

Cakes Galore!

There was a surfeit of cakes at Mannings Heath village hall on Sunday 4th June as the Horsham branch of Parkinson's UK hosted afternoon tea as part as a major fund and awareness raising event.

The day started with a 5 km fun run/walk. About 30 people set off at 10am. The route started in the village, did a circuit of the green, before heading round the golf course. Mannings Heath golf club kindly closed their Kingfisher course for the duration of the event to eliminate the risk of being knocked out by a golf ball!

Afternoon tea was accompanied by live music from Beat Squad playing popular music and The Church Street Stompers; trad jazz with Steve Allen spinning his discs during any down time.

On the adjacent village green there was a martial arts demonstration, soft archery, face painting, plant and craft stall, and teddy bears picnic.

All in all the day was a great success raising over £2,700. A huge thank you to everyone who supported the event and helped make the day a success. There are too many to name individually but particular thanks to Cubitt and West for sponsoring the event, the Scarborough family and Maija Bruce.



Dates at a glance

7th July: branch meeting, 11:30am, Mannings Heath Village Hall with Rachel Fairs Neuro physiotherapist

8th July: Hilliers Garden Centre collection

11th July: tango, Mannings Heath Village Hall, 7pm

13th July: working age group meeting, Lintot pub, 7pm, open to all

2nd August: tango, Mannings Heath Village Hall, 7pm

5th August: Newbridge Garden Centre collection

10th August: working age group meeting, Lintot pub, 7pm, open to all

18th August: visit to Huxley's Birds of Prey centre, arrive 1:30pm, flying display starts at 2pm, afternoon tea at 3:15pm

1st September: branch meeting, 11:30am, Mannings Heath Village Hall with Parkinson's UK research team

6th September: tango, Mannings Heath Village Hall, 7pm

14th September: working age group meeting, Lintot pub, 7pm, open to all

15th September: art workshop, Mannings Heath Village Hall, 11:30

For further information and details of weekly activities see pages 4 to 7.

Smooch a Pooch

Judith Gorton reports:

Pets as Therapy paid a visit to the May branch meeting with Luna and Maggie accompanied by their owners Laura and Sam. Pets as Therapy is a National Charity that enhances the health and well-being of thousands of people in communities across the UK. People of all ages get a chance to chat to someone - and stroke a friendly dog or cat!

Usually, Laura and Sam visit local schools and care homes, in the Horsham area, to help relieve stress and anxiety but thought they would see how our group would take to the visit.

Luna is a 3year old Sealyham Terrier, a Welsh breed of small to medium terrier which have a very gentle temperament. Laura decided upon a Sealyham after looking at Discovery dogs at Crufts.

Maggie is a rescued retired Greyhound who has been with Sam and family for nearly 2 years. Although she has raced she is very docile, loves people, and likes to lean on people when stroked!

Sam and Laura walked around the group talking to each table so everyone was able to stroke the dogs and talk to them about their dogs, the things they like doing and how they got involved with the Charity.

This was done before the tea/coffee and cake was brought out to each table! I think it was well-liked by all!



Jeremy talks photos

Jacqui Allen reports:

At the June branch meeting we were treated to a fascinating talk on photography by Jeremy Collyer.

Jeremy illustrated the importance of lighting, aperture, and shutter speed by showing us various shots of an orange dropping in a bowl of water. The faster the shot the greater the detail.

To get a really good fast shot you need a lens that lets in a lot of light. An argument he uses to justify buying bigger, better and more costly lenses to his wife.

Jeremy then explained how he positioned his equipment, including motion detector and automatic camera firing to take pictures of birds at his bird table. The detail was great but, due to the delay between the sensor detecting movement and the camera firing, he ended up with some wonderful pictures of avian anatomy including wing tips, claws and tits bottoms. Great pictures in their own right but not quite the result he had been hoping for.

After predicting the flight path of the bird, Jeremy re-positioned his equipment and got some amazing shots of our avian friends including a rather wonderful robin.

Having sated his thirst for birds he turned his attention to an even more difficult subject, bats. These creatures are notoriously difficult to get good shots of because of their habit of sleeping by day and flying by night. They also have an erratic flight pattern making predicting their flight path almost impossible. After much tenacity on Jeremy's part we were treated to some fantastic pictures of these wonderful little creatures flying over the pond in Jeremy's garden.



