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# Autumn 2013

## Brain in a test tube

It's too early to tell whether this technique will be useful for Parkinson's research specifically. But studies like this help us understand how the human brain works.

The team transformed both embryonic stem cells and stem cells made from adult skin cells into the part of an embryo that develops into the brain - called the neuroectoderm.

Then they provided the ideal growth conditions to allow the cells to divide and organise into three-dimensional 'organoids'. These structures contain several regions found in our fully-developed brains, including areas known to be affected in Parkinson's. But their lack of blood supply means they can only grow to a maximum of 4 millimetres in size.

## A new tool for brain research

Transforming stem cells into nerve cells has already given scientists a window into the human brain.

These 'mini brains' mimic some of its complexity more closely than ever before.

But it's important to note that they are still a long way from the 'real thing'.

The researchers used their technique to investigate a rare condition called microcephaly, which causes people to have smaller brains. But they believe it has huge potential for studying other more common conditions. They hope this approach could be used

in some circumstances as an alternative to animal research.

## Is it useful for Parkinson's?

Dr Katie Le Blond, our research development manager, comments: "This is an exciting step forward for stem cell research. We'll be keeping a close eye on this new technology and will report any developments." "The human brain is the most complicated structure known. And studies like this are helping us understand how it works. At this stage, it's too early to tell whether this technique will be useful for Parkinson's research specifically. But we'll be keeping a close eye on this new technology, and will report any developments through our website and magazines."

(article from [www.Parkinsons.org.uk](http://www.Parkinsons.org.uk))

## In Remembrance

It is with great regret that I announce the death of Sylvia Pryde who has been a committee member for many years. She passed away on Monday 9th September in Hull Royal Infirmary. Our condolences go to Don her husband. *Robert Watkinson*

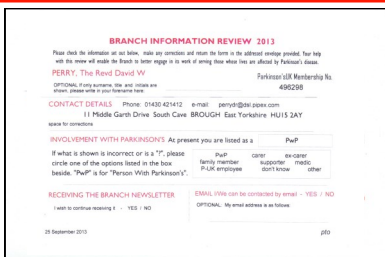
In August the Branch lost its oldest member with the death of Emily Briggs.. She lived to be 102 years old. She became a member of Parkinson's<sup>UK</sup> when her husband was diagnosed with the disease and continued as a member after he died. We offer our sympathy to all who mourn her passing. *Editor*

*Christmas is coming*

**Parkinson's<sup>UK</sup> Christmas cards will be on sale at the Monthly Meeting on October 27th.**

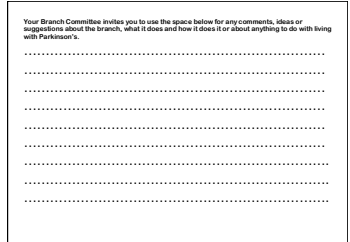
All items in this newsletter aim to provide as much information as possible but, since some information involves personal judgement, their publication does not mean that the Hull & East Yorkshire Branch of Parkinson's<sup>UK</sup> necessarily endorses them. While due care is taken to ensure that the contents of this Newsletter are accurate, the publisher and printer cannot accept liability for errors or omissions.

# What's in the mailing?



IN YOUR ENVELOPE with this Newsletter you will find your Branch Information Review form. We sent

important to us. It can help our Committee discern what its priorities should be.



them out for the second time last year and again it proved very worthwhile. Many corrections and updates were made as a result.

Sentences that begin "What about....." or "Why don't....." are especially welcome.

Last year we made space for people to declare whether they were on email and to write in their email address if they were happy for us to have it.. We have repeated the question again in this year's form.

### THREE MORE ITEMS

There is a mini poster for the Carol Service on 8th December and a booking form for Christmas Dinner on Sunday 15th December. There is also an addressed envelope to use for returning the review form and the one for booking Christmas Dinner.

Do take advantage of the space on the back of the form for you to send us a message. You do not have to write anything but your views are

David Perry, Secretary

# Help Card is on its way

**PARKINSON'S<sup>UK</sup>**  
CHANGE ATTITUDES.  
FIND A CURE.  
JOIN US.

**Coping with Parkinson's? You are not alone**

Parkinson's<sup>UK</sup> is here to offer local help and support

Contact: Parkinson's Specialist Nurses on **01482 676438** if you have any medical questions including queries about your symptoms or medication etc. If on answerphone, do leave message.

