

Cambridge Branch Newsletter – July-August 2017

Editor
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BRANCH MEETINGS

CAMBRIDGE MP TAKES ON TRANSPORT ROLE

The highlight of the June Branch Meeting was a talk from the MP for central Cambridge, Daniel Zeichner, who was one of the major success stories for the Labour party at the recent General Election. As MP for one of our region's most marginal seats, he was defending a majority of only 599, and supposedly facing a stiff challenge from the Liberal Democrats, who held the seat before 2015. Daniel not only retained his seat, but massively increased his majority – to 12,661. The turnout also rose, up from 62% in 2015 to 71% this time.



Daniel (left, with tie!) spoke relatively briefly about what his life as an MP was like, especially in Parliament. "It is a great privilege representing Cambridge in the House of Commons. Every day I pinch myself and ask, 'How can I have been so lucky?'" he said.

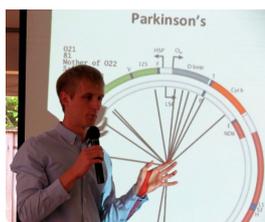
He said he was not going to include politics in his talk, but would answer questions on anything. And one of the first was how he felt about Labour leader, Jeremy Corbyn. "In the leadership election, I supported Yvette Cooper, then Owen Smith," he admitted. "But Jeremy asked me to be Shadow Transport

minister, and I said yes. I have to say I did not think he could survive a General Election campaign, but now I think he has earned his chance. We are creating a strong and stable opposition," he said.

Another interesting question was, what should happen in the Brexit negotiations? Daniel's first point was that the Election result had given a different mandate to the referendum, making a soft Brexit more likely. "What will Brexit cost? What are the risks? I don't think this was ever properly explained, and it is now up to us, the MPs, to explain what the options are. I very much hope we end up with a close relationship with Europe, and it is not just the UK that is changing – untrammelled free movement across Europe is not what many people now want. The debate is far from finished," he said.

PRIVATE RESEARCHER STUDIES SALIVA

A slightly unusual presentation was given at the May Branch Meeting by Daniel Ives, who is looking into the potential of saliva being an early indication of Parkinson's. It was unusual not only because of the subject matter but because Daniel is a 'private researcher'. He holds a PhD in biological sciences from Cambridge University, having previously gained a first class degree in biochemistry from Imperial College, and also worked at the Francis Crick Institute, in London.



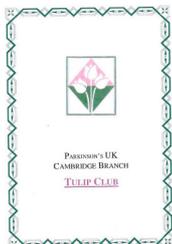
"I am now being funded by donations from private individuals, including my father," he said. That is not to say he wouldn't be interested in more help, from either individuals or institutions. But it is clearly an unusual situation, and shows how committed he is to his research.

His particular interest is in mitochondria – the so called 'power stations' of cells. In the 1980s, a group of young people developed Parkinson's as a result of a drug they had taken. The drug had poisoned their mitochondria, affecting the DNA, and Daniel is investigating whether people who get Parkinson's in the normal way may have a similar fault.

“Dopamine cells require a large amount of energy and if the energy available to the brain is reduced (because the mitochondria have been affected), they are the first cells to go,” he said. “In the saliva there is an antiseptic (white blood cells) that contains mitochondria. I can easily measure this, to see if it has any signs of the affected DNA.” If so, this could provide a tool for early diagnosis. Once found, Daniel says he has been able to correct one type of defect using a drug, which he hopes to progress to a clinical trial. He is also testing the possibility of using behaviour and diet to correct the defect without the need for a drug.

