



NTF News

*Merry Christmas!*

Winter 2018, Issue 006

Quizzes,  
recipes,  
and more!

THANKS TO EVERYONE IN 2018!

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## Essential Tremor Awareness Day

**Saturday 9 March 2019**

**Holiday Inn, Gibson Road, Sutton SM1 2RF**

Essential Tremor  
Awareness Month

**For further details contact  
Jackie on [jackie@tremor.org.uk](mailto:jackie@tremor.org.uk)**

# Welcome

## **A message from our Honorary President Lord Julian Fellowes**

It is hard to believe that another Christmas is upon us when, to me, anyway, it only seems about three months since the last one, but it is. So we have all survived another tremulous year.

I don't know about anyone else, but I do not find the annoyance factor diminishing as I throw coffee into my lap and spray my favourite tie with soup, on a regular basis, but I suppose I have got used to it and that is something. As the old prayer says, "God, give me the strength to accept what I cannot change." But this year there has been a slight shading to that with the work of Professor Wladyslaw Gedroyc, whom I was lucky enough to meet on a trip to find out about his research into our condition at St. Mary's, Paddington. What he has achieved is really remarkable and while it is too early to talk of a cure, it convinced me that it would be wrong to give up hope. If the opportunity arises, please will as many of you as possible support his efforts.



**Lord Julian Fellowes**

With that, I wish you all a very happy, if shaky, Christmas.

Yours ever,

Julian

**The Lord Fellowses of West Stafford, DL**





# Thanks to ever



**The North West Tremor Support Group held their biggest Christmas dinner yet**



**Diane runs Liverpool half-marathon**



**New support group, Salisbury Shakers**



**Cambridge Support Group first meet-up**



**Wallington Community Health & Wellbeing Event**



**Amanda runs the Yorkshire Marathon**

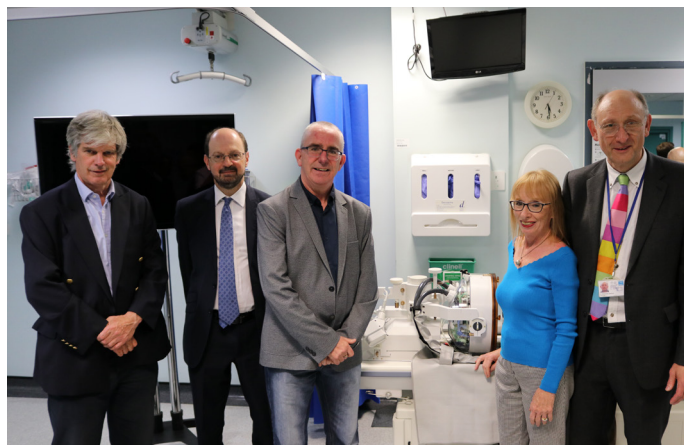




# Everyone in 2018!



**NTF Annual Conference 2018**



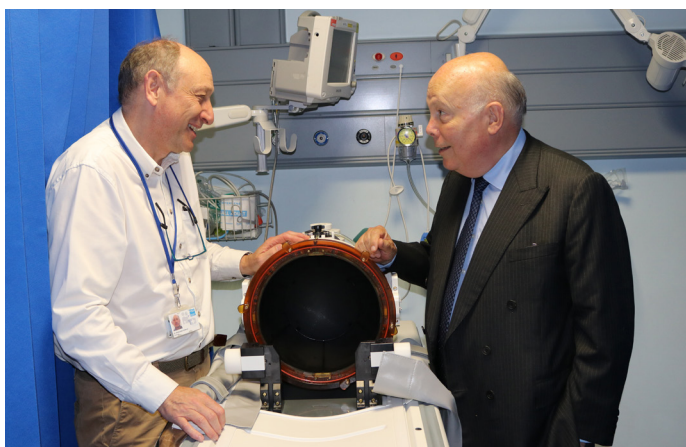
**The NTF were invited to the Imperial Health Charity launch of a £1.5 million fundraising campaign**



**March Awareness Month**



**Alan runs the London Marathon**



**Lord Fellowes visits St Marys**



**The Scottish Support Group hold their Loch Ness Cruise**

# Diane runs for tremor

Runner Diane Peternel ran the Chesterfield Half-Marathon on Sunday 21 October to raise awareness and funds for the NTF and tremor.

You may remember reading about Diane, who has essential tremor, running the Liverpool Half-Marathon earlier this year. She now tells us about her next marathon challenge.

