



Richard (the chair) is moving house and feeling a bit under the weather, so Angela (management team) is taking over the front page!!

Happy February everyone!! Firstly, let me explain the picture before you all think we are going a bit bonkers. This is my baby (52kg) Ice, last week I eventually got her to the vets to have her spay. Although she is seven this year, she has very upsetting phantom pregnancies three times a year and health risks increase with age, so I took the plunge. Unfortunately, she had had some dodgy surgery prior (she is from abroad!!) so the op had complications, but she is slowly recovering and feeling very sorry for herself

having to wear the plastic cone as she can't wipe her slobber chops on my settee. It has meant I am also on house arrest and as someone mentioned we don't really cover much about 'Parkinson's' so I thought I would have a little scout on 'tinternet and see what I could find....not much up to date but

This time last year the NHS reported on the new 'wearable' 24 hour infusion for advanced PD. The treatment is called foslevodopa-foscarbidopa (Produodopa). This is delivered by a small pump worn 24 hours a day providing a continuous subcutaneous infusion. This method of delivering medication is particularly beneficial for patients experiencing significant motor fluctuations that can't easily be controlled with oral medication. This is a similar method to the Apomorphine injection, which has been available for some years. As we know, as PD progresses the symptoms become more difficult to manage and some people who have had the condition for a long time have 'wearing off' periods, and these medications and delivery methods are developed to help in this situation.

I wonder if any of our readers have been prescribed the 24 hour pump and if so, would you share your experiences with us? It is good to know that new drugs and new ways of administering them are being developed and prescribed. Of course, it takes time for new medications to get to the point of being used. If you are interested in what is happening in the world of research and development or if you would like to get more involved by helping with trials, have a look at this website:

<https://cureparkinsons.org.uk/>

So how to help ourselves live well with Parkinson's? – this doesn't change much and I'm sure everyone knows that exercise, eating well and getting enough sleep is the basic self-help everyone should be mindful of. Of course, there are numerous different levels below these basics such as social interaction, engaging with nature, taking time to breathe, live in the moment, do good deeds, feel good about yourself etc etc. Perhaps we will delve deeper into these in later issues, but I will leave you with a link to advice about improving energy levels (you can sign up for regular articles)

https://restless.co.uk/health/healthy-body/tips-if-youre-feeling-tired-all-the-time/?contact_id=3b2fbbe092

Thanks for reading Angela xx

Quick dates for your Diary:

Monthly Lunch Club Queen Eleanor.

Tuesday 4th February

Monthly Meeting at Olde Cobbler

Tuesday 11th February

Every Monday, Wednesday and Friday – Walkies

Every Thursday – Fit&Fab Exercises

Newsletter Contents (after this page)

Photo Competition Update / Walkers January Pic / Sylvia's Gardening Bit / John's Poem / Word of Warning / Fundraising Page from New Website / Usual Stuff /

Photo Competition Update

Dear members, here are 4 photos selected from your submissions.

The initial response for an NPP 2026 calendar was not as large as originally anticipated.

It was therefore decided that we would initially turn this into a photo competition, however if we attract a larger response we can reconsider our position.

We are unable to commit the charity to an expenditure for a calendar, unless the NPP members are fully committed to the idea. Barry.



Not in the competition but for good measure here is a recent pic of the **Monday Walkers** – proving whatever the weather they are out and about at ten thirty in the Racecourse Car Park, raring to go!

They sometimes split up and half walk a bit further and everyone meets up at the Umbrella Café for a very reasonably priced hot drink. Good chat and lots of laughs along the way.

Exercise, fresh air, social contact, out in nature, time to breathe, helping each other by friendship and encouragement.

Sylvias Gardening Bit...Gardening February 2025

Yeah! By the time you read this there will be teeny weeny signs of the approaching Springtime! Already the bulbs are throwing up shoots. Bit too early for my liking really as we are sure to get more frost. It is amazing that they survive the dramatic swings in temperature.