TULIP FUN-RUN A SUCCESS, PLUS WINNERS OF RECENT DRAWS

A great success story for April’s Tulip Fun-Run: it raised more than £3600, a tremendous achievement. Well done to



everyone who took part and helped organise it! The winning numbers in recent Tulip Club draws were: April – 25 and 60; May – 86 and 75; and June – 34 and 25, with the winners getting £10 each. The Tulip Club is a draw that raises funds for our branch. Membership costs £12 per year, and every month members’ numbers are entered into the draw. Two prizes of £10 are won each month, with a bonus at Christmas – the two prizes then being £30 each. The monthly draw usually takes place at the Branch Meeting, with winners being notified individually. People can join the club at any time, and membership runs for 12 months from that date. Anyone can take more than one subscription. To join, fill out a simple membership form and send it with a cheque for £12 made out to

Parkinson's UK (Cambridge Branch). Forms are available from Michael Moore of 103 Queen Edith’s Way, Cambridge CB1 8PL, tel 01223-244202, email michael@mooresplace.eclipse.co.uk, and also at branch meetings, from Michael or the desk. Many thanks for your continued support of the Club.

RECENT NEWS & EVENTS

B&B WITH COFFEE AND CAKE RAISES FUNDS



A combination of bring & buy and coffee & cake was the basis for a highly successful fund raising event for our Branch. Organised by Mrs Pam Arnott and friends, and held at Haig Court in Chesterton on April 19, it raised an excellent £344. Congratulations to everyone involved!

DOMINO’S PIZZA FOR PARKINSON’S DAY

On Thursday, May 18, Domino’s pizza outlets across the UK raised £9,403 for Parkinson’s UK in just one day. During Pizza for Parkinson's Day, 5p from every pizza sold went to Parkinson’s UK. On top of that, 83 staff raised a further £14,000 by trekking up Mount Snowdon, increasing the total raised to more than £23,000 in a single week. “We’ve been overwhelmed by the generosity of Domino’s Pizza Group,” said Parkinson's UK.

POWERED WHEELCHAIR AVAILABLE



An unused and fully serviceable powered wheelchair is offered to any member of our branch who cares to collect it and perhaps make a donation. Enquiries to Peter and Priscilla Owen, tel: 01223 710578, pltowen@btinternet.com.

GA LECTURE & SCIBAR TALK ON YOUTUBE

If you were unable to go to either of two events that took place in Cambridge on World Parkinson's Day (WPD), April 11, both are now available, at least in part, on YouTube. The Gretschen Amphlet Memorial lecture featured two speakers, but for some reason only the first is on YouTube: Dr Alastair Noyce, from University College London, who spoke about predicting Parkinson's. See https://www.youtube.com/watch?v=mQNGhS3_Um8. The second event was a ‘SciBar’ talk, organised by the British Science Association, which also featured two speakers. The first was Professor Roger Barker, head of the Barker Lab at the Brain Repair Centre, who spoke about cell therapies. See

https://www.youtube.com/watch?v=PTbwlXgeF_g. The second was Nushan Gunawardana, a Neurology Registrar at Addenbrooke's, on the molecular basis of Parkinson's. See <https://www.youtube.com/watch?v=5kQD15BkK1A>. Excerpts from the talks will be shown at the July 28 Branch Meeting.

TECHNOLOGIES FOR MAKING LIFE BETTER

Technology is having a huge impact on medicine, and Parkinson's is no exception. Scores of projects designed to help people with Parkinson's (PwP) are underway, and below are just a few. Space constraints mean the descriptions are very brief, but more information about each is available online. Many are still research projects, so not all of them will eventually see the light of commercial day. But if only a few do, they could make lives better, potentially for millions of PwP worldwide.

GYROGLOVE NOW BEING TESTED

GyroGlove aims to mechanically stabilise hands for people whose main symptom is tremor. Testing is underway and the company developing it, GyroGear, has an engineering partner and is hoping to start manufacturing by the end of the year. Using tremor data provided by volunteers, it has built a custom rig with its engineering partners to model the human hand and various physiological parameters. The aim is to ensure the glove works across a wide spectrum of activities, people, and tremor severities.



