

PDWarrior comes to Horsham

Horsham branch have arranged for Chichester based neuro-physios to come to Horsham to deliver a 10 week PDWarrior Challenge programme. The physios are specifically trained by PDWarrior to deliver the programme.



Based on 7 core principles: High effort, power, frequency, specificity, meaningful, complexity and fun.

Considered by some to be the gold standard of exercise for People with Parkinson's, the exercises were specifically designed by Australian neurological physiotherapist, Dr Melissa McConaghy and her team to help slow Parkinson's progression.

Unlike generic exercises such as walking or swimming, the PDWarrior programme incorporates exercises aimed at driving the brain's natural ability to re-wire and protect itself depending on the nature of the individual's Parkinson's symptoms. PDWarrior incorporates the most current evidence into its program to ensure success.

The programme requires quite a high financial and physical commitment. It starts with a 1.5 hour 1:1 assessment. This is followed by 10 weekly one hour group exercise sessions and a final session incorporating individual outcome/ measures/ feedback

Throughout the period, in order to maximise benefit, participants are expected to exercise for a further 2.5 hours per week either at home or with another group.

The cost of the programme to each participant will be £250. The balance of the cost of £276 plus the full the cost of venue hire will be covered by the branch.

Numbers on the initial programme are limited to 12. This programme is now full. For further details or to register an interest in subsequent programmes, please contact Emma Brinton on emma.brinton@sky.com or [07970 898 740](tel:07970898740).

Dates at a glance

- 5th January, branch meeting and AGM,** MHVH, 5pm branch meeting with the AGM starting at 5:30pm
- 11th January,** working age group meeting, Lintot pub, 7pm, open to all
- 12th January,** art workshop, MHVH, 11:30am
- 13th January,** 1:1 assessment PD Warrior, Lardner Hall, timed 1.5 hour slots from 8am
- 17th January.** PD Warrior 10 week programme commences, MHVH, 5:15pm
- 19th January,** Christmas lunch
- 2nd February,** branch meeting, social, MHVH, 11:30am
- 7th February,** tango, MHVH, 7pm
- 8th February** working age group meeting, Lintot pub, 7pm, open to all
- 9th February.** art workshop, MHVH, 11:30am
- 1st March,** branch meeting, MHVH, 11:30am
- 6th March,** tango, MHVH, 7pm
- 8th March.** art workshop, MHVH, 11:30am
- 14th March,** working age group meeting, Lintot pub, 7pm, open to all
- 26th March,** PD Warrior, 10 week programme concludes, MHVH

For further details and information on weekly activities see pages 3 to 7

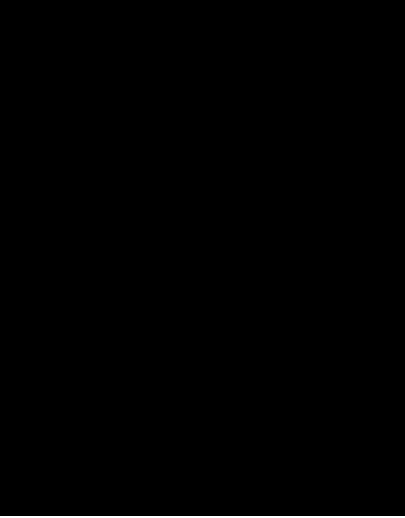
MHVH – Mannings Heath Village Hall

Branch news

Don't let Parkinson's get you down!

At our November branch meeting we were entertained by the delightful 92-year-old Peter Corbett.

An ex-school master, Peter was diagnosed with Parkinson's in 2013, but he has not let this get him down. He soon had a discussion going within the group on strategies for keeping positive and reasons for getting out of bed in the morning.



Peter's personal passion is for his model railway (which seems to have taken precedence over his wife. Apparently at 92 one is released from worrying about sex!)

On this he found a kindred spirit in Alex Gorton (the model railways that is, Alex didn't mention his love life!)

Christmas Social

The Christmas social was quite a low-key affair. There were drinks and a variety of sweet nibbles. A quiz put together by chairman Tom highlighted the deficiencies in my general knowledge, but it was good fun and I think I did get one question right!