Now is the time to stock up on your seeds. A well-known local garden centre is selling them at half price. Bargain! Just check the 'sow by' date on the back of the packet. I bought quite a few and the dates were good, most lasting until 2027. I now have enough seeds for the next two years. Be aware though that cucumber and chilli seed packets mostly only have around five or six seeds in the packet. Which is outrageously expensive when full price is £3.49 or thereabouts. I have made a promise to myself that this year I will be saving some seed from my chilli and cucumber plants to sow in 2026.

I have actually set some chilli seeds today because they are notoriously slow to germinate. The variety I have chosen for this year is called Demon Red! Yes, a name which instills a little fear into me as to how hot the fruit will be. Only time will tell! Even if you don't particularly like to use chilies in your cooking they make a very attractive indoor plant for the kitchen windowsill. I have set the seeds in slightly deeper trays than in previous years, one seed in each module. I am hoping that by doing so I can let the plants develop into good strong specimens before having to transplant them. I wrap the trays in cling film to retain moisture and give extra warmth just until the seeds germinate then it will be removed.

The other chilli I have sown today is a 'Padron' pepper. The fruits on this one are much larger and if picked when still green they are not so hot. Delicious sliced in half lengthwise and stuffed with rice or just chopped vegetables plus a sprinkle of grated cheese on top then baked in the oven. In Spain they are simply sliced in half and fried in a little olive oil and served as a Tapas. Very popular with both locals and tourists.

Potatoes are now 'chitting'. This is to let the new sprouting shoots develop strongly before planting out. This year my chosen variety is Pentland Javelin first early.

Last Autumn I mentioned the cleaning of secateurs, clippers etc. I didn't take my own advice (again!) so am checking them over now. I only have a small pruning saw, secateurs, long-handled clippers and a re-chargeable shrubber. These four pieces of equipment are sufficient for all of the cutting/trimming jobs in my garden. I will sand them clean with coarse sandpaper and then oil them. I am spurred on to do this now because I want to check my apple and pear trees. It is now the right time to remove any branches which are dead or diseased. Also to cut out any branches which are growing sideways across the middle of the tree or which you think are growing too high. I use secateurs for smaller diameter branches and the small pruning saw for thicker ones. The aim is to keep the shape of the tree open in the middle. However, my pear tree is relatively young so shouldn't need much doing to it. The apple tree is much older so will check that thoroughly. Be aware though, that you should not be pruning the entire tree, because if you do you will not get any fruit this year! This year's fruit will be produced on short spurs growing off the bigger branches. You are merely checking for diseased and crossing branches.

Last but not least it is time to aerate your lawn. Just an ordinary long handled garden fork will do. Push the fork into the grass the full length of the tines and pull straight out. This helps with drainage if you have any wet, boggy patches keeping the grass healthier. Simple!



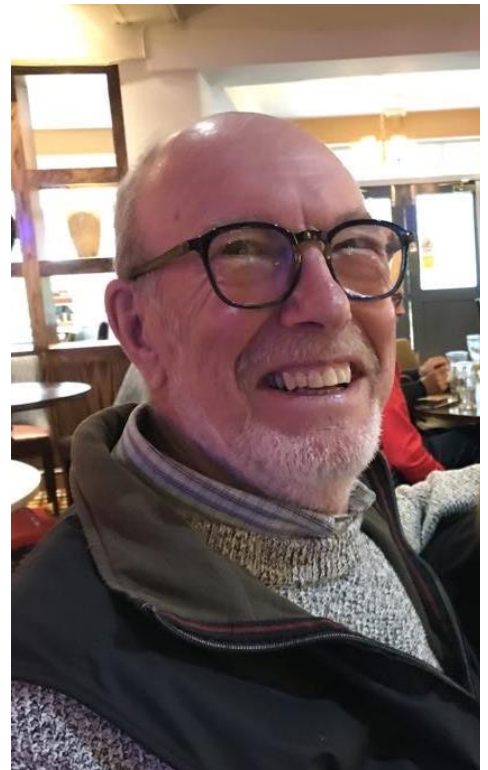
Happy gardening everyone. The first pic on left is the first daff spotted in the garden, the picture of the squirrel was taken by me in Abington Park during our regular walks. (Everyone welcome!) I take apples to feed them part of their five a day! 😊

Sylvia x

He's been at it again..... (a poem by John)

Come along to FIT & FAB!

