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Feelings of depression and anxiety are common symptoms of Parkinson's. A psychologist at Kings London has been investigating emotional distress in "off" periods and how specialist psychological therapy may be of help. It's called metacognitive therapy and aims to increase the control people have over how they think.

With such diversity in research, the increasing power of computers and global communication, one cannot but feel hopeful about the emergence of future treatments to improve life with Parkinson's and even cure it.

PARKINSON'S VIRTUAL BIOTECH – what is this?



Parkinson's UK's pioneering Parkinson's Virtual Biotech is investing in the best ideas, wherever they come from, and rapidly turning them into treatments that can be tested and progressed.

As the drug development arm of Parkinson's UK, the Parkinson's Virtual Biotech aims to build a portfolio of projects worth £11million by 2020.

It selects and manages projects at the drug discovery, preclinical and early clinical development stages, and work flexibly and creatively with leading research organisations to

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develop and commercialise new treatments for Parkinson's. To find out more go to <https://www.parkinsons.org.uk/research/parkinsons-virtual-biotech>

RESEARCH OPPORTUNITY:

University Of Oxford

The effects of medication on learning and memory in Parkinson's

(Ethics Approval Reference: R61310/RE001)

We are looking for individuals **aged 50-75** who have been diagnosed with **Parkinson's** in the last 6 years, to take part in a research study assessing the effects of their usual medication on learning and memory.

If you express interest, you will be invited to come to the **Department of Psychiatry** at the Warneford Hospital for **3 study sessions**. The first would be an initial screening visit to assess your eligibility to take part. If eligible, you would be invited for a further 2 sessions.

One would be shortly after you have taken your usual medication, and the other would be conducted when you are in an 'off-medication state. This would involve missing/delaying your usual medication for a few hours.

Each session would take 2-3 hours of your time and will involve completing a set of computer-based tasks. These sessions would be scheduled approx. 2-3 weeks apart.

If you are interested and would like more information, please contact us.

Time and travel expenses will be reimbursed.

pd cognition@psych.ox.ac.uk

01865 618245

Version 1: 19/02/19

Central University Research Ethics Committee Number: R61310/RE001

RESULTS OF PARKINSON'S UK CANNABIS SURVEY



A total of 1,660 people with Parkinson's have completed the Cannabis and Parkinson's survey, which ran from 14 January to 24 March 2019. It was available both online (691 respondents) and as a paper version (909 respondents). It was distributed to all members with the winter edition of The Parkinson magazine.

Conclusion: People with Parkinson's want effective treatments to control their symptoms. Current medication doesn't have a lasting impact on many of the symptoms of Parkinson's. This is why one of our priorities is to speed up the discovery of better treatments and a cure.

Some people living with the condition have sought out other treatments to ease their symptoms, including cannabis-derived products. Many have seen benefits from these products. But there is little scientific evidence that cannabis-derived products ease a person's Parkinson's symptoms.

The findings show that there is interest from people with Parkinson's in using cannabis-derived products, if more evidence of their safety and effectiveness is available. This means there needs to be more research into understanding the impact of cannabis-derived products on Parkinson's symptoms.

We know there is a more comprehensive evidence base that cannabis-derived products can assist people living with MS, for example, around pain, stiffness and muscles spasms.

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Your Life, Your Services Survey: We're once again asking everyone affected by Parkinson's to complete the life, your services survey. The annual survey helps us build a picture of the state of Parkinson's health and social care services and to better understand your individual needs. Closing date is 25th October 2019 so please do take time to complete it:

<https://www.parkinsons.org.uk/news/your-life-your-services-survey-2019-now-open>

RECENT BRANCH MEETINGS

June 25th

A local community police officer talked to members and answered questions about Community Policing and Crime Prevention, with particular reference to various types of Scams.

July 30th - Branch Outing

A group of 20 members and friends felt very privileged to be treated to a private group visit to the Jet Age Museum at Staverton. We were divided up into small groups and spent 20 minutes with each of four guides who spoke about different aspects of the impact of the invention of the jet engine on aviation. It was really fascinating!

Special thanks to Brian Rawnsley, who is also a Museum volunteer, for organising the visit, also to Didi Jepson for arranging the very pleasant buffet lunch that we enjoyed at the Aviator afterwards.



August 27th



Once again an entertaining Quiz from Harry, our Branch Chair, tested our 'little grey cells' and a delicious 'Bring & Share' afternoon tea provided 'brain food'.

Amanda Thomas announced that she had raised £3060 for Parkinson's UK with her recent sponsored walk, of which £1750 has been donated to the branch to support exercise activities.