"I booked the Chesterfield (my hometown) half marathon a long time ago. A few months later I booked the Ljubljana one and it turned out to be the week after, oops! I usually have at least a few weeks in between. So when I heard there was also a 5 mile race in Chesterfield I

decided I'd do that to save my legs  
for next week.

"It was freezing when I arrived but such a beautiful autumnal colour morning with the sun shining it was hard not to enjoy it. Other than the last 4 miles which included a mile long slow uphill climb which was really tough on the tired legs but I got there. And when I did, all those thoughts of 'I'm never doing this again' 'why am I doing this' disappeared and as I stood watching fellow runners cross the line, including one with a guide to help them around due to not having sight in one eye and another with a medic due to his



## Diane runs a half-marathon

disability I felt incredibly humbled, after all I just shake a bit now and inspired to do it all again. That'll be next week then!"

# Alan runs London Marathon

**Alan ran the London Marathon on Sunday 2 April 2018 to fundraise and raise awareness of tremor. He shares with us his marathon experience.**

“Earlier this year I decided it would be a good idea to submit my name to run the London Marathon in 2018 via their lottery system. I wasn’t successful, and to be honest I exhaled a huge sigh of relief.

“That was until I found out that the NTF had selected me to be their one and only entrant, running on behalf of the charity; my stomach has been in knots ever since!

"I have always run a little bit, and

even completed the Great South Run in 2016, however this was my first marathon, and it was the London Marathon of all things. My training started as soon as my place was confirmed and I now run about 4 times per week and I'm slowly increasing the distance and my speed until I'm ready for the 26 long miles ahead of me in April.

“The London Marathon was my first event that my tremor hasn’t been restrictive, in fact, in many ways it’s enabled me to run the marathon and for once have a very positive influence in my life.



**Alan with his  
marathon T-shirt**

“I’m so proud that I completed the event and in total raised £1997.70.”



# Congratulations Amanda!

The NTF would like to thank Amanda for running the Yorkshire Marathon on 14 October to raise awareness and funds for the NTF and tremor.

Amanda whose dad, Geoff, was diagnosed with tremor, ran the epic 26.2 miles in 05:14:23 despite the rain!

She said: "It was quite tough, but the experience was absolutely

amazing and the support I got from the NTF was great.

"Thanks to NTF for the support- I now plan to have a hot bath, hot drink and maybe some Prosecco!"

Her advice to anyone wanting to take part in a marathon is: "Train for it and do it. Everyone has a marathon in them."



**Amanda runs the Yorkshire Marathon**

## NTF gets The Big Lottery Fund

NTF was awarded £4000 by The Big Lottery Fund to go towards support group development.

The Big Lottery Fund gives grants to organisations in the UK, such as the NTF, to help improve their communities.

### **What's the importance and impact of NTF support groups?**

Groups give people the opportunity to learn about their conditions, chat to people with similar problems, compare notes and pass on helpful hints and tips in a welcoming environment. They are not only about supporting one another, but also about having fun and making new friends.

### **How will it make a difference to the people**

### **who run support groups?**

NTF funding is very limited and currently support groups are entirely run by our dedicated volunteers.

The funding will give them the ability to expand on their work and help support those that suffer from tremor and the community.

### **How will it improve lives?**

The development of support groups for essential tremor & orthostatic tremor will directly improve the quality of lives, as many people feel alone when dealing with tremor and do not know who to turn to.

The supports groups allow people to build a network of friends who they can turn to. In addition, support groups play an active role in raising awareness of tremor.

### **How will it improve the whole community?**

The development of support groups will have an impact on a range of personal and social issues faced by communities as a whole. Tremor does not only affect people who suffer from the disorder by also their families and friends. Support groups play a vital part in educating members of the public from educational professionals to health care practitioners.

We look forward to hearing more about The Big Lottery Fund and the development of our support groups.

**Do you want to  
fundraise & raise  
awareness for the NTF?**

Go to  
[www.tremor.org.uk/fundraising](http://www.tremor.org.uk/fundraising)



# Raising ultrasound awareness

## **Matthew Walker, Insightec**

The Medical Technology Awareness Reception at the House of Parliament on December 4th brought together NHS policy makers, physicians, industry, patient organizations and politicians to explore the impact and benefit of medical technology on health and social care.

At this year's meeting, Mr. John Dickinson shared his heartfelt experience as an essential tremor patient treated with incisionless surgery using focused ultrasound. Mr.

Dickinson first explained the impact essential tremor has had on his life and on his family. He then shared how his tremor has improved and his life has changed since undergoing the focused ultrasound treatment.

