NTF News

National Tremor Foundation

Winter 2017, Issue 001

Merry Christmas

Q&A with

Lord Julian Fellowes

2017 NTF

News round up

Quizzes, recipes, and more!

TOP TIPS FOR CHRISTMAS WITH ESSENTIAL TREMOR

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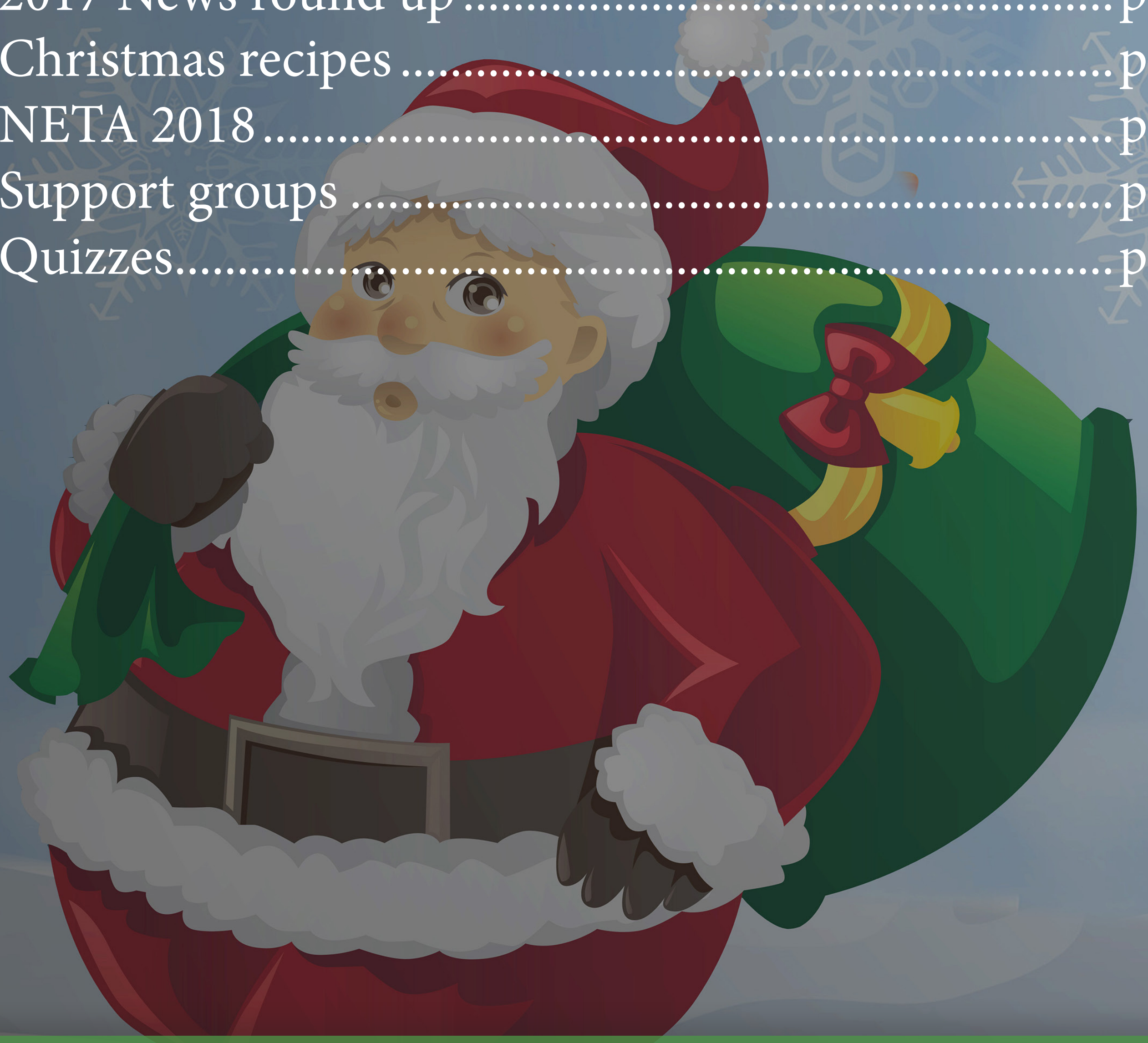

Editorial

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

If you have a story or would like to write for NTF News please email news@tremor.org.uk

Welcome

Hello and welcome to our first electronic newsletter.

As many of you will know our previous newsletter ceased a few years ago when the publishing, printing & postage costs became too prohibitive for a small charity like ours.

However, the newsletter was always very popular and the digital era we now live in provides us with an opportunity to produce an E Newsletter. It is our intention to produce these newsletters on a regular basis if possible, but as always it will depend on content becoming available. So if anyone has any article they would like to write or any suggestions for future newsletter's please feel free to contact the office.