LASER-GUIDED SHOES PREVENT FREEZING

Designed by Lise Pape, the 'Path Finder' is a shoe attachment that projects laser lines to 'trigger' walking and thus prevent freezing of gait (FoG), common in Parkinson's. The laser cues are activated during walking, by pressure created when the wearer touches down on the ground. The standing foot projects a line for the opposite foot, and these visual cues can continuously 'trigger' walking by focusing the attention of the wearer. Preliminary tests found a 55% reduction in FoG among affected individuals. Path Finder is due to be launched soon by the company developing it, Walk With Path. To see it and meet the developers, visit their office at Somerset House in London every Tuesday from 12-3pm. You need to sign up by 3pm the day before: 0203 865 7181, info@walkwithpath.com.

STAIRCASE ILLUSION

Some PwP walk smoothly up and down stairs, yet experience FoG on flat ground. Mileha Soneji has found a way to combat this by creating a flat staircase illusion, which is placed on the floor for users to walk over. Results have shown that users are able to walk more smoothly on the areas where the illusory mat is placed. Mileha has also designed a 'No Spill' cup featuring a curved shape at the rim and opening, to deflect liquid back into the cup.

ZEEQ, THE INTELLIGENT PILLOW

A product that can potentially help with sleep problems caused by Parkinson's is Zeeq, a 'smart pillow'. It records your natural sleep movements and can wake you up at the ideal moment in your sleep cycle. A microphone and motion sensor measure snoring and restlessness, providing data and analysis for the quality of your sleep. The accompanying app lets you check sleep data, see your set alarms, play music, and enter diet and exercise regimes.

NOTCH 3D MOTION SENSORS



A company called Notch, of New York, is producing a 3D motion sensor pack that tracks total body movement via six triangular sensors that can be placed anywhere on the body. Each sensor comprises an accelerometer, gyroscope and compass, and physiotherapists use the data captured to help improve patients' range of motion. Notch has just shipped its first wave of devices and is accepting orders for more, for delivery very soon. It is already used in universities, labs and companies worldwide.

ACTIVEPROTECTIVE PRODUCES BELT FOR FALLS

A potentially dangerous symptom of Parkinson's is susceptibility to falls that can cause serious injury. US company ActiveProtective has developed a belt featuring what it calls 'fall-in-progress' technology, which deploys an airbag fitted around the hip within a fraction of a second, before any impact. The company recently raised \$2.6m to support pilot studies in collaboration with two large care providers for the elderly. ActiveProtective also plans to expand applications for the device into areas such as sports, high risk occupations, and the military.

SCIENCE AND RESEARCH

A NEW NON-INVASIVE METHOD FOR DEEP BRAIN STIMULATION

A great success story of Parkinson's treatment in the last decade has been deep brain stimulation (DBS). But its drawback is that it involves implanting electrodes into the brain, which inevitably carries some risk to the patient, including brain haemorrhage and infection. Now, US researchers have discovered a way to perform DBS using only electrodes placed on the scalp, making it non-invasive, hence less risky and expensive, and more accessible to patients.



“Traditional DBS requires opening the skull and implanting an electrode, which can have complications, and only a small number of people can do this kind of neurosurgery,” says Ed Boyden, an associate professor at MIT and senior author of the study, which appears in the June 1 issue of the journal ‘Cell’.

Electrodes for treating Parkinson's are usually placed in the subthalamic nucleus, a lens-shaped structure located below the thalamus, deep within the brain. Other researchers have tried to non-invasively stimulate the brain using techniques such as transcranial magnetic stimulation (TMS), which is FDA-approved for treating depression. But using this technique for DBS has the drawback that it can also cause surface regions to be strongly stimulated, affecting multiple brain networks.