*Have you been to Fit and Fab? If not, you should.
All those who've attended say it does you good.
I've just gone along for my initiation,
And indeed, it was a keep fit education.
Angela makes it lively, and there's a lot of laughter.
And would you know, there's coffee, cake and chat after.
The exercises themselves might be 'bend this and twist that' –
A few more goes and I'll be as supple as a cat!
Keeping in step, and in time, uses the brain too.
Wow, I've just solved that crossword clue.
Well, I went to the session all dull and drab
And now, lo and behold, even I'm Fit and Fab!!*



Very many thanks Angela for all the help you give to the NPP members in so many ways.



A bit more from Angela. A Personal Word of Warning.....

For those of you who come to exercises, I may have mentioned that I, fairly recently, 'inherited' an Uncle Norman. This is a little joke I tell people, but it is in fact true, Uncle Norman is my late mum's brother. The summer before last he got in touch asking if I could help him out a bit. Which of course I did. However, he did run me around in circles changing his mind constantly about every decision he made. Now it is fair to say he has always been odd, so I just did my best. Cutting a very long convoluted story short, Uncle Norman was sent to hospital and is now residing in a care home..... 'pleasantly confused' according to the resident GP.

Before all this happened, he had in fact registered me as his next of kin.... Fast

forward to the here and now. The care home are sending me his bills – it's over £1100 a week! A 'trainee community worker' has deemed Uncle Norman to not have capacity to make decisions.... I do not have access to his funds, and he did not have a Power of Attorney, (I knew he wouldn't agree to filling one out, so I never approached the subject).

I will say he quite likes being at the care home and he is being looked after; getting fed and he no longer has responsibilities, which has made him less anxious.

However, now I have to apply to the court of protection to be able to act as his 'deputy'. It has taken hours to complete the many form. As part of this process I need to engage a health professional to confirm his incapacity and to fill out one of the many forms required. However, the resident GP can't help. The 'trainee community worker' has not answered my email to enquire if they would oblige. I'm a bit stuck!

So, the moral of this tail is you haven't guessed it already, please make sure you have a Lasting Power of Attorney. No one knows what is around the corner. It will make life so much easier, and it costs a lot less.

You can download the forms, fill out and register them yourself or you can use other financial institutions.

Here is a link to all the information: (If you need help just let me know) 01604 244 444

<https://www.gov.uk/government/publications/make-a-lasting-power-of-attorney/lp12-make-and-register-your-lasting-power-of-attorney-a-guide-web-version>

Angela's Bit continued and changing the subject.

You may recall I mentioned that our website is being updated as the old one is very much out of date – well, work continues. As part of that we thought it would be an idea to add a fundraising page and here it is below too – I hope you enjoy the little history lesson.

Although we are a relatively young charity, some of our founders have a very long history of supporting people affected by Parkinson's in Northamptonshire. Most importantly Val Hamblin was instrumental in helping Northants Parkinson's People become a charity. Val had been the leading force of support locally for over thirty years, volunteering for a National Parkinson's charity, running, as was then, the local Branch. Val dedicated immeasurable time to support people affected by Parkinson's and with her committed team raised thousands of pounds over those years for that charity. Pic: Val Hamblin



Val's branch provided a dedicated, once a week day centre for people with advanced Parkinson's. It was called the Tulip Group and Angela who provides our one-to-one support managed that day centre for several years. Val's branch also raised all of the money to pay for the first Parkinson's Nurse in Northamptonshire for the first two years in post. Some of you may remember Pete Smith.