2017 has been a year of a few changes for the National Tremor Foundation with the make up of the board of trustees changing slightly & new trustees coming on board. We now have the pleasure of having Lord Julian Fellowes, creator of Downton Abbey as our Honorary president and Lord Fellowes very kindly took part in a Q&A session for us during the year.

We are really excited about the prospects of making great strides in raising awareness during 2018.

We have had a few new support groups emerge in the UK recently and as always we are looking to assist them as best we can. We would like to have further coverage throughout the UK and with this in mind we have appointed Jackie Farrell as support group co-ordinator to manage and help set up our support groups.

We were fortunate to gain an entry via the charity ballot into the 2018 London Marathon and we are delighted that Alan Corrigan has accepted our offer to represent us on the run. More details of Alan's progress & fundraising efforts will be found on our website.

In March 2018 we are again joining our colleagues in the USA and promoting Essential Tremor awareness month. We are hoping to get in as many events and promotional work as we can during the month.

It is also in our plans to forge international links with similar organisations throughout the world to build up a network, where we can communicate, discuss & compare.

Our website is our main form of communication & receives a staggering amount of visitors from right around the world. This year we have added many new features, including a new forum, individual section for personal stories, and picture gallery. We will continue to invest in our website – please take a look when you get a chance and catch up with everything that's happening in the NTF.

The festive season is just around the corner & everyone here at the NTF would like to wish you all a very Merry Christmas & Happy New Year.

NTF Board of Trustees.

Top tips for the Christmas season

The Christmas period can be stressful for people and with temperatures dropping people with essential tremor often find that their tremor worsens.

In addition there are lots of seasonal viruses such as cold and flu.

Our tips will help you relax during Christmas and cope with the cold weather

1. **Christmas shopping**
   If you can, go shopping yourself or go with someone, as this is a social outing whilst also helping maintain mobility. Remember to choose a time when the shops are not busy. But do ask someone to go for you when you really feel unable.

2. **Avoid rushing**
   Chritmas is a fun of year, but can be a hectic time. So try to avoid rushing and doing things at the last minute.

3. **Plan Christmas dinner in advance**
   Plan meals in advance and write a list of the ingredients before going to the shops.

4. **Make Christmas dinner simple**
   Think about how long you can stand preparing your meal and don't decide on a menu that will take longer to prepare than you can cope with

5. **Make lots of frozen meals**
   Around Christmas you find that you and friends are cooking for large groups of people. If you're cooking a meal that can be frozen for other days, remember to double or treble the quantity so that you have a few quick and easy meals on standby

6. **Buy frozen vegetables**
   Christmas dinner often involves lots of peeling and chopping vegetable.

   Individual packs of frozen vegetables that can be micro-waved are very convenient

7. **Wrap up warm this winter!**
   Wear several layers of clothes rather than one chunky layer – clothes made from cotton, wool or fleecy fibres help to maintain body heat.

8. **Carry a hot water bottle**
   Hot water bottles and portable heat pads can be useful for extra warmth – and if you're going on a journey.

9. **Bring a flask**
   When travelling around you may want to bring a flask of hot drink such as soup or hot chocolate to keep you warm.

10. **Keep your heating on**
    Keep your bedroom at 18C all night if you can – and keep the bedroom window closed. During the day you may prefer your living room to be slightly warmer than 18C.

11. **Get a flu jab**
    Find out from your GP if you can get the flu jab for free on the NHS.

12. **Get your heating checked**
    Get your heating system checked regularly by a qualified professional.

13. **Take care when walking on ice**
    Take care when walking through icy conditions as slippery paths and pavements can be unsafe for anyone, but you should take extra care if you have mobility problems or suffer from dizziness or balance problems.

14. **Stay active**
    If you can, stay active – moving about will improve your circulation, generate heat and make you feel better.

    This could be a nice gentle walk on Boxing Day or a walk in the countryside.

15. **Eat well**
    Christmas is known to be a time of excess. It is important to make sure you are eating and drinking properly, as this will keep your energy levels up and help your body to cope with the colder temperatures. Eat hot meals and plenty of fruit and vegetables.

16. **Watch out for winter warmers!**
    Alcohol is often thought of as a "winter warmer", but it can deceive you by making you feel warmer than you really are.

(This information was adapted from The Brain and Spine Foundation, https://www.brainandspine.org.uk/cold-weather-tips-people-neurological-conditions).

Q&A with Lord Julian Fellowes

The NTF and IETF asked Lord Julian Fellowes, Honorary President of the National Tremor Foundation, about his experience with tremor and how it has affected his life.

When did you first notice signs of a tremor and did anyone else notice them?
This is hard to answer. I gradually began to be aware that my hands were no longer as steady as they had been several years ago, but for a long time I brushed it aside, thinking I was tired or I'd had too much to drink the previous evening, or any other excuse that would prevent my taking it seriously. I would say I came to terms with the fact that I had an Essential Tremor about four or five years ago. As for anyone else noticing, I'm sure they did notice but they were generally too polite to say anything.

