



Wakefield Parkinson's Support Group

March 2018 Newsletter

Planned events for February were:

- Monday 5th, 19th = Walk around Pugney's Country Park
- Tuesday 6th and 20th = Hobbies and activities at Kettlethorpe
- Tuesday 13th and 27th = Coffee morning at Angelina's Tea and Cake, Batley Mill Outlet
- Wednesday 28th = Social meeting at Wrenthorpe
- Thursday 8th and 22nd = Coffee morning at The Wickham Arms in Cleckheaton
- Friday 2nd and 16th = Coffee morning at The Victoria Garden Centre

Saturday 10th February = Trip to Wakefield Theatre Royal to see 'Scary Bikers' written, directed and performed by John Godber and Jane Thornton

Monday February 12th = was the Monthly meeting at Wrenthorpe Village Hall. Items on the agenda were:

John Roberts introduced himself as our new Parkinson's Research Champion and his role will be to help people within our group gain access to research projects and information through internet or by post. Further information will be entered into this newsletter.

Video's were shown on the following topics:

'Breathing and swallowing in Parkinson's disease' Another video of the swallowing problems faced by Parkinson's patients, this time from The Davis Phinney Foundation which highlighted the lack of research into swallowing techniques which is particularly important for Parkinson's patients who lose the natural pattern of swallowing which is why choking happens. Parkinson's patients need a higher lung pressure before they can swallow compared to none sufferers. It was recommended that Parkinson's patients take a deep breath before swallowing to prevent any material going into the airway and also before talking. The importance of clearing saliva from the mouth before swallowing was also highlighted. The general advice was = Get the mouthful of food ready (chewing) take a deep breath and then swallow. The key point made was **'Breath is fuel to aid talking and swallowing'**.

'Dyskinesia' A video by the John Rylands Library Clinical neurologist at Manchester University. We all know that Parkinson's patients have a reduction in Dopamine which can cause movement difficulties but the lack of Dopamine also causes the volume control to be turned down on pain which means they feel it more = **Enhanced central sensitisation**. There has also been some research in laser treatment to assess **why** Parkinson's patients have higher pain sensitisation than none Parkinson's sufferers.

'How to prevent Dyskinesia in Parkinson's' The main drug = L-Dopa can cause dyskinesia because the dopamine from L-Dopa is going into cellular machinery that hasn't yet died off. There is some ongoing research being carried out using ultrasound to hopefully trigger a signal for more control of dopamine. This may involve the use of a headset (Transducer) or an under the scalp device to control Neurochemical release.

Monday 19th February = The first of our two First Aid courses was held with twelve members taking part. The basics of first aid were covered such as falls, cuts, heart attacks and stroke, hypothermia and broken bones. Within the time constraints those taking part learnt enough to give them the confidence to administer first aid if they were ever required to do so.



Thursday 22nd February = The trip to Tennants Auction Rooms in Leyburn was extremely enjoyable for the 32 of our members who attended. After travelling through some lovely countryside, including the village of Bedale, which has been a market town since 1251, we arrived at Tennants Auction rooms and were greeted by Rodney Tennant himself, the chairman of the company. Rodney gave us a brief history of his family and how they started out in the 18th century as stonemasons, wool merchants,

grocers, hay merchants and auctioneers. Rodney himself started work as a porter in Sotheby's at the young age of 15 without any qualifications behind him. From that humble beginning of one person in the 1970's the business grew into what it is today, a fourth generation business that is the largest auction rooms in Europe with 25 specialist departments. His brother still has some involvement in the business and Rodney's wife and children are also involved in one capacity or another. Rodney is very keen on social history so his stories about the business and his life were very interesting and he made us feel extremely welcome and stayed with us throughout the day, showing us around the various auction rooms and even clearing the plates after the excellent lunch! A few of us had brought small items for valuing but unfortunately none of us left as new millionaires.

Wednesday 28th February = There will be a viewing of the film *'Kinetics'* by Sue Wylie

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- Friday 2nd, 16th and 30th = Coffee morning at The Victoria Garden Centre

Monday 12th March = Our regular monthly meeting at Wrenthorpe Village Hall

There is a Concert planned at the Central Club in Batley on Friday March 23rd.

Tickets are still available at £2 each which includes a buffet supper

The draw for the Easter hamper raffle including lots of other prizes will take place at the meeting on Wednesday 28th March in Wrenthorpe village hall.

Good Luck to all

There will be a Table Top sale at Wrenthorpe Village Hall on Saturday March 31st which will include Bric a Brac, jumble and our other usual stalls including craft stalls, jam jar tombola, games, handmade greetings cards and many more. Any donations for the jam jar tombola would be gratefully received

Please inform David as soon as possible if you would like to book a table

Welcome to any new members who have joined us this month, I'm sure you will all enjoy the company of others in the group, making new friends and sharing problems along the way. You may even have new ideas for fundraising or trips and also have fun at all our events and activities.

If any new members have any crafting skills please let us know as they would be greatly appreciated, knitting, needlework, woodwork, crochet etc to make items for our fundraising events