

NEWSLETTER

WWW.PARKINSONS.ME | MARCH 2018 | CHARITY NO.1166531



What a great time we had at the monthly family coffee morning. Who's joining us next time, April 29th at the Community Garden at 10.30am. Weather permitting!! (fingers crossed)

Please help us get established and consider becoming a friend of the Community Garden. Details on how to get involved can be found at www.bit.ly/PdotMeGarden. Thank you for your support and friendship in advance.



Taking of the garden. Spring has finally sprung and the clocks have jumped forward. April is going to be a busy month with the WolfRun and starting work in the Community Garden. Want to get involved? Let us know via email at info@parkinsons.me





Parkinsons.Me
Supporting you and your family

#MoveMe

Is our brand new subsidised physiotherapist lead exercise group for people with Parkinson's. Come along and join us at the Engine House Gym in Ardington.

Now booking

Check details and reserve your place via the website at www.Parkinsons.Me/Events.





Places still available via
www.parkinsons.me/events

Also we're still looking for a few more volunteers to help at the Wolf Run 7&8 April near Lutterworth.

They don't come any fresher than growing your own

The health benefits of gardening are well documented - good for both physical and mental health. And following on from last month's blog on the cost of food, growing your own fruit and vegetables is cheaper than buying them in the supermarket.



Across the world we are seeing governments focus on community gardens in their nutrition policy as a way of providing communities living in food deserts (areas where supermarkets don't sell or sell very little fresh produce) or with people with food insecurity (due to low income) with fruit and vegetables. Growing your own is also an effective way to get the children, grandchildren, nieces and nephews to increase their intake. There are numerous studies that show children that have grown vegetables are more likely to eat them.

One particular study published in the American Journal of Preventive Medicine, followed families who took part in a seven-week gardening, cooking, and nutrition workshop. Each family worked a plot, plus there were community-building activities such as potluck dinners using foods grown in the garden. At the end of the seven weeks, not only had the children in the program increased their consumption of fruits and vegetables in general, but roughly 17 percent of those who were overweight saw a reduced body mass index (BMI).

Another study found that 100 percent of participants, many of them school-age children, reported increasing their consumption of fruits and vegetables after participating in a community garden. Here in Oxford, the first Children's Allotment has just started. Check out what is near you or get involved in the Parkinsons.Me community garden in West Lockinge.

Continued on the Parkinsons.Me website



With April being Parkinson's awareness month. We're offering free shipping on all merchandise. Prizes are being offered for the merchandise appearing in the best selfie, most famous backdrop and order to have travelled to the furthest distance from Wantage. Good luck and we look forward to seeing your posts.

PD Forums

Take a look at the Forum section of the Parkinsons.Me Website.

Some interesting discussions including dealing with Parkinsons, the needs of carers and the affects on the younger members of our families.



MyDonate



BT MyDonate are showcasing P.Me during April. Please show your support for the Wolverines as they raise funds for our physio led exercise program

#MoveMe