At what age was Essential Tremor diagnosed and what impact did it have on how you coped with it emotionally?
I would guess I was about sixty three when I went to a specialist and he gave me the news that I suffered from the condition and that there was very little - or nothing - that could be done about it. He prescribed Propranolol and sometimes I take it, but mainly to convince myself I am doing something and being moderately pro-active. I cannot pretend it has much effect. I think I coped reasonably well at the time, mainly because I had no other option.

What were your first thoughts on being diagnosed?
Well, of course no one likes to think they have an incurable condition. It is another marker that one is moving through life and that, in my case, the end is a lot nearer than the beginning. but then again, many people have to put up with far worse, involving great pain and suffering, so the fact that I spill my coffee and that my writing is no longer very attractive, does not seem so very serious to me, not in the greater scheme of things. After all, almost everyone has something they have to put up with. Why should I be spared?

Do you, or have any of your family shown signs of the condition?
I think my dear father had something similar in his final years and I remember he used to get very impatient with his writing hand, almost admonishing it when he tried to scribble a note. But he was luckier than I as it didn't seem to take hold much before his eightieth birthday.

What support did you get from the healthcare team and were you provided with patient information at diagnosis?
I very much liked my specialist who did not mince words. He told me at once that it was incurable. That for some people, drugs could give a measure of control, but that this didn't work for everyone, and that it would get worse not better, abeit slowly (we hope). There was no lathering at all, and I prefer it that way.


Lord Julian Fellowes

Has tremor affected your career and if so how?
The tremor has really made me accept that my acting days are done. For a long time I held on to the notion that I might return to acting, rather like Richard Attenborough did after a long stretch of directing, in my later years. But a tremor would show on screen and so I'd guess this will never now come to pass. Once or twice, when I was offered a part, I would explain about the condition to the director in the hope that he or she would invite me to play the part, anyway. But this didn't happen, so again I think one has to accept things, move on, and not cry over spilt milk.

Do you tell others that you have tremor and how do your share your story? What type of feedback have you received?
I was once at a press lunch that was supposed to be governed by "Chatham House Rules" (meaning that nothing would be reported or printed about the guests) but one thoroughly unpleasant journalist kept staring at my hands and announced afterwards that she was writing the story. Luckily, the host of the luncheon recognised that she had broken the terms we had been invited on, and he managed to stop it. But it taught me that I could not hope to keep it hidden for much longer. So, from then on, I would refer to it in interviews and if I were giving a speech I would explain why my hands might shake. As in everything else, honesty is the best policy and I have never experienced any nastiness about it since.

Stress can very often make a tremor worst - How do you cope with stressful situations?
This is very true. Stress and anger. The more furious I am about something, the more my hands rattle and shake until I can hardly do up a button or lift a cup. The lesson here is simply to avoid letting things upset you, if you can. Easily said, I know, but it cannot be a bad thing to relax a little more as one gets older and prevent every tiny niggle from getting under one's skin. I wouldn't say I can completely stop myself getting nervous or angry, but I think I am a little better than I used to be.

Imperial College is currently undergoing a study and research into MR guided focus ultrasound as a way of helping reduce tremor. DBS (Deep Brain Stimulation) operations have helped people in the past. Have you ever considered having an operation to help reduce your tremor?
I have discussed this possibility with my medical team and they do not yet think that either the surgery or my own condition has reached a stage where an operation would be advisable. That said, I would never draw any kind of line in the sand about it. Things change and I change with them.

How did you get started in the film/TV industry?
People tend to forget that I was a working actor for many years before I started writing and when you are a young actor, it is very important to get on to television or into a film at a fairly early stage, or you can get left behind. So, I put all my efforts into finding camera work when I was first playing in the West End and so London-based for a while. After a slightly over-zealous campaign, I managed to get cast as Cherie Lunghi's boyfriend in a BBC version of Kean, starring Anthony Hopkins. This was followed by a single scene with Mia Farrow in one of her films about haunted babies. After that I got more and more work on television and films, until, in my forties, I was cast in various running parts, as well as bigger roles in films, including Place Vendome, which I was in with Catherine Deneuve, For the Greater Good, directed by Danny Boyle, Aristocrats, from the book by Stella Tillyard, the James Bond movie Tomorrow Never Dies, and of course Monarch of the Glen, in which I played poor old Kilwillie.

How have you adapted with the everyday challenges of living with tremor?
I do get impatient, I admit. But of course, like everyone else I have developed my tricks. I always drink with two hands on the glass or cup, I try to rest my hand on something solid when I am holding a paper or anything else in public. But this is why I believe in telling the audience about the condition. Once they know why your hand is shaking, they don't worry about it.