Amanda, along with two friends and a very cute dog, completed the twenty-five-mile Pilgrimage Challenge Walk from Strata Florida to Abbey Cwmhir in July.

UPDATE ON HOSPITAL BASED PD NURSE SPECIALIST POST

This post has been advertised and an appointment has now been made but no date has yet been given for when the new nurse will start seeing patients.

In the meantime, in the absence of a hospital based nurse service, the Community PD Nurse Team can be contacted on 0300 421 8109 or email parkinsons.team@glos-care.nhs.uk

FIT FOR THE FUTURE – Developing Urgent and Hospital Care in Gloucestershire

If you have not already seen details in the local press, there are further proposals on changes to local hospital services, including the possible, further downgrading of the A&E Department at Cheltenham General Hospital to a GP-led Urgent Treatment Centre.

There is a consultation on these proposals until October 14th, under the heading ‘**Fit for the Future - Developing urgent and hospital care in Gloucestershire**’. Details and a printable consultation form are on:

<https://www.onegloucestershire.net/yoursay/fit-for-the-future/>

An on-line consultation form is on

<https://www.smartsurvey.co.uk/s/fitforthefuture/>

Our local Cheltenham MP has an online petition on the topic on:

<https://www.alexchalk.com/campaigns/save-cheltenham-a-e>

REACH, a campaign by the Cheltenham Chamber of Commerce, have just published a ‘reading between the lines’ analysis of consultation document and survey:

<https://www.reachnow.org.uk/fitforthefutureexplained/>

<https://www.reachnow.org.uk/reach-launch-fit-for-the-future-survey/>

On all three sites there is the opportunity to detail your personal experiences of local A&E services and to give your opinion on the possible implications, if you have a life or limb threatening illness or injury, of a longer journey to a single A&E Department in Gloucester.

CHEAPER TRANSPORT - COMMUNITY CONNEXIONS

Community Connexions is a charity which provides the community with transport at a reasonable cost. Their leaflet says:

From shopping to hospital visits, we offer affordable door to door transport throughout Gloucestershire and beyond for individuals and groups. Our annual Registration fee is £15 which enables unlimited travel with charges for each journey starting from as little as £5 depending upon where you want to travel.



For a Registration form phone 0345 680 5029

FINALLY: - Airport ‘left man with Parkinson’s to crawl’

The Metro on July 31st reported that:

A man with Parkinson’s says he had to crawl through an airport after his flight was cancelled. David Allen, 57, had to get a flight from Heathrow a day late, causing his medication to run out with none available in the area – leaving him ‘shaking and dizzy’.

Heathrow’s special assistance desk was fully booked and had to turn him away because it was not told in advance that he needed help.

The Parkinson’s UK board trustee said ‘I was more or less on my hands and knees crawling through security’. Heathrow has apologised ‘unreservedly’ and said it would be contacting Mr Allan.

This unfortunate case suggests two travel tips for People with Parkinson’s:-

- Always travel with several days’ spare medication, if away from home overnight
- Book special assistance in advance to allow for fluctuations in symptoms when travelling.

FUTURE BRANCH MEETINGS

We meet on the last Tuesday of most months,
at 3-00pm, in St. Mark's Methodist Church Hall,
Gloucester Road, Cheltenham, GL51 8PX

2019

24 September

Alison Anderson *World Parkinson Congress, Tokyo*

29 October

Dr Sarah Whitson, Clinical Psychologist, *PD and Mental Health Issues*

26 November

Dr Peter Fletcher *Latest Research News*

10 December

Christmas Lunch *Venue tbc*

2020

28 January

Toni Vassilouthis *Get Moving in The New Year: Exercise Demonstration*

25 February

Branch AGM *Speaker & Topic tbc*



REGULAR EVENTS

Coffee Drop-In Mornings 10.30-12.00 on 2nd Wednesday in the month at the Norwood Arms, Leckhampton Rd, GL53 0AX. All welcome. There is disabled access and parking. NB: The £3 all day, car parking charge for all car-park users (including blue badge holders using the disabled parking bays) will be refunded to customers.

Table Tennis Club every Friday 2-4pm in St Luke's Church Hall, St Luke's Place GL53 7HP. Cost £4 pp, £5 couples. All abilities welcome. There is disabled access and parking.

BRANCH CONTACTS

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

Branch Secretary: Post currently vacant

Branch Treasurer & Acting Membership Secretary: Dot Simpson 01242 583894 or dsimpson.parkinsons@googlegmail.com

Committee Members: Didi Jepson, James Howell, Val Corke & Clive Corke

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