Contact: Corinne Kaye on **0844 225 3636**.

Based in the local area to offer advice and support on benefits, blue badges, help to get your needs assessed through occupational therapy/social services etc, help in accessing local services, general information on Parkinson's, emotional support and much more.

Also for Parkinson's<sup>UK</sup> free National Helpline dial **0808 800 0303**

The Branch Committee has been concerned that People With Parkinson's (PwPs) and their carers should have accurate information about how to contact vital people such as the Parkinson's Specialist Nurses and our Information & Support Worker Corinne and also key information about the Branch. The result is a plastic **Help Card** the size of a credit card.

We have here displayed the two sides of the **Help Card**. We hope you will find it easy to keep with you for instant reference. The design will be signed off at the October committee meeting and ordered and made available as soon as possible thereafter. If you would like one free of charge, please send a stamped addressed envelope to the secretary David Perry.

**Parkinson's<sup>UK</sup> Hull & East Yorkshire Branch**

Contact Welfare Officer David Gamble on **01482 667799** to chat with someone who has personal experience of living with Parkinson's. David can often tell you how to get the help you need.

Contact Branch Secretary David Perry on **01430 421412** for information about Branch meetings, fundraising, membership, volunteering, and other activities arranged by the Branch.

National website [www.parkinsons.org.uk](http://www.parkinsons.org.uk)  
Branch Website <https://pukher.btck.co.uk>  
Yorkshire & Humber Younger Person Support Group  
Contact John Hinson on **01482 632284**  
Website [www.parkinsonsypsg.org](http://www.parkinsonsypsg.org)

# How Parkinson'sUK operates

PARKINSON'S<sup>uk</sup> IS LIKE A THREE-LEGGED STOOL

## NATIONAL - REGIONAL - LOCAL

### From National Office the charity

- provides central administration and legal foundation
- engages in research for a cure and better treatments
- provides information through its printed materials
- runs a website  
[www.parkinsons.org.uk](http://www.parkinsons.org.uk)
- runs a free helpline 0808 800 0303.
- funds regional officers
- funds Information and Support Workers (ISWs)

National Office is where the charity is rooted. This is the legal and administrative centre. It is the trustees on the national board of Parkinson'sUK who are charged with responsibility and legal liability for how the charity operates. It is at this level that the charity organises and invests in research. Core functions include Personnel management. It oversees and provides finance for the regional teams and ISWs.

An excellent way to get a fuller picture of Parkinson's<sup>UK</sup> is to do a prolonged ramble around its website [www.parkinsons.org.uk](http://www.parkinsons.org.uk).

### The regional officers are there to

- support local groups and their ISWs
- work with health and social care providers to improve local services
- deliver Parkinson's training for health and social care professionals
- support people in the area who want to fundraise or volunteer
- help establish Parkinson's Specialist Nurse posts within the NHS

The box lists a range of tasks that require the input of paid staff if they are to be tackled realistically. In our Yorkshire and Humber region there are 26 local groups and 10 ISWs to support. Getting among the health professionals to develop their understanding of PD or negotiating with hospital authorities over the deployment of a Parkinson's Specialist Nurse takes time and expertise. Training volunteers and encouraging fundraising are important tasks where regional officers have a key role.

### The local groups are there to

- improve the quality of life for PwPs and their carers
  - help find a cure for the illness through fundraising
  - be the local expression of Parkinson'sUK .
- There are over 340 branches or groups.

The local branch has the opportunity to do a great deal of good in terms of building up a local community of those affected by Parkinson's. Needs can become known and discreet help given. Friendship and support are the keywords. Relying on volunteers there are many ways of working. There can be a lively interest in fundraising or in learning about where research is leading.



The tri-fold leaflet about our Hull & East Yorkshire Branch has been thoroughly revised and reprinted. If you know of people or places where these leaflets can be passed on to advantage, please ask the Secretary David Perry for a supply and he will be glad to meet your request.

# Bedford breakthrough .....

## News on the research front

Thu 15th August, 2013

PARKINSON's disease is "one step closer to a cure" thanks to stem cell research at the University of Bedfordshire.