Earlier this year, MR-guided focused ultrasound for essential tremor patients received a positive guidance from the National Institute for Health and Care Excellence (NICE). The goal is to make this treatment available for NHS patients.



**John Dickinson shares his heartfelt experience**

# Greetings from GyroGear!

"GyroGear would like to thank all of the very kind and committed members, followers and contributors to the National Tremor Foundation.

"We are very fortunate to continue to be associated with this wonderful organisation and we can clearly see the positive impact that the charity has on the lives of so many with Essential Tremor.

"All of the team at GyroGear are very grateful for the time, support and encouragement that has been offered to us so far and we look forward to



**GyroGear team Christmas dinner**

continuing this great work with your support into 2019 and beyond!

"Wishing you all a very merry Christmas, happy holidays and a happy New Year!"

**Team GyroGear**



# Essential Tremor in Children Support Day

We are proud to announce the first ever Essential Tremor in Children Support Day, to be held at IceSheffield, Sheffield on Sunday 10 March 2019 from 11am – 3.30pm.

The aim is to give children and parents/carers the opportunity to learn about essential tremor, chat to other children with similar problems, compare notes and pass on helpful hints and tips in a welcoming supportive environment whilst having fun and making new friends. In addition families and children will have the opportunity to skate during the event.

Essential tremor not only impacts children but also their

families and friends who often don't know how to support their loved one with the condition. The support day aims to encompass the whole family by building friendships and support networks for all.

Kitty Reilly, Board of Trustees, National Tremor Foundation & Children's Liaison Officer, said: "Currently, few know that essential tremor in children is one of the most common neurological conditions yet the awareness of the impact and research around the prognosis and treatment is limited. The support day will help people understand the impact tremor has on children and their families. This is very

exciting and a leap in the right direction."

## Event details:

Essential Tremor in Children Support Day  
Sunday 10 March 2019 @  
11am – 3.30pm  
Glacier Suite  
IceSheffield Coleridge Road  
Sheffield S9 5DA

More details about the support day to be announced soon. Watch this space!

If you need any further information about essential tremor in children, please do get in touch on [kitty@tremor.org.uk](mailto:kitty@tremor.org.uk).



## Essential Tremor in Children Support Day

**Sunday 10 March 2019, 11am–3pm**  
**IceSheffield, Coleridge Rd, Sheffield S9 5DA**

Essential Tremor  
Awareness Month

**For more information contact  
Kitty on [kitty@tremor.org.uk](mailto:kitty@tremor.org.uk)**

# My first year as Support Group Coordinator

## Jackie, Support Group Coordinator

It has been a remarkable first year as support group coordinator. As well as the long standing groups in Liverpool and Romford, I'm pleased to say that six new groups have successfully started up (Cambridge, Leeds, Nuneaton, Oxford, Salisbury and Sutton). Having essential tremor myself in hands, head & legs, I know how valuable support groups are. Just being able to share experiences with others can be so beneficial. So a big thank you to all the group leaders for supporting those with tremors including orthostatic tremor.



**Jackie on the radio, during March awareness month**



**Jackie, at Queen Elizabeth Foundation (QEF) Kids disability exhibition**

2018 has also been an exceptional year for awareness days, in particular being invited to take part in my local community events. The NTF table attracts much interest and is great way to spread the word of essential tremor and orthostatic tremor.

**March 2nd 2018:** Queen Elizabeth Foundation (QEF) Kids disability exhibition, Carshalton.

**March 17th 2018:** The main Essential Tremor Awareness month event 2018 took place at Holiday Inn, Oxford. Despite heavy snow which unfortu-

nately stopped a few people from travelling, especially long distances, we still had a good turnout of 50+. BBC Radio Oxford agreed for me to give an interview which they arranged to take place at BBC Wogan House in London and link up with Radio Oxford. This created much interest and resulted in listeners attending the event. Joining Kevin and myself as speakers were Matthew from Insightec & Faii from GyroGear. It was also an opportunity to introduce Katherine Phillips who leads the Oxford support group.

**July 16th 2018:** Physical Disa-







**Alyson and Jackie at the Neurological Study Day**

bilities & Neurological Study Day. Romsey, Southampton.

Hampshire Neurological Alliance had invited me as a guest speaker to share my journey with Essential Tremor. It was a perfect opportunity to also introduce Alyson Farr (newly appointed chair of the Orthostatic group) to join me for the presentation. Majority of the audience had not heard of essential tremor and none had heard of orthostatic tremor!