Fund Raising

Race Night at Mannings Heath Village Hall

Report by Jenny Share

Despite it being a wet and dismal November evening, over 100 race goers turned up for what proved to be a very entertaining evening.

Organised by Mannings Heath Millenium Group on behalf of Parkinsons UK Horsham, the event was extremely popular. On arrival, punters were met with a well decorated hall which included a

tote office manned by very patient bookies ready to take our bets, tables set out ready for our comfort, and the mini bar was open. All we had to do was study the form of the horses in each race, make our selection, place our bets and sit back ready for the "off".

In this instance the "off" was a televised race shown on a large screen which caused loud cheers and groans depending where your chosen horse was placed.

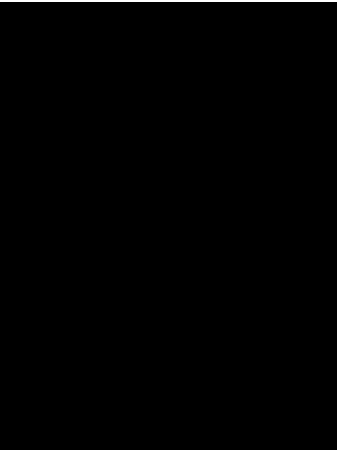
At the halfway interval, our fish and chips suppers were served with amazing speed bearing in mind how many of us there were.

Once everyone was replete, it was time for the second part of the evening's entertainment. This time it involved human participation. Four volunteers, the "jockeys" were sat on the stage facing the wall whilst the cut-out horses to be towed were placed behind them. The aim of the game was for the "jockeys" to wind the tow lines as quickly as possible in order for their horse to reach the finishing line first. As they were facing away from their mounts they had no idea where they were placed, so were reliant on the race goers to cheer them along. Once again lots of cheers and groans.

All in all, a very enjoyable evening which raised a staggering £1,900 for Parkinsons UK.

Our thanks to all those who worked so hard to make it such a successful event with particular thanks to Dave Smith of the Millenium Group.

Up Country Garden Centre Scynes Hill



A big thank you to all those who donned Father Christmas or elf outfits and also those who shook a bucket in mufty at the Up Country Garden Centre.

Together with Carolyn's voluntary Stroke group we manned Father Christmas'

grotto over the four weekends running up to Christmas. The garden centre generously donated £4 (out of the £6 cost) to the charities for each child who came to see Santa.

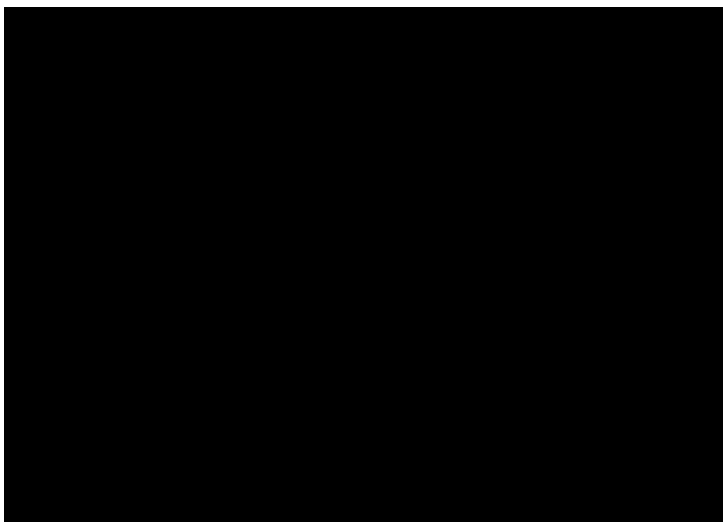
Over the 3 weekends we raised approximately £675 on the exit buckets with monies from visits to santa still to come. A great result.

Get creative

Art Workshops

The art workshops run by Aimee Bleach are fantastic. I can't think why more people don't take advantage of them. They are free, no prior experience needed, all materials provided, live music. What more could you possibly want?

I don't know how Aimee manages to sweet talk the musicians into coming to play for us. In November a lady appeared with a £35,000 harp and in December a clarinetist played while we painted silk scarfs.