Scientists are now able to identify the contribution of different elements inside a single brain cell which are responsible for the development of Parkinson's disease.

Dr Bushra Ahmed (below) and a team of research students identified that Parkinson's sufferers' brain cells (neurons) are dying. This is because the neurons in the brain's movement-control region cannot detoxify the harmful substances produced during metabolic reactions. The next step is to take the giant leap into protecting a cell from death which may ultimately lead to discovering a cure.

During Dr Ahmed's research, it was uncovered that Parkinson's sufferers' neurons are overloaded with excessive everyday toxic by-products.

These by-products (the oxidative process – when oxygen combines with other molecules) are harmlessly managed in a healthy individual. But Parkinson's sufferers' neurons are damaged when they meet.

This process is known as Oxidative Stress. It is the Oxidative Stress which causes Parkinson's sufferers' brain cells to die, and this leads to messages that control movement and balance to be disrupted.

The team distinguished the 'damaging connec-

tion' after creating specific neurons that make dopamine (the chemical messenger/'happy hormone') with stem cell technology.

"My aim was to identify what specific elements inside the cell are responsible for cell death in this way," said Dr Ahmed, from the Department of Life Sciences.

"What we have found far exceeded expectations in terms of firmly identifying the key factors in the causes of Parkinson's disease. This research is undoubtedly a great leap forward in the race for a cure, as we can now begin to develop methods of protecting these areas and preventing the damage synonymous with this condition."

The Principal Lecturer in Biochemistry and Course Leader for Biomedical Science added: "What is even more beneficial is that our students played such a key role in such an early part of their careers, and that not only have we been able to provide them with the necessary skills for life after studying, but also the achievement of gaining academic credit."

Using her current research Dr Ahmed hopes to continue onto the next stage, and uncover methods of preventing this damaging process from occurring, which will lead to the ability of minimising the deterioration seen in the brains of Parkinson's sufferers, and prevent symptoms from manifesting.

(article from Bedford University's press release)

*Christmas is coming*

**Parkinson'sUK Christmas cards are now available and a selection will be on sale at the Monthly Meeting on October 27th.**

# Sunday Meeting Marketplace

Our regular Monthly meetings at Trinity Methodist Church Hall has a variety of features which it is easy to take for granted. I refer especially to the various stalls.

First on the left as you enter the room is -

## BRIC A BRAC

Mike and Sheila have been running this stall for more than a decade. The success of the stall is entirely dependent on people providing the goods. Recently they appealed for more contributions and were gratified by the response.

They thank very much those who responded and hope the supply can be maintained.

They hope also that people continue to bring bric a brac rather than jumble, i.e. items that are now no longer needed but are in good condition.

NB Mike and Sheila are not able to receive bric a brac at their home nor do they collect from people's houses. The place to bring items is the Sunday meeting, where they will always be very gratefully received.

Next to them is—

## RAFFLE

Florrie, Sandra and Jane have been running this for a very long time. Florrie and Sandra concentrate mainly on looking after the supply of prizes. Jane's speciality is in selling the raffle tickets in a lively and arresting way. She calls the numbers loud and clear whether the microphone is working or not.

The team is always grateful when people come forward with prizes.

## BOOKS AND DVDS

Roy, Cathryn, and Harold have been doing their stall for a long time. They are glad when people come in with books and DVDs to be sold on their stall.

Over the years the proceeds from these three activities has run into thousands and the monthly total has virtually always been sufficient to meet the cost of hall hire and the speaker.

We thank our stallholders for all their efforts.