**July 21st 2018:** Dorchester library, Dorset: Pleased to have company that day with Kim Jones. Amazingly a few passers by either had ET or knew someone with it. One couple, who saw it advertised, travelled 25 miles to find out more as the hus-

band had recently been diagnosed with essential tremor.

**August 2nd 2018:** Community Safety Day, Sutton library,



**Community Safety Day, Sutton library, Sutton, Surrey (L-R),. Mayor of Sutton Councillor Steve Cook; Jackie and local MP Paul Scully**

Sutton, Surrey. Mayor of Sutton Councillor Steve Cook and local MP Paul Scully both stopped by for a chat.

**October 5th 2018:** Queen Elizabeth Foundation mobility day. Again the Mayor of Sutton stopped by.

**October 19th 2018:** Well Being Community Day, Wallington, Surrey. Local MP Tom Brake stopped by for chat.

**December 3rd 2018:** Neurological Conditions and Physical Disabilities Study Day. Basingstoke.

Arranged by Hampshire Neurological Alliance and PaCT (Partnership in Care Training) it was an opportunity to raise

*Continued>>*



**(L-R),. Mayor of Sutton Councillor Steve Cook; Jackie and the Mayoress of Sutton**

awareness of NTF and promote essential tremor and orthostatic tremor.

For fun, each stallholder could take part in "The Three minute to Change the World Challenge" We were allowed use of one prop. I chose the NTF booklet and invited the audience to visit our table, pick up information on both disorders and help us change the world by spreading the word. This proved to be extremely valuable as the table attracted many visitors. Majority had never heard of essential tremor or Orthostatic Tremor which meant Alyson Farr from the orthostatic group and myself for essential tremor were kept busy.

## Going forward into 2019

**March 9th 2019** Good news! For 2019 I've been fortunate to secure a Neighbourhood Community Grant from Sutton council to arrange a local Tremor Open day. This has been booked Saturday 9th

March 2019 at Holiday Inn, Sutton, Surrey. Speakers will include representatives from NTF, GyroGear & Insightec the makers of the focused ultrasound machine used for essential tremor.

**March 14th 2019:** QEF Carshalton. NTF information table will be at their Kids Open Day and equipment fair.

**March 23rd 2019:** ET Open Day in Canterbury, Kent. Age UK, Castle Row, Canterbury, Kent, CT1 2QY

We recommend you regularly check the NTF website events page for updates.

Wishing everyone a Merry Christmas. My 2019 message is "Let's unite and spread the word of essential tremor and orthostatic tremor".

## Jackie Farrell~ Support group Coordinator



**Jackie and Alyson at the December Neurological Study Day**





# Salisbury Shaker's

## **Sheelagh , Salisbury Support Group Organiser**

Salisbury Shakers celebrates a successful first year. The first meeting was held in Salisbury last October, where we met for coffee (and cake) and then went on for lunch. The idea was that we would decide where future meetings would take place and what activities members would like. Although we had a visit to Salisbury Christmas Market and a trip to the theatre, most people prefer an informal meeting where we can have some discussion

and then have lunch together. We were lucky enough to have a visit from Stuart Clarke from GyroGear who came all the way from Cambridge to one of our meetings to tell us about the development of the GyroGlove designed to minimise shaking. Four members of our group have now been to Islington to take part in the trials and it is a project on which we are keeping an eye with great interest.

Salisbury Shakers meet in St Thomas's Church in Salisbury where they kindly let us use

a small room for our meeting. Usually, we do some relaxation and visualisation exercises, led by one of our members, Steve.

Members come from a wide area, including Wimborne, Westbury, Warminster and Southampton. And the prize for the longest journey goes to Chris and Sue who travel up from Cornwall to attend our meetings.

We welcome new members. If you would like more details, please email me at [salisbury-shakers@btinternet.com](mailto:salisbury-shakers@btinternet.com).

# I am a SUPERSMELLER!

## **Sheelagh , Salisbury Support Group Organiser**

I was invited to go to London to meet a Professor Chris Hawkes who is a professor of neurology and is undertaking some research on people with Essential Tremor.

It has been suggested that some people with essential tremor live longer than expected. A part of the human chromosome known as the telomere is thought to predict someone's approximate life expectancy. The longer the telomere, the greater is life expectancy. Telomere length is

measured by extracting DNA.

In addition, earlier research suggests that people with ET have a more acute sense of smell than those without ET. Therefore, those taking part in the study are being asked to undertake a simple 'scratch and smell' test.