To deliver DBS using electrodes placed on the scalp, the MIT team exploited a phenomenon known as temporal interference. This requires generating two high-frequency electrical currents, using the electrodes placed on the scalp. These fields are too fast to drive neurons. However, the currents interfere with one another in such a way that where they intersect, deep in the brain, a small region of low-frequency current is generated inside neurons. This low-frequency current can be used to drive neurons' electrical activity, while the high-frequency current passes through surrounding tissue with no effect.

By tuning the frequency of the currents and changing the number and location of the electrodes, the researchers can control the size and location of the brain tissue that receives the low-frequency stimulation. This means they can target locations deep in the brain without affecting any surrounding brain structures. They can also steer the location of stimulation, without moving the electrodes, by altering the currents. The technique has been proven with mice, and has enabled researchers to activate different parts of their motor cortex and prompt them to move their limbs, ears, or whiskers.

“We showed we can precisely target a brain region to elicit not just neuronal activation but behavioural responses,” says MIT Director Li-Huei Tsai, another author of the paper. “It's exciting because Parkinson's seems to originate from a particular region of the brain, and if you can target that, you have the potential to reverse it.” Read more at <https://medicalxpress.com/news/2017-06-noninvasive-method-deep-brain-stimulation-electrodes.html#jCp>

TWO REPURPOSED DRUGS ARREST NEURODEGENERATION

Scientists at the Medical Research Council (MRC) have found two drugs that prevent neurodegeneration in mice. The drugs caused minimal side effects and one is already licensed for use in humans, so is ready for clinical trials. The drugs work by tackling the misfolding of proteins in the brain, which occurs in several neurodegenerative diseases including Parkinson's.

Researchers found that the accumulation of misfolded proteins in mice over-activates a natural defence mechanism, ‘switching off’ the vital production of new proteins in brain cells. They then found that switching protein production back on with an experimental drug halted the neurodegeneration. But the drug tested was toxic and not suitable for testing in humans. Now, they have shown that two other drugs restore protein production rates (in mice) – trazodone hydrochloride, a licensed antidepressant, and dibenzoylmethane (DBM), which is being trialled as an anti-cancer drug.

“We know that trazodone is safe to use in humans, so a clinical trial is now possible to test whether the protective effects of the drug we see on brain cells in mice also applies to people in the early stages of dementias,” said team leader Professor Giovanna Mallucci. “We could know in 2-3 years whether this approach can slow down disease progression. Interestingly, trazodone has been used to treat the symptoms of patients in later stages of dementia, so

we know it is safe for this group. We now need to find out whether giving the drug to patients at an early stage could help arrest or slow down the disease through its effects on this pathway.”

PARKINSON'S IN A DISH

Abnormal oscillations in neurons that control movement, which probably cause the tremors of Parkinson's, have long been reported in patients. Now, US researchers at Buffalo University working with stem cells have reproduced these oscillations in a petri dish, paving the way for much faster ways to screen for new treatments.



“We can now generate in a dish the neuronal misfiring that is similar to what occurs in the brain of a Parkinson's patient,” said lead researcher Jian Feng. The work provides a useful platform for better understanding the molecular mechanisms at work in the disease, he added.

Abnormal brain oscillations first came to light decades ago when Parkinson's patients underwent DBS. Neurosurgeons noticed rhythmic bursts of activity among neurons as they used electrodes to override brain activity. These oscillations showed something had broken down but exactly how wasn't clear.

“This research gives us a very nice way to screen for drugs because the oscillations in the dish are very much like what is going on in the brain,” Feng said. “Whatever blocks the oscillation in the dish could be a potential drug candidate.” It could lead to the development of a high-throughput technique, which would be invaluable to pharmaceutical companies looking to quickly screen potential drug candidates for Parkinson's. Read more at: <https://medicalxpress.com/news/2017-05-parkinson-dish-brain-oscillations.html#jCp>