Get Creative – it's good for you

Most people know that you should exercise for at least 20 minutes, three times a week. But, do you also know you should set aside time each week to be creative? Here are some ideas on the how and why:

How:

- Colour pencil drawing.
- Photography.
- Write a short story a month
- Try knitting, crochet or sewing
- Bake a cake
- Write a journal
- Make a scrap book
- Get green

Why?:

1. Creativity can get you into a state of flow

There are many ways that creative hobbies can positively affect your wellbeing. One of the most noticeable effects is that taking part in a creative task can help you get into a state of flow. This happens when you're completely focused on a task,

to the point where you think less about things that are worrying you. Being this absorbed can be rewarding and enjoyable – especially because you're more likely to get into a flow state if the task is challenging enough.

2. Creativity can reduce stress and improve mental health

Several studies have shown that creative hobbies, such as art, writing, and music, can reduce and even prevent stress and we all know how stress exacerbates Parkinson's symptoms. You may find that, after a stressful day, enjoying a hobby can help you de-stress and even give you an energy boost. Being creative may also reduce feelings of anxiety and depression, and can help us express or manage our emotions in a positive and productive way. Especially when those feelings are difficult to put into words.

3. Hobbies can help you socialise

Hobbies don't have to be done on your own – they can also be a way to socialise with others who share the same interest. If you enjoy reading, for example, you could join a book club; or if you like drawing or painting, you could join an art class. Group activities like these can be a great way to meet new people. And being socially connected also has a positive effect on our wellbeing

4. Creativity affects brain function

Different parts of your brain are activated when you take part in creative activities. For example, research has shown that musicians have better connectivity between the left and right parts of their brains. This can help to improve cognitive function (the way your brain works). Simply listening to music can also stimulate your brain and has been shown to improve cognitive function in people who have had a stroke.

What's on

Branch AGM

Friday 5th January 2024

Mannings Heath Village Hall

Starting at 5:30pm

The branch AGM will be held at the January branch meeting. Please do come if you possibly can and give us your input into the direction of the branch.

Please note the later start time: the branch meeting will start at 5pm with refreshments whilst the formal AGM will start at 5:30pm. The later

time has been adopted to enable as many people as possible to come.

Branch chair

We are currently continuing the search for a new chairman for the branch. We are pleased to share that Mike Onley has kindly offered to take on part of this role in mid 2024 and is looking for a partner to share chairman responsibilities with. Chairmanship requires about three hours a week of attention and split between two people this would reduce considerably. The chairman role is an incredibly rewarding one and provides a unique opportunity to help steer the branch, along with the committee. Would you like to help Mike? Please contact Tom Dellmann (tom.dellmann@gmail.com) or Mike Onley (mikeonley@btinternet.com) if you would like to discuss further.

Committee Members

As we approach the AGM we would also like to reach out to all of our members and offer the possibility of joining the committee. At the AGM in early January we will hold elections for committee meetings. Joining the committee offers a chance to help steer the work of the branch through committee meetings and discussion and help improve the lives of people living with Parkinson's in the area. The committee is vibrant, active and friendly and we welcome diverse points of view - if you are interested please send an email to Tom Dellmann (tom.dellmann@gmail.com.)

Volunteers wanted!

We are always on the lookout for volunteers. Any time you can spare can help move us forward even if that is half an hour a week or an hour a month - every little helps.

We have a lot of interesting opportunities for volunteering and we will offer full help and support to get you up to speed and support you throughout. Volunteering time is a great way to give back and get involved in interesting initiatives – you don't need to be on the committee to volunteer to help.

We welcome anyone from inside or outside of the branch to volunteer, any family or friends are welcome too, the more the merrier. We have a number of opportunities, not least:

Contributing to the newsletter. We are always on the lookout for updates and content to share with our readers in the local area.

Website. We have a new website under development and need help writing articles for it and making sure it has all relevant info. A great opportunity to learn about websites - don't worry - no technical skills required and full help and support offered.

Fundraising. Fundraising enables so much of what we do, we need help running more fundraisers such as organising supermarket collections and also filling out grant applications for local organisations - this can unlock thousands of pounds of funding per year without too much effort but we need help to do so.