PD Warrior demo and taster session

Tom Dellmann reports

On 27th June, at the invitation of the branch, Vicky Knight from LV Rehab ran a PD Warrior demonstration and taster session in Horsham.

Vicky owns and runs LV Rehab. She is a qualified physio and also a licensed PD Warrior instructor. Originally developed in Australia, PD Warrior is a trademarked exercise programme designed for individuals with mild to moderate idiopathic Parkinson's. It aims to drive the brain's ability to re-wire itself and is based on seven core principles:

- High effort
- Power
- Frequency
- Specificity
- Meaningful
- Complexity
- Fun



Individuals are initially assessed and baseline measurements taken on areas such as gait, balance, fine motor skills and dual tasking. Participants then take a series of one to one sessions to educate and coach them on the principles of the programme and to get them started on the 10-week challenge. Once familiar with programme principles, people are encouraged to join group PD Warrior sessions. One to one reviews, undertaken on a regular basis, ensure each individual is optimising their abilities.

Attendees at the workshop were given an excellent presentation into the power of exercise, and in particular PD warrior, for improving the lives of those with early onset Parkinson's.

After the presentation everyone was put through their paces in an intensive PD Warrior exercise circuit. This consisted of ten different exercises as varied as jumping, twisting, boxing, lunging, squatting, throwing and a large number of compound exercises that required coordination, effort and control all at the same time.

Feedback was generally positive with the majority of attendees keen to take on the 10 week PD warrior challenge if it is organised.

The 10 week challenge puts attendees through an intensive programme of physio led exercise and blends one-on-one physio, group exercise and at home exercise into a single package. Attendees learn a toolkit for managing their Parkinson's through exercise and start to build good exercise habits. We are currently in discussion with members, the committee and LV Rehab about how we might roll out this fixed length programme on a trial basis in Horsham and look forward to updating you soon. If you are interested in taking part please contact Tom Dellmann (tom.dellmann@gmail.com).

It was noted that the branch already organizes a significant number of exercise classes, many of which are designed to achieve some of the same goals. However, it was felt that PD Warrior might be a good fit for those who are not currently engaged in exercise. Also, given the importance of exercise for people with Parkinson's, is it possible to have too much?!

Roof repairs: Mannings Heath Village Hall

Sue West reports:

As most of you are aware the branch uses Mannings Heath Village Hall for many of its activities.

Built in 1972, the hall was upgraded in 2019 including provision of a toilet for disabled users partly funded by Parkinson's UK with head office approval.



Unfortunately, the roof has recently developed numerous leaks as evidenced by the unsightly

patches on the ceiling tiles. These are particularly noticeable after heavy winter storms.

Concerned that the ingress of water will damage the fabric of the building, the hall committee applied to Biffa Award for a grant to repair the roof and upgrade the thermal insulation. The boiler was replaced as part of the 2019 refurbishments. It works well, but the hall fails to retain the heat for any length of time due to the poor insulation of the roof.

They were delighted when Biffa Award offered a grant equal to the full amount requested, £55,440. As with all grants made from the Landfill Communities Fund this award was conditional on counterpart funding being identified to a value equivalent of 10% of the grant. Counterpart funding must be totally independent of the hall finances and cannot come from hall fund raising.

Given the branch's high use of the hall, and its relatively low charge rates, the branch offered to provide the counterpart funding, also with head office approval. The hall committee were delighted by this decision and it is hoped that the repair works and installation of insulation will start in September.



Monthly Art Workshop



Following the success of the taster art workshop held in March of this year, we are delighted to announce that Aimee Bleach has agreed to run regular art sessions.

The first will be on Friday 15th September 2023, 11:30 to 12:45, at Mannings Heath Village Hall. Thereafter they will be on the second Friday of the month 11:30 to 12:45 at Mannings Heath Village Hall. The first session will be free thereafter there will be moderate charge yet to be determined. All materials provided.

If you are interested in attending please let Aimee know so she has an idea of numbers. Aimee tel 0781 5969267 e-mail aimeebleach@outlook.com.