DATES FOR YOUR DIARY

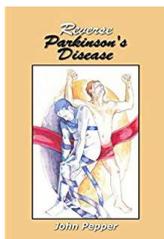
FREE ELY EXERCISE CLASS

Parkinson's UK is hosting exercise and therapy sessions for PwP in East Cambridgeshire. A free taster week aims to help people manage their symptoms and to find out what exercise classes they would like provided on a regular basis. One event takes place in Ely, at the Larkfield's Centre on Friday, July 14, running from 10.30-3pm. The day will feature taster workshops on Singing, Seated Exercise, Mindfulness, Laughter Yoga, a Re-cycled material Craft Workshop, and Library services. There will be a talk about research into exercise, showing how valuable it is for PwP, and describing exercises to improve strength, mobility and balance. Lunch and refreshments are included for just £2.50, payable on the day. Workshops need to be booked in advance. For all enquiries please contact Julie Wilson from Parkinson's UK on 0300 123 3675, or jmwilson@parkinsons.org.uk.

AUGUST TRIP TO BLETCHLEY

The visit to Bletchley Park, HQ of the group that cracked the workings of the Germans' Enigma coding machine during WW2, is set for **Thursday, August 3**. The coach will leave Trumpington Park and Ride at 09.45, arriving in Bletchley at around 11.15. It will leave Bletchley at 16.00, getting back to Trumpington at about 17.30.

PEPPER CLAIMS TO WALK OFF HIS SYMPTOMS



A South African man, John Pepper, who claims to have eliminated the symptoms of Parkinson's for decades through a specialised walking technique, is coming to the UK in August and September to give a series of talks. His story is told in detail in a chapter of a fascinating book, *The Brain's Way of Healing*, by Norman Doidge. Pepper has also written his own account in a book, *Reverse Parkinson's Disease*.

“I was diagnosed with Parkinson's in 1992,” Pepper says on his website (<http://www.reverseparkinsons.net/>). I managed to reverse Parkinson's and stopped taking Parkinson's medication in 2003. With the knowledge I have gained, since I was diagnosed, I have realised that my symptoms began in the early 1960's, when I became aware that I could not throw a ball properly.”

Pepper is 81 and despite some other health problems, he still walks 13 miles a week very quickly – in less than three hours, over 4mph. His tour of the UK runs from August 18 to 25, including two events in London (18 and 24). He then plans to do a series of 10 more talks in London from September 5 to 14. The venues are yet to be announced.

CYCLE RIDE WILL END IN CAMBRIDGE

A 200-mile cycle ride raising money for Parkinson's on **September 16 and 17** will finish in Cambridge. The two-day challenge, called BOXCAM200 (<https://www.parkinsons.org.uk/content/boxcam200>), starts in Bristol, visits Oxford and ends on Midsummer Common. To take part in both days costs £75 to register and you must raise £350 in sponsorship. To do one day costs £35 and requires £200 in sponsorship. Participants will receive fund-raising support and training plans, chip timing, feed stations en route, and a bespoke medal. For those doing the 200 miles, an overnight stay in Oxford will include dinner and breakfast and a presentation from Parkinson's researchers.



SELF-MANAGEMENT DATES

Our self-management groups are led by people with Parkinson's (PwP), partners and current carers. The Cambridge one is being facilitated by our branch members, Martin Forbes and Elaine McCaghey. Places are limited to 12 people, so register now to avoid disappointment. Groups meet locally for sessions involving discussion, activity and self-reflection on some of the bigger questions about life with Parkinson's. It's free to attend but you must book a place. Dates for the next sessions are: September 26, October 3, 10, 17, 24, and 31. Time: 10.30am-1pm. Venue: in Cambridge, to be confirmed. The programme is supported and funded by Parkinson's UK, who trained the volunteer facilitators. To find out more about self-management and how to register an interest in attending the next programme, see the Parkinson's UK website and/or email: selfmanagement@parkinsons.org.uk

INTERNATIONAL SYMPOSIUM

An International Symposium in London on October 19 and 20 celebrates James Parkinson's life and work, especially his Shaking Palsy essay. The symposium will chart the progress in medical and surgical treatments from 1817 to 2017, and consider what the future holds for Parkinson's therapies. It takes place in the Basement Lecture Theatre at the Clinical Neuroscience Building, part of University College London Hospitals, at 33 Queen Square, London WC1N 3BG. It costs £150. For more, see https://www.uclhcharitycourses.com/sites/default/files/course-pdfs/Final%20Programme_0.pdf.