Becoming disillusioned with the National Charity, Val retired and put her long standing and excellent reputation behind us instead, thus ensuring continued local support where we all believe it matters.

Every charity requires funds, especially to get going and in the early days we were very lucky to have financial support from Simon, one of our initial supporters, and his family. They raised funds for us from a family gathering. Thank you once again Simon for helping us to start Northants Parkinson's People.

Once we had our Charitable status, we then had a generous donation from Terry Cadby who joined Freemasonry in 2010 and is a member of the Lodge of Harmony No 9048 in the Province of Northampton & Huntingdonshire. Terry was the Worshipful Master for two years and is a friend of Simon and Angela (who 'mans' our helpline).

Pic on right: Terry, Angela and Simon



We then received generous donations from Lady Lowther and Pamela Dunn (Left) who were both long standing friends of Val's and had supported her in her good works for many years. These two wonderful ladies supported people affected by Parkinson's tirelessly, hosting events and attending most of Val's monthly meetings. Lady Lowther also chose us as one of the charities in her memory when she sadly passed away in January 2022. Lady Lowther and her husband Sir John Lowther were both extremely active in local charities within the county and we are very proud of our connection to their legacy.

As a charity we want to remember and thank the people who helped us to begin and who help us to continue. Since those early days we have continued to receive donations from local people who value the support we offer. Thank you to everyone who has donated, from in memory donations to independent groups raising funds for us. Too many to mention individually but we are extremely

grateful, and our committee works together to ensure our funds are used locally, supporting people who are affected by Parkinson's disease.

We can't have a fundraiser page without showcasing our super-doooper mega amazing little whirlwind fundraiser Sylvia – you will all know this marvellous powerhouse pocket rocket....

Sylvia, with a little help from her friends, has raised an amazing £6000.00 ish since we got our charitable status. That is a huge amount of money!! She started by selling things out of the back of her car, 'Del boy' like during lockdown on the walks, this continues today, plus sales at Fit&Fab, Car Boot and Tabletop sales and various raffles. Recently we have been selling items on ebay too. These 'items' include Sylvia's plants – always strong and healthy, Jams and Marmalades she makes herself, always tasty and well received. Any items donated get resold including a good little book selling gig. Of course, Sylvia has a little gang; Rosemary who makes delicious cakes to sell and the very talented Pat who makes beautiful cards and trinkets. We must also mention everyone who buys and donates – thank you all so much, we really appreciate you all.



Selling stuff out of the car



Sylvia



Pat, Sylvia & Rosemary

If you would like to donate to us there is a button above to do so, we encourage everyone to join us too; this allows us to keep your name and contact details so we can let you know what we are up to. We may also from time to time offer subsidised events to our members as a thank you.

If you would like to fundraise for us, we would very much appreciate your help, with extra funds we can set up new groups and expand further into the county, therefore providing more support closer to where people live.

Thank you so much everyone. I hope you have enjoyed this little bit of history. Angela

(I will let you know when the new website is up and running – where there will be a donate button)

We have a couple of fundraising activities coming up this month (February). Unfortunately, on the same day but that gives you a choice or go to both! Firstly, Sylvia and her gang have a table top sale coming up:

Indoor Tabletop Sales at Moulton Community Centre, Sandy Lane,

Moulton NN3 7AX

Sunday 23rd February

10am to 1pm

See below for a really exciting event and our HUGE Thanks go to Tristan for organising this. ** Car Booters Alert **

NORTHAMPTON Shaleway

CAR BOOT & AUTOJUMBLE

NORTHAMPTON INTERNATIONAL
RACEWAY
NN7 2BA



THE FIRST IN OVER 35 YEARS

February 23, 2025

Sellers 8am - Public Entry 9am

IN AID OF



NORTHAMPTON SHALEWAY CARBOOT

☀ The Car Boot Sale is Back! ☀

After 35+ years, Northampton Shaleway is hosting the ultimate Car Boot & Autojumble!

