

## HERTFORDSHIRE PSP & CBD SUPPORT & FRIENDSHIP GROUP

The next meeting of the Hertfordshire PSP/CBD Support & Friendship group will be held on:-

**DATE:-Saturday, 12<sup>th</sup> October, 2019**

**TIME:-from 2.15pm to 3.45pm**

**VENUE: - the Parish Centre, The Park, Redbourn AL3 7LR**



*Welcome* The first chilly reminders of autumn are upon us, .....my heating has come back on..... but you are all assured of a warm welcome when you come to the meeting.

### RETROSPECTIVE:



My concerns prior to the September meeting that our parking area at the Parish Centre would be “invaded” by visitors to the Classic Cars rally proved groundless. The only “invader” was a parish councillor so I could hardly evict him and anyway he didn’t stay long. Thanks to the help of our friends, PCSO Alex Peduto and the Parish Clerk, Chris Kenny, we had bollards placed across the entrance. In fact, as I arrived earlier than usual, Chris was putting them in place for us. I emailed our thanks to both of them on the following Monday and my thanks goes also to those members of our group who came early to help.

We also welcomed two new members to the group and hope they will find friendship, information and support from attending. We are fortunate in having a number of ex-carers who are able to act as friend and mentor to new members and their help is invaluable.

An interesting discussion took place about the need to spread the awareness /red flag posters etc., even more widely to people such as paramedics, A&E departments, opticians, osteopaths, even podiatrists following a chance remark made to me by my podiatrist that he has sometimes detected conditions such as Parkinson’s at an early stage by a patient’s gait before they are aware of it themselves.



He didn’t know about PSP before our conversation; he does now!  
AND HE HAS A FLAG POSTER TO PROVE IT. (never miss an opportunity is my motto)

### SEPTEMBER 28<sup>th</sup> FAMILY & FRIENDS’ DAY NEWPORT



I have had good reports from those who attended the recent Friends and Families’ Day in Newport so I hope those who are able to come to the group meeting on Saturday 12<sup>th</sup> October will hear more from those who attended.

**PSPA**

### VOLUNTEERS’ DEVELOPMENT MEETING AT PSPA HQ 4<sup>TH</sup> & 5<sup>TH</sup> OCTOBER



This weekend volunteers including Local Group Coordinators, Education, Helpline and Community Outreach Volunteers from all over the UK will be attending a Volunteers’ Development meeting in Milton Keynes. This will begin with a Q&A session with the CEO, Andrew Symons, and my thanks go to those members of our group who responded to my request for questions you would like me to put to him. I have sent these in advance to Carol Amirghiasvand who is the Director of Engagement and is organising the event. They range over such matters as the charity’s “marketing” policies, the website, the online shop, raising awareness of groups through neurology departments. It is only an hour’s session and there will be a lot of people wanting to raise

important matters so I don't expect all my questions will be dealt with but by putting them to him in advance he will at least be aware of some of our concerns.

### PSPA CHRISTMAS CARDS



The range of PSPA Christmas cards can now be purchased online at the PSPA website/online Shop. There are 8 different designs to choose from, most fairly traditional. Mention of Christmas cards reminds me that this is the time of year when we are most likely to have stamped mail arriving which means you have another opportunity to support PSPA by saving used stamps

### "STICK WITH STAMPS"



That's what a newspaper article this week said. Apparently there is still valuable cash to be raised for charities, especially smaller ones, by collecting stamps, as used postage stamps are worth more than we think. The fact that fewer letters are now sent by post means that stamps can increase in value, especially overseas ones. Even those which are of no value to collectors can still raise money for a charity when they are sold for crafting or paper recycling

Once again you can help to raise funds for vital work by saving your used stamps and sending them to PSPA.

**Margaret Powell House  
415a Midsummer Boulevard  
Milton Keynes  
MK9 3BN**

So with Christmas being the peak time for stamped post there is no better time for us to start saving our stamps for PSPA if we don't already do so. "*Collecting stamps costs you nothing and you can do something useful with something you would otherwise throw away*" says one charity.

### NEWS of a DONATION



Once again my dear Wellingborough friends have sent a cheque for £25 to make sure our coffee and tea supply doesn't run out and once again I have sent it to PSPA with the request that it be credited to the Hertfordshire group. In the course of a year these friends send us about £75.

### FINALLY.....PLEASE..... AS ALWAYS



1. ***Let me know by email or phone if you intend to come to the October 12<sup>th</sup> meeting.***  
An early reply is helpful but you can leave it until the morning of the meeting if necessary. I know how difficult making caring and other arrangements can be.
2. ***Remember to check your email and/or voice mail before you leave home in case of any late changes or, heaven forbid, a cancellation***

If anyone can arrive a little earlier, between 1.30 and 2.00pm, we always welcome help with setting up the tables which are quite heavy and awkward. .

Kind regards,  
*Maureen*

Maureen Horne, Volunteer Co-ordinator Herts Local Group.

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