## ADVERTISEMENT FEATURE

# 5% EXTRA DISCOUNT

WHEN YOU BRING THIS ADVERT TO ONE OF OUR RIGHTCARE SUPERSTORES

 <p><b>Electric Rise and Recline Chairs</b> from only <b>£395</b> Collect in a box £445 Delivered &amp; set-up</p>	 <p><b>Electronically Adjustable Beds</b> Electronically Adjustable Bed, inc. Luxury Memory Foam Mattress. <b>£695</b></p>	 <p><b>Fully Transportable Scooters with Massive Savings</b> now only <b>£495</b> <b>BRAND NEW</b></p>
<p><b>FREE LOCAL DELIVERY, SET UP &amp; WORKING</b></p>		
<p><b>For the BEST prices visit Right Care Mobility first!</b>  <span style="font-size: small;">■ 1,000'S OF DAILY LIVING AIDS AVAILABLE ■ ASK ABOUT OUR HOME DEMOS</span>  <b>SAVE OVER 80% ON M.R.R.P</b>  <b>TROUBLE GETTING IN TO SEE US - NO PROBLEM, WE'LL COME TO YOU!</b></p>		
<p><b>RIGHTCARE SUPERSTORE</b> www.rightcaremobility.co.uk</p>	<p><b>Vulcan Street, Clough Road Hull, HU6 7PS</b> (rear of Right Car) <b>01482 476400</b></p>	<p><b>Hull Road, Anlaby Common Hull, HU4 7RY</b> FREE PARKING <b>01482 575000</b></p>

## HOW THE SCHEME WORKS:

If you are considering a purchase of any equipment always consult your health professional first.

If you are OK to proceed and wish to make your purchase from Right Care then take this advert along and they will give you the extra 5% and also give 5% to our local branch funds.

# Fundraising, Donations and Grants

## PARKINSON'S<sup>UK</sup>

This is Chloe Olivia Harrison. Her granddad Vic Oliver has Parkinson's and Chloe Olivia who is six years old decided she would do some baking, sell it to her friends and family and give the money to Parkinson's<sup>UK</sup>.



So far she has raised over £50 and still baking. Her price list makes interesting reading:- buns 20p each or 2 for 50p.

WELL DONE CHLOE!!!!

-----

CONGRATULATIONS AND THANKS also go to Chloe's father John Harrison. Last year he organised a golf PRO/AM tournament at Pocklington and raised over £3,500. This year he repeated the event and in spite of the weather being poor this time the money raised was over £4,000.

Organising such an event involves a great deal of hard work. John has done all this as a volunteer to raise funds for Parkinson's<sup>UK</sup>.

We thank him and all who worked with him to make this event such a success.

## SUPER SINGING

### Enhanced by beautiful baking

In July the all women's choir Cantabile gave a concert at St Nicholas Church in Beverley for Parkinson's<sup>UK</sup>.

It was a very happy collaboration between choir and church. The choir sang a varied programme of songs and sang them beautifully.

The church as a building provided an excellent acoustic. The church as people provided a wonderful supper

The proceeds were £400 on the evening, with further substantial donations also being received.

We say thank you to choir, church and people.

## RETURN OF THANKS

to Mrs Judith Wetherell and the Skidby Lakes Golf Ladies for raising a donation of £120.

## RETURN OF THANKS

to Rebecca Hancock who did a sponsored parachute jump for Parkinson's<sup>UK</sup> on 28th August at Hibaldstow. The amount raised so far is well over £1,000 with some money still to come in. We look forward to a presentation ceremony at the Branch Sunday meeting on October 27th. Rebecca undertook the jump as a tribute to her grandfather Eric who died in the spring of this year.

## RETURN OF THANKS

Once again the Branch is grateful for the support it receives from the Hull Aid In Sickness Trust..

Once again the Trust has given us a grant of £2,000.

## THANKS FOR IN MEMORIAM DONATIONS

In the past three months the Branch has received funeral collections or donations in memory of C Johnson, E Mallinson, R Hodgson, C Pearson, P Wright and C Sharpe totalling £781

We offer our condolences to all who have lost loved ones in recent months.

## Exercise Opportunities

### HULL CITY CENTRE Monthly Drop In

Jane Curran and colleagues from Hull Royal Infirmary's physiotherapy department do a session for people with Parkinson's. There is no charge—its free. It is held on the second Monday in the month from 1.30 pm to 2.30 pm. at the [age UK](#) building on the corner of Porter Street and St Luke Street. ISW Corinne Kaye attends and is available for consultation.

Remaining dates for 2013—14th October, 11th November, 9th December.

### YOGA FOR PARKINSON'S

Bryan Bayley runs a weekly session for PwPs. And carers on Fridays 2.30pm to 4 pm at Hull Unitarian Church, Park Street. £3 per session. Please contact him before attending for first time.

mobile 07764 683838

e-mail [tbryanbayley@yahoo.co.uk](mailto:tbryanbayley@yahoo.co.uk)

### BRANTINGHAM VILLAGE Chair Exercises

Held on Mondays (except bank holidays)  
1.30 pm—2.30 pm at Brantingham Village Hall

This is a "keep fit" which gives even those with much reduced mobility the chance to give their limbs and joints a very useful workout. It is all done sitting down with musical accompaniment to keep things cheerful.