VOLUNTEER FOR CAMBRIDGE FAIR

A repeat of last year's successful Volunteer for Cambridge fair takes place at the **Cambridge Guildhall on Saturday, October 21**. We ran a stall at the event last year, and were visited by lots of people looking for a voluntary job, and from members of other charities wishing to share how their work might help our members. It was good to have some of our members there who are living with Parkinson's to share first-hand experience. **Please come and help if you can, if only for part of the day**. For more, see <https://www.cambridge.gov.uk/volunteer-for-cambridge>.

BARKER LAB OPEN DAY

The next Barker Lab Open Day is set for Saturday, November 4. It will be at the usual venue, the Brain Repair Centre at Addenbrooke's Hospital, Forvie Site, Robinson Way, CB2 0PY. It will run from about 10am-4pm and speakers will be announced later, as will registration details.

THURSFORD CHRISTMAS SPECTACULAR

Our trip to the Thursford Spectacular (<http://www.thursford.com/christmas-spectacular.aspx>), the Christmas show staged in Norfolk, is now sold out. The three hour show mixes singing, dancing, music and humour, and is the largest such event in the country. The date is **Friday, December 8**, and our coach will leave from **Trumpington Park & Ride at 10.30, arriving in Thursford at about 12.30**, giving one and a half hours free time before the matinee show, which **starts at 14.00**. We will get back to Trumpington around 19.15.

CHRISTMAS LUNCH

There are probably less than 150 shopping days to Christmas – surely nobody's counting yet? – so it's time to fix our Christmas Lunch: Friday, December 15. It will be similar to last year's, with a choice of menu but no drinks included. See the next issue of the newsletter for more details.

WANTING TO UNSUBSCRIBE?

If you no longer wish to receive the newsletter, please let us know and we will take you off the postal or email list immediately. **For those receiving the newsletter by post, contact: Henry Bland, 17 Caxton Lane, Foxton, Cambridgeshire CB22 6SR. Tel: 01223-872254 07836-208367. For those receiving the newsletter by email, contact: Caroline Bent: carolinebent@me.com 01223-314279.**

IN MEMORIAM



The Parkinson's world was shocked and saddened to hear of the sudden death of Tom Isaacs, co-founder and President of the Cure Parkinson's Trust (CPT), who died on May 31, aged 49. He was diagnosed with Parkinson's at the age of 26. Isaacs co-founded the CPT in 2005, after walking the coastline of Britain in 2002-3, raising £350,000 for Parkinson's research. This is described in his book, 'Shake Well Before Use'. "Tom was a true inspiration. He was tireless in his determination to find a cure for Parkinson's," said Steve Ford, Chief Executive of Parkinson's UK.

CAMBRIDGE BRANCH COMMITTEE MEMBERS

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Gabby Farrow (Honorary Member) 01223-356433

USEFUL CONTACTS

Parkinson's Local Adviser – Candy Stokes 0344 225 3618 cstokes@parkinsons.org.uk

Facebook: www.facebook.com/parkinsonsukcambridge/

Twitter: <https://twitter.com/CambBranchPUK>

Help Line 0808 800 0303 (free phone call). Specialist advisers can answer questions on any aspect of Parkinson's.

Parkinson's Nurses in our area. For advice about your Parkinson's or information about groups being run please contact the Parkinson's Nurse Team on 01223 723018.