In Downton Abbey you wrote into the last episode the storyline of the butler who developed a tremor. Do you envisage any future projects having an opportunity to highlight the condition in a similar way?
I hope so. I wanted the final episode to be generally happy for all the characters we had grown fond of over the years (or I had), but I didn't want it to be too saccharine sweet, so I gave Carson a tremor which was hard for him to deal with, but which would not ultimately ruin his life. That is what I feel about the condition as a sufferer.

On information days, the majority of passers-by have never heard of Essential Tremor. A few even mention they have shaky hands themselves but are too scared to go to a doctor for fear of being told it is Parkinson's. When they hear the possibility of their shakes being another disorder, they seem quite relieved and keen to know more about ET.

If you could give any advice to people living with essential tremor who feel like they need to hide it, what would it be?
Please don't feel you have to hide it. Talk about it. Say how irritating it is, how it drives you nuts, but don't bottle it up. I do not believe that is ever a very satisfactory way of dealing with any trouble, great or small. The truth is, we need more people to be aware of the condition, more people to demand treatment, we need more research and more expenditure on research. None of this is going to be achieved by men and women feeling they have to keep it secret. Them's my sentiments.

In 2010 the International Essential Tremor Foundation officially registered March as National Essential Tremor Awareness Month (NETA) in the USA. Do you think something similar should be done in the UK ?
I just feel we have to raises awareness of this very common, very ordinary, but weirdly concealed condition. If we need a special day or a special month, or a programme on television or an article in the National press, then let's do what we can to make all of those things happen.
I remember a time when no one dared admit that they, or anyone they knew, had suffered from cancer. They didn't like to say the word. Well, we say the word now all right and, as a result, we are far, far better at treating cancer and much nearer a real cure than we were. Let that be a lesson to us.

What's the next project you're working on in your career?
We are all waiting with bated breath to see if there will be a Downton Abbey film, and I am about to start work on The Gilded Age for NBC Universal. Then another film I've written, The Chaperone, is in post production in New York and School of Rock is still running on Broadway and in London. So there's plenty going on.

Anything else to you'd like to add?
I don't think so. I just want to see more openness, more awareness and more progress in the various treatments. Does that sound like too much to ask?

2017 News round up

Well done!

By Kevin Harfoot,
NTF Trustee and Chairman

We would like to say thank you and well done to our fundraisers in 2017. Merane Todd, Amy Knowles,(Who both took part in the Great North Run),Alice Benson, Katie Wildman & friends have raised over £2500 for the NTF by creating a fundraising page on Virginmoney Giving.

The NTF depends on donations, sponsorship and contributions in order to carry out its work and these funds are really appreciated by everyone involved in the charity .Whether its an organised event, a personal challenge, special occasion or for someone special.

If you want to open a fundraising page to raise funds & awareness for the NTF please visit http://uk.virginmoneygiving.com

Merane Todd Who both took part in the Great North Ring

The Salisbury Shakers

By Sheelagh Wurr,
Salisbury and the Southwest
Support Group Leader.

The Salisbury Shakers is a newly formed ET support group, serving Salisbury and the Southwest.

The first meeting took place in Salisbury at the beginning of October. It was advertised via Facebook and also in the Salisbury Journal and a total of eleven people attended, some from as far away as Cornwall, Wimborne, Oxford and Southampton. And what a brilliant crowd of people they were!

They gathered for coffee in St Thomas's Church (chosen partly for the quality of the cake and also because they offered us a large table and a very warm welcome) where we introduced ourselves. Then we walked the short journey across the Water Meadows to the Old Mill at Harnham for lunch.

So, there we sat, around a long table, all eating lunch and shaking like jellies on a rough sea! Everyone ordered what they could eat easily, and nobody was embarrassed. We didn't make much mess, either! As we sat, sharing experiences and tips, Susan said that I should write a book about ET self-management and include everyone's ideas. So I will.

Susan is a wonderful lady with a huge sense of humour. Her ET causes her to list to the left like a supermarket trolley. The path across the meadows to the restaurant ran alongside the river on our left. We had to make sure that someone walked on Susan' s left at all times or we would have ended up fishing her out of the water.

Stephen ordered a meal which included peas.

"PEAS!" we all said, incredulously. "How can you eat peas with hands like yours?" to which Stephen uttered the memorable words, "The answer is mushy peas."

Well, what an excellent example of self-management!

Thus, the title of my new book was born. Watch this space!

For more information contact Sheelagh on 01985 216056

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A BIG THANK YOU!

By Jackie Farrell
NTF Group Coordinator

A huge thank you to BBC Radio Solent and Holiday Inn who both played a huge part in the success of our essential tremor meeting November 19th 2017.

Jackie Farrell

My involvement came about after Penny Cole from Christchurch contacted the radio station in September saying she had essential tremor and there was not enough awareness of the disorder. Abby Newberry one of their reporters researched essential tremor not having heard of it previously. She then discovered the NTF and my contact details. Speaking to Abby resulted in two live radio interviews from Cyprus while on holiday and included a recorded interview with Penny. Radio Solent told me that story attracted the biggest response from listeners they have had.