So after a brief meeting, I returned home with the equipment I need for the DNA test and also the material for the smell test. I was also given the same material to hand to a friend who was to be my 'control partner'.

A few days later I received an email informing me that I passed the smell test with flying colours and am now classified as a 'Supersmeller'. My 'control partner' achieved merely an average score.

Being a 'supersmeller' may not be of much practical use but it is comforting to think I am good at something!

**Prof Hawkes is urgently looking for volunteers to take part in this study contact [c.hawkes@qmul.ac.uk](mailto:c.hawkes@qmul.ac.uk)**



# The Shaker's celebrate Christmas

The Salisbury Support Group, Salisbury Shakers, visited Mompesson House, Salisbury on Saturday 8 December, for a Christmas afternoon.

Nine shakers attended the festive outing to the 18th century house, where they were able to learn about its history and share experiences of living with tremor.

Each room in the house was decorated in the style of Christmas in a different era, from 1815 to 1952. Towards the end of the day the shakers were able to enjoy tea, cakes, and freshly made



**The Salisbury Shakers at Mompesson House team-room**

sandwiches in the garden tea-room, to round off the fabulous afternoon.

The success of the outing follows on from their support

event held in November. We look forward to finding out more about the Salisbury Shakers in 2019.

## Oxford Support in 2018

### **Katherine , Oxford Support Group Organiser**

The major activities in Oxford in 2018 were the NTF Open Day which was held at the Holiday Inn on 17th March and a stall at the Botley Food Fayre on 15th September. The Open Day was a lovely opportunity to meet people from other parts of the country and hear how other people cope and what their priorities

are. The Oxford Group had a stall at an annual local annual the Botley Food Fayre which is held in St Peter and St Paul Church in Botley, in West Oxford which is about a mile and a half from the centre. It was a great opportunity to give away publicity and chat to people in such relaxed surroundings in order to raise awareness of the condition.

The Oxford Group has met

twice for brunch and to get to know each other, once in the centre of Oxford and once in the nearby town of Witney. We hope to meet up regularly in the coming year and also plan to re-visit the once a month open-air stall on the Cornmarket which we put up during the summer months in 2017. Help to staff this would be great if anyone has a spare hour on a Saturday or Sunday morning once a month from March to September.

# From strength to strength

## **Merane , Leeds Support Group Organiser**

The Leeds NTF Group is growing from strength to strength, with new people frequently getting in contact via the group email. NTF Group

posters are now up in Leeds NHS Trust Neurology clinics and wards & Community Centres, so hopefully we can reach others to provide support.

The group information folders have been well received and electronic links to information

are available for anyone on request. All information will be updated after each meet up to keep information up to date

## **Upcoming events**

Merane Todd has completed the first of 10 events in 8 months raising awareness for NTF. I originally was signed up to do these events in 2017/2018 however due to injury and a bout of severe anxiety and depression, I made the early decision to defer all

events to the following year. I'm back fully training now, using my training to help manage my every day stresses and get me out doors. Some days it's just a walk, but every step is a step in the right direction.

The next event is a Boxing Day trail run, follow my journey on my Virgin Money Giving page <https://uk.virginmoneygiving.com/MeraneTodd>

# Cambridge group success!

## **Jamie , Cambridge Support Group Organiser**

The new Cambridge Support Group meet-up held on Saturday 3 November was a great success.

The support group organiser, Jamie Goodland, welcomed nine attendees from as far afield as Hertfordshire and Northamptonshire – as well as plenty of locals from the Cambridge area. They really enjoyed getting to know each other and several of us commented on how liberating it was to just be ourselves without having to explain why we were wobbly or worrying about how we might look shaking away with our coffee

cups!

Stuart from GyroGear joined us to share the brilliant work the company has been doing in developing a gyroscopic device to make it easier for those of them with tremors to carry out everyday activities. They hadn't been expecting a physics lesson, but Stuart treated them to a fascinating explanation of the science behind the device and how the gyroscope works to stabilise certain kinds of arm tremors. Attendees also had the chance to sign up to GyroGear's trials to help get the device into action as soon as possible.

This being their first meeting, they met in a coffee shop in Cambridge as they weren't sure how many people would be attending. Given how many people came, they will be booking a dedicated venue next time so that we can enjoy each other's company in a quieter, less hectic environment.

Following this success they all agreed they wanted to meet up again and plan to arrange our next meeting for early 2019.

They would love to welcome more of you along, and if you would like to be kept informed about our next meeting by email, please email [essential-tremorcambridge@gmail.com](mailto:essential-tremorcambridge@gmail.com).