Branch Website – www.parkinsonscambridge.org.uk

Parkinson's UK 215 Vauxhall Bridge Road, London SW1V 1EJ

T 020 7931 8080 F 020 7931 8080 E enquiries@parkinsons.org.uk www.parkinsons.org.uk

Parkinson's UK is the operating name of the Parkinson's Disease Society of the United Kingdom.
A company limited by guarantee. Registered in England and Wales (948776).
Registered office: 215 Vauxhall Bridge Road, London SW1V 1EJ.
A charity registered in England and Wales (258197) and in Scotland (SC037554).

PARKINSON'S UK – CAMBRIDGE BRANCH CALENDAR – JULY-AUGUST, 2017

REGULAR MEETINGS AND ACTIVITIES

* SEE cancellations and holiday breaks *

* Aquatherapy *

Thursdays weekly, 14:30-15:30
Chesterton Sports Centre, Gilbert Rd, CB4 3NY
Contact: Caroline 01223 314279
NO SWIMMING FROM 27 JULY TO 14 SEPT inclusive

Branch Meeting

Fourth Friday of every month except December
10:30-14:00,
David Rayner Building, Scotsdale's
Garden Centre, Gt Shelford, CB22 5JT
Includes soup and sandwich lunch.
Details in "OF SPECIAL NOTE", **but be aware that the programme may change, and consult website or phone to check if necessary.**
Contact: Caroline 01223 314279

Bring and Share lunch

First Tuesday of each month, 12:15-15:00
Barnabas Court, Milton, CB24 6WR
[To reach Barnabas Court leave A14 at Milton (A10) exit, head to Tesco, take Cambridge Rd off Tesco roundabout and Barnabas Ct is second on right. All are welcome to all or part of meeting]
Contact: Gabby 01223 356433

* Carers' Meeting *

Programme of support, chat, information and friendship.
Sadly this service will no longer be offered until further notice as a result of staff shortages.

Nightingale Singers

Speech Therapy through Song
Fourth Friday of month, 13:00-15:00
David Rayner Building, Scotsdale's Garden Centre,
Gt Shelford, CB22 5JT
Contact: Alison Shaw 07936 191655

* Yoga *

Mondays weekly, **10:30-11:30**
The Meadows Community Centre, Room 2
St Catharine's Road (corner of Arbury Rd & Kings Hedges Rd) CB4 3XJ
Contact: Michèle 01223 563774
NO YOGA BANK HOLIDAY MONDAYS (OR AUGUST 21)

OF SPECIAL NOTE

JULY

20: Last Aquatherapy until 21 September
28: Branch meeting
11:00 An opportunity to see or re-visit two World Parkinson's Day events: the Gretschen Amphlet Memorial Lecture, and the SCIBAR talk by Dr Roger Barker.
12:00/12:15 Lunch
Aromatherapy throughout

AUGUST

3: **Branch trip to Bletchley Park:**
(see article above)
21 & 28: **NO** Yoga.
25: Branch meeting: Speaker, **Pets as Therapy**
12:00/12:15 Lunch
Aromatherapy throughout

SEPTEMBER

17 **BOXCAM** arrives in Cambridge (see article above)
22: Branch meeting:
Speaker: Jason Ablewhite, C'shire Police & Crime Commissioner.
Visit from Peterborough Branch members
12:00/12:15 Lunch
Aromatherapy throughout

OCTOBER

19-20: Parkinson's International Symposium
(see article above)
21: Volunteer for Cambridge (see article above)
27: Branch meeting:
11:00 Speaker to be confirmed.
12:00 -12:15 Lunch
Parkinson's Xmas cards on sale
Aromatherapy throughout

NOVEMBER

4: Barker Lab Open Day (see article above)
24: Branch Meeting:
Supported by our John Lewis friends, the **Christmas Party** will include a raffle, a quiz, and festive food.
Aromatherapy throughout

DECEMBER

8: **Branch trip to Thursford:** (see article above)
15: Branch Christmas Lunch (see article above)