When Abby heard I was holding an essential tremor meeting in Southampton November 19th, she invited me to their studios to take part in three live Radio interviews a few days earlier to help promote the meeting and to also raise more essential tremor awareness.

One of those interviews was a special hour long clinic on Essential Tremor with Sasha Twining. I was to be her guest and listeners could ring in with questions or share their own personal stories. Evidently the producers received so many calls we only had time for two but Sasha made sure the two callers had plenty of time on air.

Those interviews resulted in 13 people reserving places for our meeting at Holiday Inn. Well, we were amazed as at least 12 more just turned up on the day as they had heard about the meeting on a few others of Radio Solent's programmes. It turned out over half of our audience came from hearing about it on the radio! Interestingly the majority of those had never met another with essential tremor and most felt they were on their own and not enough support when being diagnosed. Also many had never heard of National Tremor Foundation, so were surprised to hear there were information booklets etc which I'd taken with me.

I'd also arranged to give an essential tremor presentation that day, plus invited Matthew Walker from Insightec to give a presentation on FUS. Both talks proved to be very valuable. Unbeknown to Matthew and myself, a doctor from St Marys hospital, Isle of Wight took the time to come to listen to the talks. He'd heard of essential tremor but wanted to know more and afterwards told the audience he had learnt from both presentations. What was good, he also heard the comments made. I'm certain should he ever come across an essential tremor patient he will have more empathy with them.

Another highlight unbeknown to us was a lady spoke to say she was one of the 16 essential tremor patients taking part in the FUS trials at St Mary's. She explained a little about her positive experience.

A gentleman expressed interest in starting a new support group after his forthcoming DBS surgery.

Holiday Inn were very supportive too by generously giving us the meeting and adjacent room for free and just paying for refreshments. The staff were wonderful and by the end of our stay most were fully aware of essential tremor.

All in all a very fruitful few days and we are possibly looking at arranging something similar in Oxford for March.

For more information contact Jackie on jackie@tremor.org.uk

2017 News round up

Great year for London and South East support group

By Jackie Farrell
NTF Group Coordinator

MARCH

National Essential Tremor Awareness month
March being National Essential Tremor Awareness (NETA) month gave us the opportunity (supported by NTF) to spread the word of Essential Tremor.

Queen Elizabeth Foundation
On Monday 13th March 2017 – we were Invited to give an ET presentation/talk for staff at Queen Elizabeth Foundation, Carshalton, Surrey. The staff knew of ET but were keen to learn more about the disorder in order to help them with assessing any patients with tremors.

Special Awareness Day
On March 25th we held our Special Essential Tremor Awareness Day (supported by National Tremor Foundation), Central Hall, Westminster, London.

It was great to see our attendees enjoying being in the company of others who shared the same disorder. Some of our group had travelled quite long distances to attend including Dublin, Yorkshire, Cornwall and Kent.

We were pleased to introduce our guest speakers Faii Ong founder of GyroGear explaining about GyroGlove and Matthew Walker from Insightec, the makers of the Focused Ultrasound machine, currently in trials here in UK for essential tremor.

Being in a group of shakers in Southsea, we managed the refreshments with very little spillage!

Jackie at Asda Superstore, where shoppers were able to pick up essential tremor literature as well as shopping!

APRIL

Southsea meetup
April saw us meet in Southsea at the Royal Beach Hotel. Along with regulars Katherine and Steve we welcomed two new local ETer's who'd never met others before,

JULY

Thames cruise
All aboard for our Thames cruise on the 29th July! For a change we ventured out and took a riverboat cruise along the Thames from Westminster to Greenwich. Great fun and educational.

SEPTEMBER

NTF in Cyprus
On my Cyprus h oliday. I setup an ET information table set up for duration of my stay at the hotel.

OCTOBER

Mobility exhibition
On October 6th -Back at Queen Elizabeth Foundation, this time for a mobility exhibition opened by Sutton's Worshipful Mayor Jean Crossby. Jean has hand tremors and was interested to find out more. Our stand also attracted a considerable amount of attention from other organizations throughout the day. We have been invited back in March 2018.

NOVEMBER

Taking to the waves with BBC Radio Solent
16th November saw us take to the waves of BBC Radio Solent, who invited me to take part in three live radio interviews to help promote the essential tremor meeting November on 19th at Holiday Inn Southampton. One interview was as a guest on Sasha Twining's lunchtime clinic. Listeners had the opportunity to ring in and ask questions and share their stories. The radio station had so many calls from people with ET but only time for two.