📅 When? February 23, 2025

🕒 Sellers: 8 AM | 🕒 Buyers: 9 AM

📍 Where? Northampton International Raceway, NN7 2BA

💙 All proceeds support Northants Parkinson's People, a local charity making a huge difference to those affected by Parkinson's and their families.

🚗 Got something to sell? Don't miss this chance to clear out and cash in!

🛒 Searching for bargains? There'll be treasures waiting for you!

👉 Tag your friends and make a day of it! Let's make this event unforgettable.

**Please, Please,
Please Folks try to
get along to this
event, bag a
bargain and help
raise funds for us.**



Olde Cobbler Update ~ next meet 11th Feb 2pm

Happy new year, if it's not too late to say that but as we didn't all have our pub meeting in January, it feels right to wish you this! Speaking of Olde Cobbler meetings, we have some really good speakers lined up for you all! Firstly, for our February meeting on the 11th, we have the lovely Alison joining us to talk about her experience 'walking with Gorillas'...I've had a small sneaky peak, and I know you're going to love it! We also have talks around living with a guide dog, outreach will be rejoining us (failed roll over from January), women of the RNLI and the Northampton vineyard to name a few of our guests who will be joining us over the rest of the year! Can't wait to see you all there! Karen xx



Regular Activities ~ everyone welcome ~ come along ~ enjoy 😊 Weekly:

Mondays – Walk in the Racecourse, Starting at the Car Park, Kettering Rd. 10:30am

Wednesdays – Walk in Abington Park - Next to the Bowling Green, Nr Christchurch Rd, Abington Park 10:30am

Fridays – Walk in Abington Park - Next to the Bowling Green, Nr Christchurch Rd, Abington Park 10:30am

Thursdays – Exercises at Abington Church/Parish Rooms, Park Avenue North (Corner of Ashburnham Rd. N'pton NN3 2HT 10:00am

All medical research proves that exercising in later life and especially if you have Parkinson's keeps you fitter, healthier and happier for longer. Improves:

Balance*Strength*Stamina*Posture*Coordination*Cardiovascular Health*Walking Gait*Mood*Flexibility

(1st Thursday of the month finishes at 11:15, every other Thursday finishes at 12 after tea, coffee, biscuits & chat). £5 each Tel Angela for more info: 07954 099 537

Tuesdays - Mobility Indoor Bowls 4:30pm – 6:30pm

There is a small fee of £3.00 per session. Bowls and shoes are available. The club has an adapted wheelchair available. For more info just ring Richard on 07735 779422.

Monthly Groups:

1st Tuesday of the Month Lunch Club – 4th February 12:30pm Queen Eleanor Pub, London Road, Nr Wootton NN4 7JJ Reply to this email if you plan to come along please.

2nd Tuesday of the Month Olde Cobbler Meet Up – 11th February 2pm ~ 4pm Olde Cobbler, Acre Lane/Welford Road, Kingsthorpe. NN2 8BN. Come along to Walking with Gorillas. Please reply to this email letting Sylvia know if you are attending.

We are still waiting for a deluge of applicants to last month's questions.....Would anyone like to join the committee? It would be really nice to welcome some new thoughts and ideas on board. We would not expect a big commitment; we have an online meeting every two months or so. We would also be supportive if someone would like to start a new project or group to add to our list. So, if you are feeling like you could help us out, please give us a call.

Also, would anyone like to take on the Membership Secretary's Role? This is just a little admin role, keeping records and replying to new members via email or telephone.... Fancy helping us out?

Enquiries: enquiries@northantsparkinsonspeople.uk Tel: 01604 244 444

Northants Parkinson's People is registered in England as a charitable incorporated organisation. Registered office: 5 Redland Drive, Kingsthorpe, Northampton NN2 8QE. Registered charity number: 1188652