Can you, a family member or friend spare some time this coming year? If so we would love to hear from you. Please contact Tom Dellmann (tom.dellmann@gmail.com).

Jacqui Allen retires from Committee

After many years of service, Jacqui Allen has decided to step down from the committee in order to concentrate on her own health.

Jacqui has always been ready to help out whenever needed. She has undertaken some mad fund raising events including abseiling from the Spinnaker Tower and Guildford cathedral, sky diving, and wing walking. Not bad for someone scared of heights. At ground level, she has organised discos and speakers for the branch meetings amongst other things.

Thank you Jacqui!



NOW BOOKING – Please respond immediately if you would like to come!

Christmas Lunch

Friday 19th January 2024

12noon for 12:30pm

at Roffey Park Management Institute

Cost per member and first guest: £25

Cost for additional guests: £35

Remember each annual subscription of £10 automatically covers 2 members.

To book your place please contact Paul Dodd (doddcp@yahoo.co.uk or text to 07818709359).

Please let Paul know your menu choices within 2 days of receiving the printed newsletter.

Roffey Park Institute is situated on the Forest Road between Roffey and Colgate, (postcode RH12 4TB) approximately 2 miles from the Roffey Crossroads

Starters

Smoked salmon roulade

Cucumber salad, dill cream cheese and rye croutons

Curried parsnip soup (vegan and gluten free)

With parsnip crisps and a chive oil

Potted ham hock

With caper and parsley butter, toasted sourdough bread and plum chutney

Mains

Roast turkey (gluten free)

With all the trimmings

Fillet of Hake (gluten free)

With a sun blushed tomato crust, sweet potatoes, tomato and coriander dressing

Slow cooked feather blade of beef (gluten free)

With all the trimmings

Roast squash (vegan)

With quinoa, chickpeas and pomegranate, green beans and squash puree

Desserts

Christmas pudding (vegetarian and gluten free)

With brandy sauce

Chocolate and orange tart (vegetarian)

Sussex cheese and biscuits (vegetarian)

Brighton Blue, Sussex Charmer, Golden Cross
Tea, coffee and mini mince pies

Monthly Activities

Branch Meetings

5th January: 5pm at Mannings Heath Village Hall with branch AGM (starting at 5:30pm)

2nd February: 11:30am at Mannings Heath Village Hall. social

1st March: 11:30am at Mannings Heath Village Hall

Working Age Group

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

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. 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

Please note there will be no tango on Wednesday 3rd January.

Art Workshop

Second Friday of every month, 11:30am to 12:45pm, Mannings Heath Village Hall. All welcome, no booking or artistic talent required. All materials provided. No charge. For further information contact Aimee Bleach tel 0781 5969267 e-mail aimeebleach@outlook.com

Weekly Activities



Monday, Mannings Heath Village Hall, 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: Pilates will recommence after the Christmas break on Monday 8th January.

Tuesday, Mannings Heath Village Hall, 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: chair dancing will recommence after the Christmas break on Tuesday 2nd January.

Tuesday, Horsham Boxing Club, Horsham Park, 5:15pm Boxercise

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

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. There is no charge for boxercise.

Please note: boxercise will recommence after the Christmas break on Tuesday 9th January

Wednesday, Mannings Heath Village Hall, 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.

Please note: table tennis will recommence after the Christmas break on Wednesday 3rd January.

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

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

Please note: dance to live well will recommence after the Christmas break on Wednesday 3rd January.



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.

Please note: physio led exercise classes at the gym will recommence after the Christmas break on Wednesday 3rd January and Thursday 4th January.

Thursday, Laurie Apted Building, Church Lane, Southwater, 5:30pm, Yoga

Everyone welcome. Cost: £4 per session to be paid in advance in blocks of 6 weeks, by bank transfer.

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.

Please note: yoga will recommence after the Christmas break on Wednesday 3rd January and Thursday 4th January.

Friday, Mannings Heath Village Hall, 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.

Please note: Qi Gong will recommence after the Christmas break on Friday 5th January.