Cutty Sark at Greenwich

Holiday Inn, Southampton.
Our essential tremor meeting was heald at the Holiday Inn, Southampton on November 19th. We were delighted to have a guest speaker Matthew Walker from Insightec, the makers of the Focused Ultrasound machine. Matthew updated us on how the essential tremor trials were progressing. We happened to have one of the 16 trial patients in our audience.

For more information contact Jackie on jackie@tremor.org.uk

Sasha Twining invited Jackie as her guest to talk about essential tremor as well as promote our essential tremor meeting.

2017 News round up

North West Tremor Support Group

The North West Tremor Support Group has had annotther successful year. holding various social and awareness events.

In November they ran an awareness event at Awareness day at Tesco, in Prescot.

On Wednesday 6th December they held their annual Christmas dinner.

Their next meeting is on Wednesday, 3rd January at the Linear Hotel, Liverpool.

For more information contact
Tom & Joan Reader on 0151 475 3252

The North West Tremor Support Group celebrate their annual Christmas dinner

Scottish Support Group

The Scottish Tremor Support Group has had another successful year

They have held a number of meetings with guest speakers such as Neurologist, Tom Gilbertson, talking about MRguided Focus Ultrasound for essential tremor

In addition, they have campaigned for ultrasound thalamotomy

The recent development of ultrasound thalamotomy to essential tremor is a lifeline for patients with medication resistant Essential Tremor.

Currently there is only a single treatment centre in the UK. We want to bring this treatment to Scotland. In order to build a case for funding support, we need to know how many patients in Scotland might be eligible for treatment.
If you have essential tremor and think you might be interested in having this procedure please register your support for our campaign by emailing scottishtremorfoundation@tremor.org.uk with “Bring focused ultrasound to Scotland” in the email subject.

For more information contact
Mary Ramsay on 07967 428036

People with rare condition meet in York

Dan Bean, The Press,
29th September

John Kidney with sufferer of primary orthostatic tremor outside Hotel 53 in Piccadilly, York. Picture: Nigel Holland (Source: The Press)

More than a dozen people who suffer from a rare neurological condition met in York this week.

Primary Orthostatic Tremor is a progressive, degenerative neurological condition which can manifest itself by leaving sufferers able to walk, but unable to stand for any period of time.

There are only thought to be about 50 people in the UK diagnosed with the condition, and a meeting was held at Hotel 53 on Wednesday where a number of sufferers got together for the first time to discuss how they cope with the condition, and offer support to each other.

Primary Orthostatic Tremor sufferers meet in York
A group of people who all suffer from a very rare condition have met in York for the first time.

Jean and John Kidney organised the event after money was granted to the National Tremor Foundation by the George Albert Moore Foundation, with the stipulation the meeting be held in Yorkshire to help sufferers get together.

She said: “We don’t have very much support at all. There are 15 people in this room with orthostatic tremor and I think it’s the only place in the world where you get so many people with that condition in one place.”

Rosemary Ilyas travelled to York from Fulham for the meeting, and said it was good to meet people who knew about the rare condition.

She said: “It’s very difficult socially. Trying to explain this condition to people is very, very difficult. They can never fully understand, and that is not surprising when you consider that there’s hardly any doctor who understands this situation too. It’s so rare.

“Standing is impossible. It gets worse gradually, initially it wasn’t too bad but it gradually got worse and worse and then it becomes the sort of situation where you can’t stand for more than a second or two and then you have to sit down.”

Beverley Spicer who travelled to York from Bodmin said the group had “hopes and dreams about trying to find a cure for this condition”, but in the meantime, the support offered by the group was important to sufferers.

She said: “It’s a very, very rare condition, there are so few people who have it and we need to be able to find each other and to meet and talk.

“It’s a very small group, and it’s a very rare condition, and we need to talk about our condition because there are so few of us. We like to share about the things we can do or find very difficult, the types of equipment we have and problems we have, and most of all we try to share some of the difficulties and ups and downs we have.”

(Source: http://www.yorkpress.co.uk/news/15567063.People_with_rare_condition_meet_in_York)

For more information about our orthostatic support group contact Jenny on 01263 837248

Simply Cook's Balinese turkey curry

Ingredients

400g leftover turkey meat
(for vegetarian option:
vegetables such as butternut squash)

1 onion
400ml coconut milk
250g green beans
240g basmati rice
(OPTIONAL • 50g cashews)

In your SimplyCook Kit

Garlic Coconut Paste
Balinese Paste
Balinese Garnish

Method

Make the rice

1. Pour 500ml of boiling water into a lidded saucepan and add the rice.
2. Bring to the boil, then reduce the heat to low, cover, an simmer for 12-15 mins, or until the rice is cooked.

Make the base

1. In another saucepan heat 1 tbsp of oil over medium heat and gently fry the onion for 4-5 mins.
2. Add the Garlic Coconut Paste and stir quickly through the onion
3. Add the Indonesian flavours
4. Add the Balinese Paste, stir well and cook for 2 mins.
5. Now add the green beans and the coconut milk.
6. Half fill up the empty coconut milk tin with water and pour into the pan. Mix well and bring to a gentle boil, then turn the hea down to medium-low and simmer for 8 mins.