# North West Group growth

**Joan , North West Support Group Organiser**

The North West Tremor support group have had very well attended meetings this year, with an average of twelve people

for each session. We have had other people come once or twice for advice and to meet others with tremor.

Group meetings are not for everyone!

We have talked on many subjects as well as tremor and one that came up was cannabis oil.

Two of our ladies admitted that they had been using it with positive results, but others were not too sure

In June we always do something as a group. Usually a day out.

This year we decided to have



## **The North West Group celebrate their Christmas dinner**

afternoon tea instead. It was a great idea and everyone had a good time.

In November we had a visit from Stuart from Gyro gear to tell us about gyro glove. It was very interesting and he was so informative. Several of our members have signed up for assessment.

In December we will round off our year with a Christmas meal at the Liner Hotel. We have booked for sixteen and hope for an enjoyable and festive afternoon.

From everyone at North West Tremor group we wish you all a very happy Christmas and a healthy and happy New Year



## **Take part in research to discover if people with familial essential tremor live longer.**

**For further details contact Prof Chris Hawkes: [c.hawkes@qmul.ac.uk](mailto:c.hawkes@qmul.ac.uk)**



# Chairing my first meeting

## **Alyson , Orthostatic Tremor Support Group Organiser**

Although I was a little daunted, it was a pleasure to chair my first Orthostatic Tremor Support Group meeting and welcome 34 members, some of whom had travelled a long way to attend the meeting.

Many were happy to meet with friends, those who were there for first time received a warm welcome and realised they were not alone in coping with this rare debilitating condition.

All members felt it was important to raise the awareness of this rare condition, which is still unknown to many. The National Tremor Foundation has generously funded two 6ft promotional banners which are available to be displayed at future events.

A new member to our group, Paul Elliott, is a Tai Chi and Reiki instructor and he very kindly agreed to give us a demonstration of this art, which he had adapted to enable those with orthostatic tremor

to participate.

Members all enjoyed discussing living with tremor whilst tasting a delicious afternoon tea of sandwiches, cakes and scones with fresh cream and jam.

Our thanks to the National Tremor Foundation for providing this treat!

For more information about joining the Orthostatic Tremor Support Group contact Alyson Farr on [alyson@tremor.org.uk](mailto:alyson@tremor.org.uk)

# Scottish Support Group

## **Mary, Scottish Society Organiser**

It has been a busy year for me: I organised a Loch Ness cruise in May and I have been helping Ninewells in Dundee to try get a focussed ultrasound scanner. It is a non-invasive procedure whereas the DBS is brain surgery. It would be a saving of 10k per patient compared the DBS.

I was at a cross party debate in the Scottish parliament; a representative at an appeals tribunal; and been involved with Disabled People's Organisation (DPO) inclusion Scotland on a few different levels.

I am still working with Ninewells to get the focus ultrasound scanner, alongside MSP Rhoda Grant, Matthew Walker, Tom Gilbertson, Kissmet Amed, myself and Jean Freeman the Scottish Health Minister.

In 2019 I am arranging another Loch Ness cruise on the 11 May. Then later in the year, I am also helping Inclusion Scotland to set up a new group.

Wishing you a merry Christmas from Scotland

**Support the campaign for focussed ultrasound in Scotland!**

Go to [www.tremor.org.uk/scotland](http://www.tremor.org.uk/scotland)

# Christmas Mulled wine



## Method

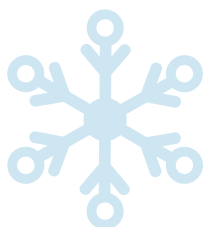
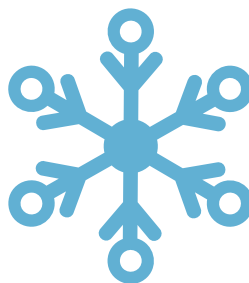
1. Serves 12 Peel the zest very thinly from 3 lemons and 1 orange, and squeeze the juice. Thinly slice the remaining orange and lemon. Quarter the slices, put on a plate, cover and reserve for garnish.

2. Pour the wine, 1.2 litres (2 pints) water, citrus peel and juices into a large pan, add the cloves and cinnamon sticks. Bring to simmering point, cover and keep at simmering for about an hour. Stir in sugar to taste.