PDWarrior

Saturday, 13/1/24 a 1.5 hour 1:1 assessment to be scheduled between 8am-6pm, Lardner Hall, Pevensey Rd, Southwater, Horsham, West Sussex RH13 9XZ.

Wednesdays weekly starting from 17/1/24 for 10 consecutive weeks, Mannings Heath Village Hall (MHVH), Mannings Heath, Horsham (10th session- 20/3/24) class begins at 5.15pm for an hour.

Tuesday 26/3/24 from 5pm to 7pm for the two hour 11th session incorporating individual outcome/measures/feedback at MHVH.

PDWarrior requires a high level of financial and physical commitment (see page 1).

Numbers on the initial programme are limited to 12. For further details or to register an interest in this or subsequent programmes, please contact Emma Briton on emma.brinton@sky.com. or tel 07970 898 740.

Keen to exercise but can't commit to PDWarrior?

Try the Neuro Heros programme

Neuro Heros is working in partnership with Parkinson's UK to help remove the barrier to physical activity by subsidising six classes for people with Parkinsons who would otherwise be unable to join them.

The Neuro Heroes Community Exercise Fund has 2 goals

1) To reach underserved communities who haven't had the opportunity to access the physiotherapy or condition-specific exercise that they need. This may include people who are financially struggling, those who are isolated and have a lack of local services, or those from cultural

backgrounds where access to exercise is more difficult.

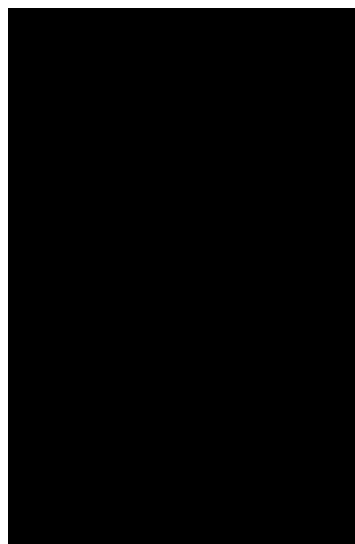
2) Get people who are Inactive ACTIVE and empower them to stay active.

We know that being active can have a positive impact on an individuals mental and physical wellbeing. We want to support people to better manage their symptoms and feel good.

When people from the Parkinson's community come to our sessions, they not only feel the physical benefits like improved mobility, balance, and strength, but also less fatigue, more confidence and a significant uplift in mood.

Web search: Exercise Fund — Neuro physio led exercise | Neuro Heroes.

The future of branch meetings



Tom Dellmann reports

This year (2023) we've had a diverse array of branch meetings - we've had therapy dogs, art classes, talks, research and pretty much everything in between. I would like to thank everyone who helped make these a reality including booking

them, organizing logistics and the unsung heroes who keep the tea, coffee and cake flowing during the branch meetings!

We are now considering how to structure these branch meetings for 2024. In a recent branch meeting we discussed that we would like to focus on quality over quantity this year and as such some branch meetings will become free-form discussion, tea, coffee and cake catch up sessions without any formal speakers.

For now we will leave February and March meetings without formal speakers and will begin to focus energy on booking speakers that many will be drawn to in the spring and summer months. We look forward to seeing you at the AGM and February and March branch meetings and would like to hear your input on what you would like to see.

Your feedback is really important to us. What would you like to see at the branch meetings? For example we can do various activities, bring in external speakers, live music, etc. The sky's the limit really. Please share your feedback with anyone on the committee or reach out to Tom Dellmann (tom.dellmann@gmail.com)

My Life with a Duodopa Pump

Report by Pauline Hoadley



I was diagnosed with having Parkinson's Disease in August 2008. Over the years I have tried many different medications. By the summer of 2022 they were becoming less effective. My consultant suggested I would be a suitable candidate to have a Duodopa pump. It would

even out the effect of the medication. The Parkinson's team at King's College Hospital London accepted me to have the treatment.

The Duodopa pump continuously delivers Levodopa and Carbidopa in a gel form called Duodopa throughout the day. A tube goes into my body to the small intestine. This means that the level of Levodopa in the blood is constant. The portable pump is battery driven and carried around in a pouch.