Finishing touches

1. Tip in the chopped leftover turkey and sprinkle in the Balinese
2. Garnish to the pan and simmer for 2-3 more mins.
3. Serve the rice into bowls with the curry on top. Sprinkle with
4. chopped cashew nuts and get stuck in!

Sheelagh's mum's mince pies

Sheelagh's mother had essential tremor and, by the time she died, her hands were very shaky. One time when she was in hospital the staff noticed that she had trouble eating her meals because everything fell off the fork before it reached her mouth. So she was prescribed a glass of sherry before each meal – on the NHS – and it worked a treat! (We are talking early 1990s, here. I'm not sure it would happen these days.) So after that she always added a glug of sherry to her mince pies on the grounds that it was medicinal.

Here is her recipe for mince pies. The pastry is very 'short' and, because of the high fat content, you don't need to grease the tin.

Ingredients

12 oz plain flour
8 oz marge cut up a bit
2 oz castor sugar
1 large egg
Mincemeat
Sherry

Method

1. Rub the fat into the flour. Add the sugar. Add the egg and mix together with a knife to form a dough.
2. OR
   2) Rubbing flour and fat together can be difficult for shaky hands, so you can put everything in the mixer and mix on a slow speed until it starts coming together.
3. Then remove it from the bowl and knead it together with a bit of extra flour if necessary.
4. Roll out the dough as thin as you can. Cut circles with a cutter and place half of them in a baking tin.use a jam tart tin with fairly small holes.
5. Open a jar of mincemeat (or use your own home-made mincemeat if you aren't as lazy as I am.)
6. Put it into a bowl. Add a glug of (medicinal) sherry and mix well. Place a spoonful in each pastry case.
7. Put the remaining circles on top for the lids and press the edges down all round. You don't need water.
8. Put into an oven at 180º/Gas 6 for 10 - 15 minutes.

Get ready for National Essential Tremor Awareness Month 2018!

March 2018 is National Essential Tremor Awareness (NETA) month and the NTF wants to make next year's bigger than ever!

NETA month started in the USA, by the IETF to raise awareness of essential tremor and has since been growing from strength to strength. Last year was the NTF's first year of getting involved and we ran a number of successful events.

For NETA 2018 we are looking for more people to support us and raise awareness about essential tremor. This could involve talking to your loved ones about essential tremor to actively fundraising for the NTF.

Here are six ways you can get involved:

1) Donate

The NTF relies on donations, sponsorship and contributions in order to carry out its work. Why not make a donation, today!

2) Raise awareness

We are always looking for ways to help promote the foundation and raise awareness. Download one of our free posters and social media banners here .Why not print some out and bring them down to your local GP or hospital

3) Gift aid

If you are a UK taxpayer, you may be eligible for Gift Aid, meaning for every £1 you donate, the NTF will be able to gain another 28p.

5) Sponsorship

Why not do something amazing that you have always wanted to do, such as parachuting, whilst raising funds for charity. There are tons of things you could do from running a 5K to scaling Mount Snowdonia!. For everyone that raises more than £30, we're going give them an NTF T-Shirt

4) Ebay

Sell all your unwanted goods and eBay gives you the option to donate all or a proportion of the money to charity.

6) Get down to one of our events

In addition the NTF will be holding a number of events in March to raise awareness.

For more information contact Duncan on enquiries@tremor.org.uk

Support groups

We run a number of support groups to support all types of tremor.

Primary Orthostatic Tremor
Jenny Beckingham
01263 837248
orthostatic@tremor.org.uk

Advice for children
Kitty Reilly
kitty@tremor.org.uk

Havering and Essex
Tom Schubert
01375 373993
hae@tremor.org.uk

Hull
Nicki Kelly
01482 498432
hull@tremor.org.uk

Northwest
Tom and Joan Reader
0151 475 3252
June Jones
01942 246050
nw@tremor.org.uk

Norfolk
Toby Howes
01508 498431
norfolk@tremor.org.uk

Oxford
Katherine Phillips
07851 774182
oxford@tremor.org.uk

Scotland
Mary Ramsay
07967 428036
scotland@tremor.org.uk

Leeds and Sheffield
Merane Todd
lands@tremor.org.uk

London and South East
Jackie Farrell
07843 777288
jackie@tremor.org.uk

Wiltshire
Sheelagh Wurr
01985 216056

Online support groups

We now run a number of online support groups.

National Tremor Foundation Forum
www.talkabouttremor.org.uk

NTF Facebook Support Group & Orthostatic Tremor Support Group
www.facebook.com/nationaltremor-foundation

Health Unlocked
www.healthunlocked.com/national-tremor-foundation

NTF
National Tremor Foundation

The NTF depends on donations, sponsorship and contributions in order to carry out its work.

