corke** sent in the following poem, by an unknown author, which so captures the consequences of our lockdown:

**And People Stayed At Home:**

And people stayed at home  
And read books  
And listened  
And they rested  
And did exercises  
And made art and played  
And learned new ways of being  
And stopped and listened  
More deeply  
Someone meditated, someone prayed  
Someone met their shadow  
And people began to think differently  
And people healed  
And in the absence of people who lived in ignorant ways  
Dangerous meaningless and heartless,  
The earth also began to heal  
And when the danger ended and  
People found themselves  
They grieved for the dead  
And made new choices  
And dreamed new visions  
And created new ways of living  
And completely healed the earth  
Just as they were healed.

**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).



A new 28 page booklet **Parkinson's and Coronavirus** has recently been published and an electronic version was sent out to those on our email list on 26<sup>th</sup> May.

For those who want their own printed version it can be obtained free of charge (and P&P free) on

**Orderline 0333 0030 523** or:

**<https://shop.parkinsons.org.uk/collections/parkinsons-uk-information-1/products/coronavirus-and-parkinsons-your-questions-answered>**

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

The following guidance from the Parkinson's UK Website was up-to-date on 29<sup>th</sup> May:

## What should I do?

### Stay at home as much as possible

Following recent briefings from governments in devolved countries, and from the UK government, guidance for people in England, Wales, Scotland and Northern Ireland is to stay at home as much as possible.

Relaxed lockdown guidance is generally for people who are fit and well, with no underlying health conditions. For people who are clinically vulnerable, like people with Parkinson's, it's very important to stay at home as much as possible, and strictly follow distancing and hygiene guidelines if you do go out.

### Reasons to leave home, and distancing

You should stay at home as much as possible. When you leave the house, for any reason, you should avoid busy spaces and keep a distance of around 2 metres (6 feet) from people you don't live with. You should also continue to follow good hygiene practices, including hand-washing, not sharing crockery and cutlery, wiping down surfaces, and not entering other people's homes.

Reasons you may leave your home include:

- for work, where you cannot work from home
- going to shops that are permitted to be open, staying 2m apart
- to exercise or spend time outdoors, staying 2m apart
- to socialise outdoors, staying 2m apart (**NB: From Monday 1 June you can spend time outdoors, including private gardens and other outdoor spaces, in groups of up to six people from different households, following social distancing guidelines**)
- any medical need, including to donate blood, avoid injury or illness, escape risk of harm, or provide care or help to a vulnerable person

If you have to be in an indoor space (like a shop or a bus), it's best to wear a face covering. You can see [how to make and wear a face covering here](#).

### Shielding measures for people who are extremely vulnerable

Strict shielding measures for people in the UK who are classed as **extremely vulnerable** were introduced in March. These people are at very high risk of severe illness and hospital admission from coronavirus (COVID-19) because of an underlying health condition. Guidance on what puts someone at higher risk from coronavirus has also been **published by the NHS**.

If you have conditions or health issues, as well as Parkinson's, that put you at extremely high risk, you will have received a letter or text message from the NHS advising you to shield yourself. If you received one, it's important to continue to follow the shielding guidance. If you have questions or concerns, you can call your GP. You can [see the shielding measures listed in this link on the gov.uk website](#).

**PS: Shielding guidelines were updated on May 31<sup>st</sup> to allow some time outdoors:**

- If you wish to spend time outdoors (though not in other buildings, households, or enclosed spaces) you should take extra care to minimise contact with others by keeping 2 metres apart.
- If you choose to spend time outdoors, this can be with members of your own household. If you live alone, you can spend time outdoors with one person from another household (ideally the same person each time).
- You should stay alert when leaving home: washing your hands regularly, maintaining social distance and avoiding gatherings of any size.

## USEFUL INFORMATION

### BRANCH ON-LINE EVENTS (on Zoom)

**Parkinson's Cafe on Zoom**      **11.00am Thursdays June 11th and 25th.**

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 June 5th and 19th.**

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.

### 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

**Parkinson's Local Advisor:** 0344 225 9821 or adviser10.west@parkinsons.org.uk

**Parkinson's Nurse Specialist Service:** 0300 421 8109 or Parkinsons.team@glos-care.nhs.uk

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

**Mind:** Infoline: 0300 123 3393 or [www.mind.org.uk/information-support](http://www.mind.org.uk/information-support)

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