

Happy April Fools Day!

I suspect the phrase above has now focused your mind on attempting to find an article that is made up! Perhaps there are none or maybe I've slipped more than one in...you better concentrate.

Firstly, I want to share with you the topic I discussed at the last Committee Meeting and which gives me the most concerns going forward. This is increasing the number of people we can call upon to manage/organise/execute at various events as part of 'The Volunteer Team'. As the saying goes 'if you want something done, ask a busy person' which in the Branch translates to the same individuals getting involved in each and every activity/task. While one might shrug shoulders and think so what, there are real consequences:

Many of the individuals I refer to have Parkinson's or are reaching significant ages.

The term 'Volunteer Burnout' is well known

Those Branches that allow Volunteer Burnout tend to implode and are shadows of their former selves

Experience teaches us that all events, for example, the Summer Picnic, are made up of many activities from organising signage, organising car parking, checking attendance against the entry list, collecting & erecting gazebo & tables, sorting tombola prizes etc etc. All that is needed is that those who can help (and we appreciate that this does not apply to everyone) adds themselves to the 'The Volunteer Team' list and does as much as they can.

The second thing I would like to emphasize is that members with Parkinson's must be tenacious when engaging with the NHS. I think it is fairly common knowledge that Neurology services are stretched with consultants, specialist nurses and others having extremely high caseloads. While the Branch can help with basic generic education, through the Friendship Group and Newly Diagnosed Group, we are not medically qualified so cannot give guidance on drug regimes and the like. Accordingly, I would like to remind you to be tenacious – don't let an engaged tone put you off from fighting for your right to seek regular medical attention.

Did you hear the latest research news on Radio 4? Parkinson's experts in Peru have developed a premium quality long-sleeved Alpaca Vest, specially designed to reduce Parkinson's disease tremors! Crafted from soft and breathable Alpaca wool, this vest provides exceptional warmth and comfort while actively reducing tremors. The vest features special compression points strategically placed to target the areas affected by Parkinson's symptoms. Worn daily, the Alpaca Vest can help stabilize your movements, improve your balance, and reduce tremors, allowing you to move with confidence and ease. Given the remarkable results in medical trials, I'm looking into the availability of Alpaca in the Guildford area together with the necessary knitting expertise. Watch this space.

You may remember that Paul Mayhew-Archer presented his one-man show at Pirbright and Guildford last year and is a big campaigner for Parkinson's related activities. His latest initiative is to meet up with well-known BBC journalists to raise the profile of Parkinson's

through a podcast called Movers and Shakers it's available here:
<https://open.spotify.com/show/4dipKcMG0locnGsdRmB2nJ>

Please once again put these dates in your diary

11 April 2023 - World Parkinson's Day

22 July 2023 - Summer Picnic

Finally, I'd like to share a for-sale notice with you. Not only is this in my opinion great value for the purchaser but all profits go to the Branch.

Items For Sale

(with proceeds going to the Branch)

- **Kuschall Compact wheelchair**
 - Bought from Hexagon in Farnham 4 years ago.
 - Ideal for person with Parkinsons as enables user to to propel themselves along manually, or he could be pushed or one can attach the battery and move effortlessly.
 - Excellent condition
 - Fully collapsible and can be put in the car boot along with the battery and the armrests, etc.
 - Full instruction manual, and a shorter handbook (12 A4 pages) with good, clear instructions.
 - Also included is a fully covering wheelchair mac for the seated passenger.
 - As of today a similar model is priced at £1,7745 - £2,320, excluding the battery etc.
 - £250 ONO with proceeds to be donated to the Branch
 - Further details available from Sophie Fergusson <sophie1@fergussons.org>



That's all for now....hope you have a Happy Easter and don't believe everything you are told.

If it's not obvious, the use of alpaca in management of Parkinson's disease is in 'Exercise' not vests!

Here's me getting in my daily alpaca march!

Keep well, keep smiling

David