If you would like to make a donation go to
www.tremor.org.uk/donate

Christmas quizzes

Christmas crossword challenge

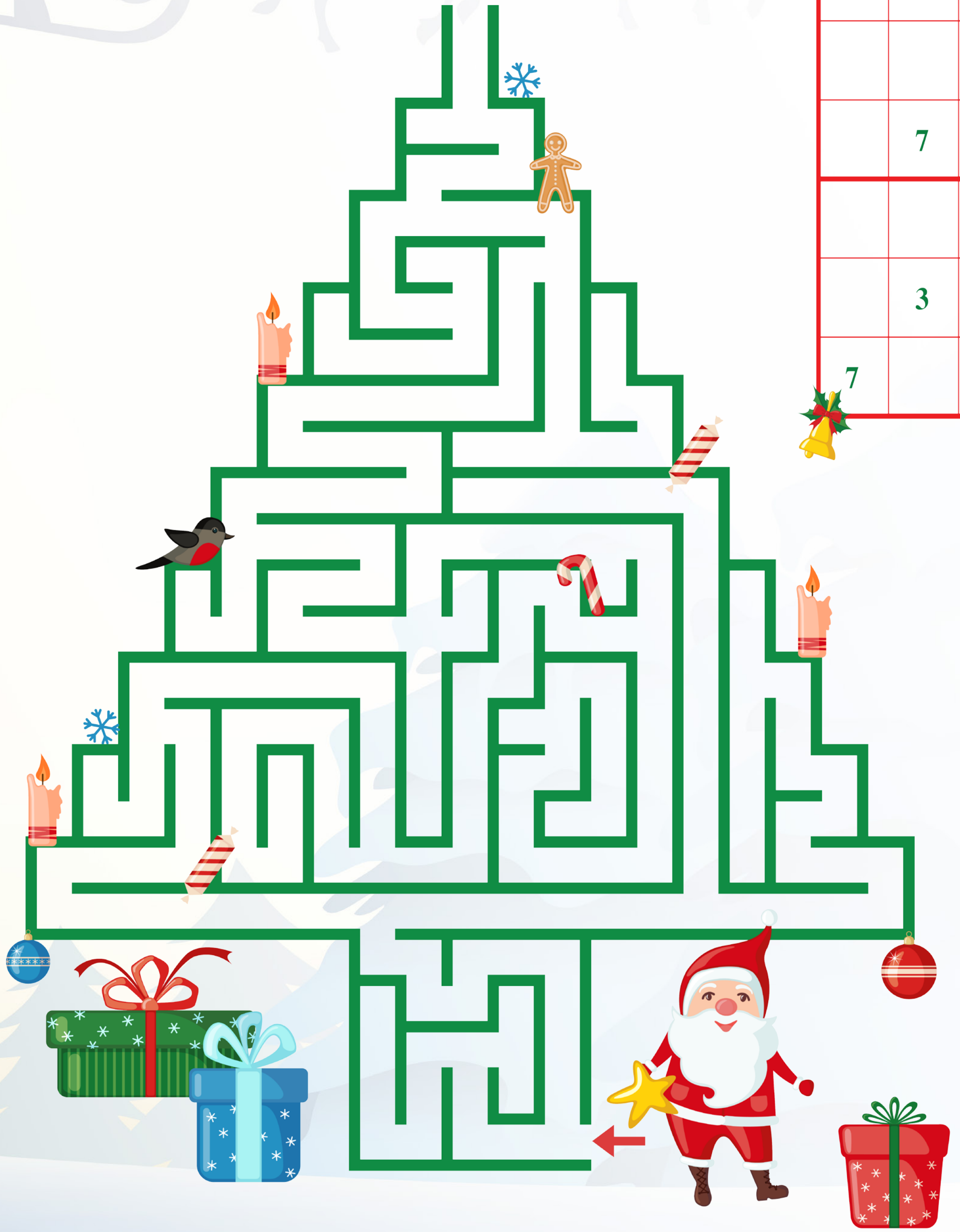
Across
3. A Christmas Carole
6. Bad jokes
8. Plant for kissing
9. Main character from Twelfth Night
10. Green plant
11. Heathen Christmas
13. Dutch for Father Christmas
15. Jesus' birthplace

Down
1. A type of musical comedy and stage production
2. Tinsel
4. A confection consisting primarily of sugar
5. Bird
7. A sweetened dairy-based beverage
12. An illustrated messages of greeting
14. Means birth

Santa's Sudoku!

3		8				4		2
	5				4		1	
9		7	1					
	8	2	7				3	
			3		6			
	7				1	6	9	
					8	7		4
	3		6				2	
7		5				1		3

Help Santa put the star on top of the Christmas tree!



NTF

National Tremor Foundation

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

To find out more go to www.tremor.org.uk