Having attended the taster workshop I would highly recommend it. It was great fun. We lost ourselves in a swirl of colour and beautiful music. It didn't matter at all whether you consider yourself artistic or not.

Summer Outing



This year's summer outing will be to Huxley's Birds of Prey Centre (at Hillier's Garden Centre, Brighton Road, Horsham RH13 6QD). It will be on Friday 18th August, please arrive at 1:30pm to 1:45pm. The flying display will start at

2pm and afternoon tea at 3:15pm.

The cost will be £5 for members and a first guest. All other guests will be charged at £12.50.

During the afternoon you'll have the opportunity to get up close to a range of birds of prey and owls.

Huxley's has a wonderful selection of different owl species. During the afternoon you will learn all about how owls hunt, fly, and their habitats as well as getting the opportunity to get up close and personal with their friendlier residents! You will get the chance to spend time on the lawn flying owls and other birds they have at the centre including eagles, buzzards, hawks and falcons!

If you would like to go please let Tom Dellmann know. e-mail: tom.dellmann@gmail.com, tel: 07793 046499

Fund raising

Collections

A big thank you to all who helped with collections at Sainsburys and Waitrose. A particular thanks to Maija Bruce for organising them. The collection at Sainsburys made £266.

We have 2 further collections scheduled:

- Hilliers Garden Centre: date 8th July
- Newbridge Garden Centre: date 5th August

If you can help with either of these please contact Dennis on 01403 259 694 or e-mail dennissaunders888@btinternet.com

Meet Jenny Share



I was diagnosed with Parkinson's disease 14 years ago, having been treated for a tremor some time before that. I put it down to the recent stress of caring for and losing both parents, coupled with my husband undergoing a quadruple heart bypass.

On reflection, and having since becoming more knowledgeable about Parkinson's, I now see I had other symptoms beside the tremor – a loss of smell, smaller handwriting and not walking correctly. I was like a drunken sailor, veering left and right, my husband constantly reminding me to swing my arms and pick up my feet in an effort to avoid yet another trip to casualty.

When I finally received the dreaded confirmation that it was Parkinson's, I actually felt relieved. I decided then and there that it was not going to ruin our lives. If John could ignore his heart condition, then I could ignore my Parkinson's.

I read about Parkinson's UK and went along to what I thought was one of their sessions in Denne Road, but was told it was no longer there. However, all was not lost. I had mentioned my disappointing trip to a neighbour, who happened to know about the group. Within days Carol Matthews came knocking on my door. She introduced me to the group meetings, which were now held in Manning Heath – so how lucky am I?

When I first joined the group, despite the welcome kindness of all those there, it made me see what the future held. That, coupled with looking after grandchildren and school pickups, meant I didn't go back.

I am ashamed to admit it. I knew I was sticking my head in the sand, but I did not want to think about Parkinson's. So, I joined Barbara Scarborough's exercise group for seniors, which I loved. I stayed there for several years until my constant falls made my attendance hazardous to all around me.

All went very well until my husband died suddenly. He was my strong anchor, so I knew that along with the loving care and support from my family, I was going to have to socialise more, hence my re-joining the group, which has been so helpful.

Parkinson's is a complex condition. We're all affected in different ways. It's good to share experiences and support one another – emotionally and sometimes physically! We're one group of many, raising awareness and raising funds to find a cure. That feels good.

On sunny light days as I walk to the hall, I hear John's voice: "Pick your feet up, heel, toe, heel, toe ..."



My eldest daughter's 50th birthday. An 80s theme rather than my favourite era – the 60s and 70s. Nevertheless, I went as Anneka Rice. It should have been Treasure Hunt-inspired, but I couldn't find a helicopter, so had to make do with Challenge Anneka instead. With my wig in place, it was so good my grandchildren walked straight passed me.

I dread to think what John's comments would have been!

What's On

Summer Outing

Friday 18th August visit to Huxley's Birds of Prey Centre, Brighton Road, Horsham, RH13 6QD, arrive: 1:30 to 1:45, flying show at 2pm, afternoon tea 3:15pm, cost £5 for members and first guest. £12.50 for further guests.