3. Strain and serve hot with the reserved orange and lemon slices floating on the top.

## Ingredients

4 lemons  
2 large oranges  
2 bottle of red wine  
16 cloves  
2 cinnamon stick  
150g (approx 5oz) caster sugar



**Submitted by:** Merane , Leeds Support Group Organiser

**Source:** Mary Berry - [www.maryberry.co.uk/recipes/christmas/christmas-mulled-wine](http://www.maryberry.co.uk/recipes/christmas/christmas-mulled-wine)





# Mincemeat Loaf Cake



## Introduction

These are great to have on hand at Christmas time. They freeze superbly and make a nice present.

## Ingredients

150g soft butter  
150g light muscovado sugar  
2 large eggs  
225g self-raising flour  
225g mincemeat  
100g currants  
100g sultanas  
50g blanched split almonds

## Equipment

Two 450g loaf tins (top measurement 17cm x 11cm)

**Submitted by:** Merane , Leeds Support Group Organiser

**Source:** Mary Berry - [www.maryberry.co.uk/recipes/baking/mincemeat-loaf-cakes](http://www.maryberry.co.uk/recipes/baking/mincemeat-loaf-cakes)

## Method

1. Preheat the oven to 160C/fan 140C/ gas 3. Grease two 450g loaf tins (top measurement 17cm x 11cm) and line with baking parchment.

2. Measure all the ingredients, except for the almonds, into a large bowl and beat well until thoroughly blended. Turn into the prepared loaf tins and level out evenly. Arrange the almonds on top of each cake mixture.

3. Bake in the preheated oven for about 1¼ hours or until the cakes are golden brown, firm to the touch and a skewer inserted into the centre comes out clean.

4. Allow the cakes to cool in the tins for a few minutes, then loosen the sides with a small palette knife, turn out on to a wire rack and leave to cool.

**TIP** - Making 2 loaf cakes at a time means you have one for now and one to freeze – often a life-saver when friends arrive without warning.

**PREPARING AHEAD** - The cakes will keep for up to one week if wrapped tightly in clingfilm and stored in an airtight container. Or wrap the cakes and freeze for up to 2 months.

# Events for 2019

## January

### North West Support

#### Group meet up

Wednesday 2 January 2019, 1pm–2pm  
Liverpool, Lord Nelson Street, Liverpool  
L3 5QB  
(Every first Wednesday of the month)  
For further details contact Joan on  
0151 475 3252

## March

### *Essential Tremor Awareness Month*

### Essential Tremor Awareness Day

Saturday 9 March 2019  
Holiday Inn  
Gibson Road, Sutton  
SM1 2RF  
For further details contact Jackie on  
jackie@tremor.org.uk

### Essential Tremor in Children Support Day

Sunday 10 March 2019  
Glacier Suite, IceSheffield, Coleridge Road,  
Sheffield,  
S9 5DA  
For further details contact Kitty on  
kitty@tremor.org.uk.

### QEF Carshalton

Thursday 14 March 2019  
For further details contact Jackie on  
jackie@tremor.org.uk

### ET Open Day in Canterbury, Kent

Saturday 23 March 2019  
Age UK, Castle Row, Canterbury, Kent, CT1 2QY  
For further details contact Jackie on jackie@tremor.  
org.uk

## May

### Loch Ness Cruise

Saturday 11 May 2019  
For further details contact Geoff  
on 01708 386399

## July

### Annual General Meeting

Saturday 6 July 2019  
Hilton Hotel,  
Victoria Quayside, Sheffield.  
For further details contact Geoff on  
01708 386399.

## September

### *Orthostatic Tremor Awareness Month*

Details TBC



# Support groups

The NTF currently has a small network of local Support Groups across the United Kingdom. These groups are run by dedicated volunteers who give their time to offer support and information to anyone affected by a tremor condition living in their area.

For further information contact Jackie on 07843 777288 or email [jackie@tremor.org.uk](mailto:jackie@tremor.org.uk)

## Essential Tremor

### Cambridge

Jamie Goodland  
[essentialtremorcambridge@gmail.com](mailto:essentialtremorcambridge@gmail.com)

### Havering and Essex

Tom Schubert  
01375 373993

### Leeds and Sheffield

Merane Todd  
[lands@tremor.org.uk](mailto:lands@tremor.org.uk)

### Warwickshire

Nuneaton  
Larz Jackson  
[nuneaton@tremor.org.uk](mailto:nuneaton@tremor.org.uk)

### North West

Liverpool  
Tom and Joan Reader  
0151 475 3252

### Norfolk

Toby Howes  
01508 498431



**Jackie, Support Group Coordinator**

### Oxfordshire

Oxford  
Katherine Phillips  
07851 774182  
[oxford@tremor.org.uk](mailto:oxford@tremor.org.uk)