After about 45 minutes of the exercises tables are set among the chairs and everyone has a drink and a chat before going home. Everyone pays £1.50 per session.

Many PwPs could benefit greatly. For more info please phone Linda on 01482 666881 or Cathie on 01482 667823 or to let them know you are coming.

## Two Social Events

PARKINSON'S<sup>UK</sup> CHANGE ATTITUDES. FIND A CURE. JOIN US.

# JOIN US

AT THE 7.30 to midnight  
INGELMIRE CLUB  
INGELMIRE LANE HALL  
ON SATURDAY 26<sup>th</sup> OCTOBER 2013  
FOR A SOCIAL + FUNDRAISING EVENING  
FOR  
PARKINSON'S DISEASE  
TICKETS £3  
INCLUDING BUFFET / RAFFLES / ARTISTE

AVAILABLE FROM  
KEN ON 445850  
0808 800 0303  
[parkinsons.org.uk](http://parkinsons.org.uk)  
MICK ON 903893  
OR THE CLUB

We're the Parkinson's support and research charity. Help us find a cure and improve life for everyone affected by Parkinson's.

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PKP077

Margaret and Bob Banks of 4 Wentworth Grove, Aldbrough. and some friends are arranging a

### Vintage Tea Party on 7th December 2013 11am—3pm

You are invited to take tables @ £10 a time to sell wares of festive descriptions and the proceeds are to be split 50/50 with Macmillan and Parkinson's<sup>UK</sup> Hull & East Yorkshire Branch.

For more information contact Margaret and Bob Banks, 4 Wentworth Grove, Aldbrough. HU11 4RU, Tel 01964 527600.

## For your diary—Forthcoming Events

### BRANCH CALENDAR

Monthly Sunday Meetings  
in Trinity Methodist Church  
Hall (corner of Newland  
Avenue and Cottingham  
Road, Hull). 1.30pm for  
2.00pm start

**27th October (please note  
date has been changed  
from 20th to 27th.)**

“Ladies of Note”—Patsy  
Wright, Singer and pianist,  
songs and monologues.

**17th November**

“Parkinson’s and  
osteopathy” - Robert  
Wadsworth, osteopath

**2014 Sunday Meetings**

19th January, 16th  
February AGM, 16th  
March, 27th April ( 20th  
is Easter Day), 18th May,  
22nd June, 20th July, 17th  
August, 21st September,  
19th October, 16th  
November

## PARKINSON'S<sup>UK</sup>

### Hull & East Yorkshire Branch ANNUAL CAROL SERVICE

with the choir of St Helen’s Welton

at Trinity Methodist Church

(corner of Cottingham Road & Newland Avenue)

**2.30 p.m. Sunday, 8th December 2013**

**ALL WELCOME—BRING YOUR FRIENDS**

## PARKINSON'S<sup>UK</sup>

Hull & East Yorkshire Branch

### CHRISTMAS DINNER

at Holiday Inn, Hull Marina

**12 noon to 3.45 p.m. Sunday, 8th December 2013**

Booking forms sent with October mailing

### A form you may find helpful

If you are on our Newsletter mailing list, have not yet joined Parkinson’sUK and would like to do so, please tick the box for item 1, fill in your details and send to the Secretary.

If you know of someone affected by Parkinson’s or is interested in supporting Parkinson’sUK, cut this form off and give it to them. They may then tick the box of item 2 to get on the newsletter mailing list (and item 1 if so minded) and send off to the Secretary, David Perry. His phone number is 01430 421412.

REPLY SLIP - to be sent to The Secretary, 11 Middle Garth Drive, South Cave, BROUGH, E. Yorkshire HU15 2AY

1 I wish to join **PARKINSON'S<sup>UK</sup>** Please send me a Membership Application

2 I wish to receive the **HULL PARKINSON** newsletter

NAME ..... email .....

ADDRESS .....

..... POSTCODE ..... PHONE .....