Monthly Activities

Branch Meetings

7th July 2023, 11:30 at Mannings Heath Village Hall, branch meeting, with Rachael Fairs, physiotherapist in neurology.

1st September 2023, 11:30 at Mannings Heath Village Hall, representative from Parkinson's UK research team will be giving us an insight into the research process.

Please note there is no branch meeting in August. We will have a summer outing instead.

Working Age Group – open to all

Informal gathering of people with Parkinson's and their partners, second Thursday of the month, from 7pm, at the Lintot pub in Southwater.

For further details please contact Emma Brinton emma.brinton@sky.com or tel 07970 898 740.

Argentine Tango

First Wednesday of the month, 7pm to 9pm, Mannings Heath Village Hall.

Please note: due to family commitments the July tango session has been moved from Wednesday 5th July to Tuesday 11th July.

All levels of dancers welcome, from complete beginners to experienced exponents. No booking required. No charge. Refreshments served midway through session.

The session will start with tips on how to cope with poor balance and freezing in everyday life. You'd be very welcome for these tips and refreshments only if you're not too keen on dancing!!

For further details please contact Paul Dodd 01403 266 173, e-mail: doddcp@yahoo.co.uk

Art Workshop

Friday 15th September thereafter the second Friday of the month, 11:30am to 12:45pm, Mannings Heath Village Hall. All welcome, no booking or artistic talent required. The first session will be free thereafter there will be a moderate charge per session, yet to be decided. All materials provided. For further information contact Aimee Bleach tel 0781 5969267 e-mail aimeebleach@outlook.com

Weekly Activities

The following activities take place weekly at the following locations:

Mannings Heath Village Hall: Pilates, chair dancing, table tennis, dance to live well, and Qi Gong

Horsham Boxing Club in the park: Boxercise

Laurie Apted Building, Church Lane, Southwater: Yoga

Horsham Hospital Gym: Physio led exercise class

Monday 2pm Pilates followed by tea, coffee and a chat

Please note this class has very limited capacity to accept anyone new. If you would like to attend, and have prior experience of Pilates, please contact Sue West (tel 01403 273 064) or Barbara Scarborough (tel 01403 891 218) and they will advise you if a place becomes available. Cost £4 per session.

Pilates is essentially a floor-based exercise class. Participants must be able to get to the floor and back up unaided.

Please note: there will be no Pilates 7th August, 28th August 2023 (bank holiday) or 4th September

Tuesday 11:30am Chair Dancing followed by tea, coffee and a chat

Cost £4 per session. No prior experience or booking necessary, just turn up! Chair dancing is open to all. It is excellent for people with Parkinson's (PWP) and anyone vertically challenged!

Please note: there will be no chair dancing on 8th August, or 5th September

Tuesday 5pm Boxercise

Release some of that pent up frustration Parkinson's leaves you with.

Cost - £5 per session. Numbers at boxercise are strictly limited. To check on availability or express interest in attending please contact Emma Brinton emma.brinton@sky.com. or tel 07970 898 740.

Wednesday 10:30am – 12 midday, Table Tennis

All abilities welcome. Cost £5 per session. Please note this is open to all and is not exclusive to people with Parkinson's.

Wednesday 3:30pm Dance to Live Well followed by tea, coffee and a chat

45 minutes ballet-based exercise followed by refreshments. Suitable for all, PWP and anyone with balance problems. Cost £5 per session, No prior booking or experience necessary.

Please note: there will be no dance to live well on 20th July, 16th August, 23rd August or 30th August.

Friday 10:30am Qi Gong

Everyone welcome. Cost £3 per session. No prior experience or booking necessary, just turn up! May be enjoyed seated or standing.

Wednesday 5pm and Thursday 5:30pm Physio led exercise classes at Horsham Hospital

Please note: booking is essential. Both sessions are currently full with a waiting list. Please contact Cath Stead for details on 01403 731 072 or 07789 778 094.

Thursday 5:30pm Yoga

Everyone welcome. Cost to be advised. The number of participants is restricted by the size of the venue. To check on availability or express interest in attending please contact Emma Brinton emma.brinton@sky.com. or tel 07970 898 740.