### Scotland

Mary Ramsay  
07967 428036

### London and South East

Jackie Farrell  
07843 777288  
[jackie@tremor.org.uk](mailto:jackie@tremor.org.uk)

### Wiltshire

Salisbury  
Sheelagh Wurr  
01985 216056  
[salisburyshakers@btinternet.com](mailto:salisburyshakers@btinternet.com)

## Primary Orthostatic Tremor

Alyson Farr  
[alyson@tremor.org.uk](mailto:alyson@tremor.org.uk)

## Advice for children

Kitty Reilly  
[kitty@tremor.org.uk](mailto:kitty@tremor.org.uk)

## Online support groups

### NTF Facebook Support Group

[www.facebook.com/national-tremorfoundation](http://www.facebook.com/national-tremorfoundation)

### Orthostatic Tremor Support Group

[www.facebook.com/groups/299934143841327](http://www.facebook.com/groups/299934143841327)



# Christmas quizzes

## Snowman's maze



# Holiday Tunes

Away in a Manger  
Choir of the Bells  
Dominick the Donkey  
Frosty the Snowman  
Holly Jolly Christmas  
Jingle Bell Rock  
Jingle Bells  
Let it Snow  
Little Drummer Boy  
Little St Nick  
O Holy Night  
Rudolph  
Santa Baby  
Silent Nigh  
Silver Bells  
The Christmas Song  
The First Noel  
Winter Wonderland



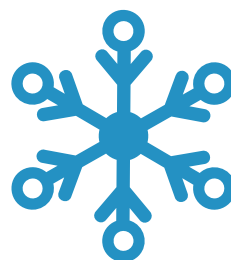
S	G	R	D	A	M	A	F	C	I	F	Z	Z	X	F	K	U	H	J	X
W	A	W	A	Y	O	B	R	E	M	M	U	R	D	E	L	T	T	I	L
C	K	M	B	H	P	L	O	D	U	R	J	T	G	J	I	H	Z	N	O
Z	D	W	T	Z	E	D	S	Y	E	L	C	B	Y	R	T	G	C	G	K
G	N	O	S	S	A	M	T	S	I	R	H	C	E	H	T	I	J	L	L
Q	A	N	K	O	I	D	Y	A	L	F	D	G	I	R	L	N	B	E	D
X	L	S	O	X	Q	R	T	B	T	I	N	W	X	N	E	T	O	B	J
D	R	T	J	T	I	R	H	V	A	A	H	X	I	P	S	N	A	E	W
F	E	I	F	W	V	T	E	C	M	B	E	U	U	B	T	E	S	L	S
N	D	T	U	C	C	H	S	A	Y	A	A	I	N	S	N	L	C	L	Q
B	N	E	V	X	E	G	N	X	I	L	M	T	R	I	I	I	Y	R	W
F	O	L	N	I	A	I	O	Z	T	K	L	I	N	X	C	S	J	O	U
B	W	V	E	S	Y	N	W	K	M	G	F	O	O	A	K	T	E	C	N
G	R	O	K	A	C	Y	M	V	Z	E	U	A	J	Y	S	L	D	K	U
M	E	Q	W	Q	O	L	A	O	H	K	P	I	T	Y	K	B	N	M	Q
G	T	A	P	U	I	O	N	T	S	L	L	E	B	E	L	G	N	I	J
L	N	F	G	C	Z	H	N	S	L	L	E	B	R	E	V	L	I	S	E
I	I	Y	E	K	N	O	D	E	H	T	K	C	I	N	I	M	O	D	S
L	W	B	T	K	S	L	L	E	B	E	H	T	F	O	R	I	O	H	C
U	I	M	U	Y	F	C	J	H	B	X	B	V	R	U	M	Q	C	Y	B

Chicken Scratch NY

## Holiday Tunes Word Search

**Submitted by:** Merane , Leeds Support Group Organiser

**Source:** Chicken Scratch NY - [www.chickenscratchny.com](http://www.chickenscratchny.com)



# THANK YOU!

We would like thank all those that contributeted to this edition of NTF News.

If you have a story or would like to write for NTF News please email [news@tremor.org.uk](mailto:news@tremor.org.uk)



National Tremor Foundation

# Support for people with neurological tremors



**Did you know that the NTF represents over one million people?**



**To find out more go to [www.tremor.org.uk](http://www.tremor.org.uk)**

[www.tremor.org.uk](http://www.tremor.org.uk)

01708 386399

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Charity No: 1042013

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 @NatTremor