In March 2023 I was admitted to King's for five days. I was fitted with a PEG/J under general anaesthetic. A nurse from the pump company came in each day to train me how to use the pump and be with me. I was monitored by her and the King's Parkinson's team and the pump setting adjusted.

The Duodopa medication gel is enclosed in a cassette and a new one is fitted each morning to the pump. The cassettes of Duodopa have to be stored in a refrigerator. Each month I have the medication delivered in a refrigerated van.

Before the pump is set up in the morning it has to warm up for an hour. To get me going during this time I take Levodopa Dispersible tablets with a vitamin C tablet in fizzy water. Recent research suggests that taking a vitamin C tablet in fizzy water with the Levodopa tablets aids the passage of the medication to the brain.

My pump is then attached to the cassette of medication and then the tubes are joined and the pump placed in a pouch for me to wear for the day. If I need a boost during the day, I can give myself an extra dose up to four times.

At bedtime the pump is taken off and the cassette disposed of. The tube is flushed with sterile water by syringe. I am not able to do this so rely on my husband who sets up the pump in the morning and disconnects it in the evening. I take two Controlled Release Levodopa tablets to see me through the night.

Due to the effect of the pump's constant dose of Duodopa, Richard and I have been able to go out for days. I feel 'normal' again and have more energy. I even had the stamina to organize a Coronation Get-Together on Coronation Day for the residents in our road and I cheekily managed to persuade Nyetimber, our neighbouring vineyard, to donate twelve bottles of fizz for the event! Neighbours came and it was great fun. Shame about the rain!

In October, my consultant, Professor Ray Chaudhuri, invited Richard and me to speak about the effects of the pump at the King's Annual Research Meeting which we did.

Professor Chaudhuri is a leading authority on Parkinson's and understands the condition better than most people.

He made me aware of the effect of protein in my diet. Protein stops the absorption of Levodopa and makes symptoms worse. We all, however, need to eat protein in order to live, but just be aware of this.

He also suggested not eating dairy products and use oat milk instead of cow's milk. There are many dairy substitutes on the market these days... including dairy-free mince pies!

I was advised to take Vitamin C and D as tablets and B12 as an injection

The Professor emphasized to me how it is very important not to become constipated so I have a laxative on prescription. Constipation hinders the absorption of drugs.

I once watched a TV programme where they proved how important fibre is in the diet and how just by eating eight prunes a day can keep you regular. I tried this and it works!

If you are interested in knowing more up to date information plus informal discussion about Parkinson's, I highly recommend the 'Movers and Shakers' podcast about life with Parkinson's. Six

friends who have Parkinson's: Rory Cellan-Jones, Gillian Lacy-Solymar, Mark Mardell, Paul Mayhew-Archer, Sir Nicholas Mostyn and Jeremy Paxman - gather each week in a Notting Hill pub for a discussion about their lives with Parkinson's. The podcast is hosted on Acast. It has just completed its second Series.

Professor Chaudhuri joined the friends on the 13th May episode which was about Medication 'Drugs and how they work.' It is well worth listening to!

I am very grateful to be given the opportunity to use the pump.

Pauline Hoadley

Research Update December 2023

Report by Mike Onley

Parkinson's UK funds a plethora of research projects, and groups like ours raise significant amounts of money towards that funding.

Most research projects fall into 2 broad areas: scientific research or lifestyle improvement.

Within the scientific research group the main areas of interest are:



1. Understanding and dealing with the alpha syn-nuclear protein and its affects on dopamine producing cells in the brain.
2. Understanding the intra-cellular waste recycling and removal process and it's affects on brain cell death in Parkinson's sufferers.
3. The role of genetics in Parkinson's and its early diagnosis.
4. Improving processes to grow stem and brain cells from normal skin cells. The cells can then be used for research, and possibly in the future

for introduction into the brain to replace dying dopamine producing cells.

5. Investigating and testing drugs currently being used for other conditions, which may be suitable for the treatment of Parkinson's.

As a group, we generally donate 50% funding to lifestyle and scientific research projects. This year is no exception, and we have just donated £4000 to PUK to help fund 2 projects:.