Mental health and Parkinson's

Anxiety and depression are very common in people with Parkinson's. In the majority of cases, these symptoms are the result of physical changes to the brain associated with the dopamine deficiency. They can be very debilitating.

Chronic anxiety can make it difficult to focus on tasks, interact with others and enjoy activities that once brought pleasure. This can make life difficult and often affects work and social activities.

Depression is diagnosed when periods of sadness and/or emptiness last for an extended period. This can make it challenging to carry out day-to-day activities and can impact a person's overall well being.

It is easy to overlook mental health in the face of physical symptoms. However, if unaddressed

anxiety and depression can significantly decrease quality of life. It is important to implement management strategies to minimise their impact.



Staying active

Simply walking outside and getting fresh air is often calming and relaxing. It can also improve your mindset and help you gain clarity.

Practice mindfulness and meditation

Focus on your thoughts and silence, These might help manage stress, anxiety and even blood pressure.

Eat a balanced diet

Certain vitamins help maintain and protect the nervous system and the brain. These might help reduce the symptoms of mood disorders.

Join a support group

You might lack validity and doubt yourself. A support group can provide you with a safe place to talk, process emotions and make you feel less alone.

Practice self-compassion.

Research suggests that being kinder to your self can reduce levels of anxiety and depression.

Campaigning

Benefits

There are a variety of benefits that people may be entitled to when they have Parkinson's or care for someone with the condition. This can vary according to whether you're working or retired.

Parkinson's UK want to see a system that enables people with Parkinson's to maintain

their wellbeing and independence. That's whether you're receiving Personal Independence Payments (PIP), Employment and Support Allowance (ESA), Attendance Allowance or Universal Credit.

They're campaigning to:

Make sure that any new medical assessments are designed to fully take into account the reality of living with Parkinson's.

Make sure benefits assessments are conducted sensitively and by assessors who understand Parkinson's, so that people get the right support the first time round.

Make sure that people with Parkinson's are only moved from older benefits to Universal Credit when it is safe and fair to do so.

Make sure Universal Credit works for disabled people. We want to see a disability element added to Universal Credit, the right to appeal against a claimant commitment, a specialist disabled claim line and proper disability awareness training for DWP staff.

Reduce waiting times for benefit appeals.

You can claim benefits to help with the extra costs you may face if you have Parkinson's, or if you care for someone with the condition.

They're not means-tested, which means they're not normally affected by any other income or savings you might have. You may be able to claim:

Attendance Allowance is available if you've reached State Pension age and need help with personal care or your day-to-day needs.



Personal Independence Payment (PIP) if you need extra help with day-to-day activities or have trouble getting around due to your health or condition.

If you're making a new claim for PIP you must be 16 or over and under State Pension age. You won't be able to make a new claim for PIP if you've reached State Pension age, but you will

be able to stay on PIP if you claimed it for the first time before you reached State Pension age.

Carer's Allowance if you regularly spend 35 hours a week or more caring for someone with substantial care needs.

If you're over State Pension age and have a health condition or disability such as Parkinson's, or care for someone who does, you may also be able to claim:

State Pension

Pension Credit to top up your State Pension if you have a low income

Housing Benefit if you're on a low income and need help with paying rent

If you are of working age, you can get financial help if you struggle to work or can't work because of Parkinson's.

The benefits you're entitled to will depend on your age, your income or savings, and whether you're currently employed or have paid enough in National Insurance contributions.

You may be able to claim:

Statutory Sick Pay if you are still employed but are unable to work because of ill health. It is paid by your employer for the first 28 weeks of any period of sickness lasting 4 or more days. Your employer may pay extra sick pay on top of Statutory Sick Pay

Jobseeker's Allowance if you are out of work or work fewer than 16 hours a week, and are looking for work. It is available if you have paid enough in National Insurance contributions.

Universal Credit which is a new means-tested benefit that will eventually replace 6 existing benefits with a single payment for those who are out of work or on a low income.

There are many other types of grants, loans, schemes or financial support that you can apply for if you or someone you care for has Parkinson's.