On the lifestyle side, we have sent £2000 towards Project J-2301, which investigates the slowing of Parkinson's disease through exercise. This ties in nicely with our group participation in the PD warrior program in 2024.

On the scientific research side, we have sent £2000 towards Project G2302, which is one of the projects investigating cell death in the brain , and specifically the cellular reaction to Integrated stress response.

A significant new treatment may be available soon in the form of spinal implants. This new method allows the stimulation of nerve cells in the spinal cord. It has shown encouraging improvements in balance and walking in one person with Parkinson's.

Cells deep within the brain that produce vital chemical messengers, including dopamine, to control things such as movement, memory and sleep are depleted over time in Parkinson's. Current medication can help to boost levels of dopamine to control some of the symptoms, but the effectiveness of medication can reduce over time. Some people with Parkinson's have therefore tried a surgical option called Deep Brain Stimulation (DBS).

DBS involves having fine wires inserted into specific areas of the brain which are connected to a pulse generator (a device like a heart pacemaker) which is placed under the skin around the chest or stomach area. When the pulse generator is switched on, the electrodes deliver high frequency stimulation to the targeted area. This stimulation changes some of the electrical signals in the brain that cause the symptoms of Parkinson's. (If you want more information about DBS, speak to Sue West as she had the implants fitted about about 9 years ago.)

This surgery can be life changing for some people. However, DBS has limitations and it quite often doesn't help with symptoms of freezing or problems with balance and walking. This is where

research into a new spinal implant could offer a new way to manage these symptoms.

Researchers have developed a way to directly stimulate nerve cells in the spinal cord responsible for controlling leg movement. They developed this in primates and have now successfully carried out the surgery and follow up in a 62-year-old with Parkinson's. Marc has had Parkinson's for 30 years⁹. Medication and DBS were failing to control his movement and he was experiencing frequent falls and freezing episodes.

The procedure involved the spine being carefully imaged using scans to find the optimal site to implant the electrodes. The implantation was carried out under general anaesthetic. The electrodes were then able to deliver electrical pulses to activate and control leg movement. External sensors worn on the individual's leg were able to sense the body's intention to move, triggering the firing of the electrical impulse to the spine and providing feedback to control this movement.

This new surgical intervention, alongside extensive rehabilitation, allowed Marc to walk long distances again by improving the action of walking, reducing falls and freezing episodes. As well as these motor improvements, he also reported an improved quality of life.

These latest results build upon previous success of spinal nerve stimulation in restoring leg function in some individuals with spinal cord injury. It now needs to be further investigated in more people with Parkinson's to see if these positive results are repeated and the surgery is safe.



Professor David Dexter, Director of Research at Parkinson's UK, said:

"This is quite an invasive procedure but could be a game changing technology to help restore movement in people with advanced Parkinson's where the drugs are no longer working well.

"The research is still at a very early stage and requires much more development and testing before it can be made available to people with Parkinson's, however, this is a significant and

exciting step forward and we hope to see this research progress quickly."

On that optimistic note, Happy New Year to you all, we'll continue to keep you up to date with all the research in 2024!

Parkinson's medication supply issues

Pharmaceutical companies have shared with Parkinson's UK that they're facing supply problems with the following Parkinson's medications:

Teva

Carbidopa/entacapone/levodopa 31.25mg/200mg/125mg tablets x 30 will experience supply issues until the end of February 2024.

Carbidopa/entacapone/levodopa 37.5mg/200mg/150mg tablets x 30 will experience supply issues until the end of February 2024.

Pramipexole 2.10mg prolonged release tablets x 30 will face supply problems until mid-December 2023.

Rasagiline 1mg tablets x 28 will face supply problems until April 2024.

Ropinirole 0.25mg, 0.5mg and 2.0mg tablets will face supply problems until late 2024.

Contacts

Wishing you all a very Happy New Year!

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Carol Matthews: membership secretary. 01403 263 882 e-mail
johnandcarolmatthews@hotmail.com.

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Sue West: Monday afternoon activities, chair dancing, table tennis, dance to live well & newsletter editor tel 01403 273 064, e-mail westsamilloy@btinternet.com

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