These include:

grants and loans to help with certain one-off or occasional expenses, such as funeral costs or cold weather

help towards some health costs that you might otherwise pay for, such as prescriptions, eye tests and glasses, dental treatment or travel costs to hospital. Call our helpline on 0808 800 0303 to check what you might be eligible for

help getting around, including the Blue Badge parking scheme, and various travel concessions and exemptions

help with Council Tax through a Council Tax discount, the Disability Reduction scheme, or through a Council Tax Reduction scheme

continuing healthcare - a package of care arranged and funded by the NHS in England and Wales, that may be available for people with a high level of healthcare needs

Parkinson's UK Personal Grants if you have Parkinson's or are an unpaid carer.

If you need help obtaining the benefits you are entitled to ring the Parkinson's UK helpline (0800 800 0303) or contact our local advisor, Carole Coupe. Carole is brilliant!

Research News

Report by Mike Onley

The main research News for this month is that Becky Jones from the Parkinson's UK. Research department will be coming to talk to us at the September branch meeting on the 1st of September at 11:30.

I think it will be a fascinating presentation, so we are hoping for a good attendance, both from Horsham and from neighbouring Parkinson's groups.

For the research roundup, I'm going to start with the CHIEF PD trial which has reached its target of 600 people taking part. Organised by the Aging and movement research group, it is trialling the effectiveness of a sticky medication patch which can help to reduce falls and administers medication in a more continuous and uniform fashion.

Research trials really rely upon volunteers, and if anybody is interested in taking part in trials, take a look at the Take

Part Hub, on the Parkinson's UK website.

Another research field involves pesticides and the link to Parkinson's. Testing has been done on dopamine producing cells, which have been grown in Petri dishes. The pesticide had a toxic effect on the cells, but so far no direct link with Parkinson's has been established.

The effects of genetics on Parkinson's transmission is a field that is very much in focus at the moment. Familial links are an area of

interest as they may be able to provide early diagnosis in future generations.

Professor Dario Alessi and his team at the



University of Dundee are studying the molecular causes of Parkinson's, in particular, the LRRK2 gene - one of the most commonly mutated genes that causes familial inherited Parkinson's. Professor Alessi talks about how increased knowledge in this area is leading to exciting drug discovery work. Looking for new drugs that may have the potential to slow down the progression of Parkinson's.

From Prof Alessi: "My laboratory is focused on deciphering the molecular causes of Parkinson's. We believe that if we can comprehend what causes Parkinson's, this will enable Researchers, Clinicians and Pharmaceutical companies to work together to develop better ways to diagnose and treat the condition in the future. With this increasing knowledge of the genetics and biology underlining Parkinson's, I feel optimistic. I believe that it is not unrealistic that with continued and expanded research efforts, major strides towards better treating Parkinson's disease can be made in the coming years. Patient's support and involvement in research is vital for success!"

Repurposing drugs originally used for other medical conditions, could be a fruitful area of study. There is some evidence that drugs normally used for epilepsy can be beneficial to Parkinson's patients who suffer from conditions such as hallucinations and falls.

What does a cure look like is the question being asked by some researchers. A coverall cure is unlikely to be discovered in the near future, but progress can be made in a mix of areas:

- Slowing and stopping disease progression.
- Replacing and repairing damaged brain cells.
- Managing and controlling symptoms.

The key to much of this is early diagnosis. This brings me to the progress being made on "smelling Parkinsons." Joy Milne has produced a

TEDx video on Smelling Parkinson's- Nose to Diagnose in which she talks about the potential new diagnostic tests for Parkinson's, which are now being rolled out as test kits in various hospitals. This is an inspirational story, and Joy has not stopped with Parkinson's. She is now looking at smell testing for TB in Uganda.

Stevie Lewis, Horsham Parkinson's Nurse tel 01403 620 437 or e-mail sc-tr.parkinsonsdiseasenurse@nhs.net

For those of you using DBS technology, there is a questionnaire in the latest Parkinson's news today forum, which you might be interested in completing.

Finally, for this month, I'm going to plug the nosilverbullet4pd.com website. On the 17th of July they are broadcasting a zoom lecture by the Charcotech CEO talking about the CUE1. There has also recently been a lecture on the Parkinson's glove and vibrotactile fingertip stimulation, which helps to ease symptoms.

Hope to see you at the September branch meeting for the research presentation

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