

WELCOME TO THE AUGUST 2024 NEWSLETTER.

This is your Newsletter, and it is important that it contains information that you want to read and not just what I choose. If there is anything you would like to include that might benefit others, please send me an email and with any links that I can share.

Carers – as we are a voluntary group of Parkinson's UK, we are unable to assume any responsibility for the action or needs of any individual and therefore it is strongly recommended that anyone who needs support should have a carer with them at all times.

TWO MORE POEMS SUBMITTED TO CELEBRATE WORLD PARKINSON'S DAY 2023

1. A bit of a tremor.
Some stiffness too.
Fatigue and dystonia.
How do you do?
How does Parkinson's affect you?
[Clare, Staffordshire.](#)

2. On the bowls green, my arm wouldn't swing.
Unable to understand what was going on.
As I encountered difficulty with everything.
Until my sixth sense told me how I felt in a throng.
That's when I knew there was something wrong.
[Heather, Buckinghamshire.](#)

NAME THE CATHEDRAL- Well, did you manage to recognise Wakefield Cathedral, or the Cathedral Church of All Saints in Wakefield, West Yorkshire. See if you can recognise this months. Remember it can be anywhere in the United Kingdom. No prize, just pride in getting it right! Answer in the September Newsletter. Please email me with your answer if you wish, as this will help me to ascertain interest.



EVENTS PROGRAMME FOR AUGUST AND SEPTEMBER.

August 7th Seated exercise.
August 14th No meeting.
August 21st Seated exercise.
August 28th Seated exercise.
September 4th Singing with Helen.

September 11th No meeting.
September 18th Seated exercise.
September 25th Seated exercise.

MEAL AT THE LEGH ARMS ADLINGTON

On the 2nd Wednesday of October(9th) 2024 we have booked the Legh Arms, London Road, Adlington, Macclesfield, SK10 4NA for a two-course carvery lunch. The cost is £12 per head which is a club subsidised rate.

There will be a vegetarian option and a choice of pudding:

Ice cream or

Seasonal sponge with either custard, cream or ice cream.

Seasonal crumble with either custard, cream, or ice cream.

Chocolate brownie with either custard, cream or ice cream.

Arrival at 12.30 for the meal at 1pm. Joyce will be taking bookings from mid-August until the end of September. Telephone: 07736346072

AFTERNOON TEA 28th JULY 2024.

On Sunday 28th July, club members enjoyed afternoon tea at the Dean Row Unitarian Chapel in Wilmslow. Delicious sandwiches and cakes were supplied by the Little Hideout Café in Bramhall and the entertainment was provided by Carolyn and Mabel who read pieces of poetry and Elaine who ran a musical bingo competition.

Many thanks to those involved in the preparation.



PARKINSON'S PATIENT'S AFTERNOON AT BUCCLEUCH LODGE DAY HOSPITAL.

Members are invited to join the staff at the above venue for their next Parkinson's patient's afternoon. These are excellent and well attended afternoons so are not to be missed.

Date and time: Tuesday 1st October 2-4pm

Speakers:

Dr Ross Dunne (Psychiatrist) Visual hallucinations.

Occupational Therapy and Physiotherapy Strategies to improve your mental wellbeing

Address: Buccleugh Lodge, Elizabeth Slinger Road, Manchester M20 2XA.

Telephone: 0161 2174250

DOES PARKINSON'S RUN IN FAMILIES?

This is a question I get asked often so I looked at the Parkinson's UK website to see what information they have, and this is what I found.

If you or one of your relatives has Parkinson's, you may want to know if the condition is hereditary and can be passed down through your family.

Is Parkinson's hereditary? Parkinson's can be hereditary, but this is very rare. And only a small number of cases have been reported as hereditary. Most people with Parkinson's have 'idiopathic' Parkinson's. This means the cause is unknown.

Is Parkinson's genetic? Certain genetic factors can make someone more likely to develop Parkinson's. However, it's extremely rare for this to happen.

Changes in certain genes (known as "mutations") can increase your risk of Parkinson's. But even if you carry these gene changes, it doesn't mean you will develop Parkinson's.

The most common genetic cause of Parkinson's are changes in the LRRK2 gene. LRRK2 is a large protein that's found in nerve cells in the brain. It's also found in other organs including the heart, kidney and lungs.

Genetic cases of Parkinson's aren't always hereditary. There are a very small number of people that can develop Parkinson's and pass it down through their genes.

What genetic factors can lead to Parkinson's?

Genetic changes can either cause Parkinson's directly or they can increase your risk of having Parkinson's.

Some people with Parkinson's carry a very rare change in a gene that causes the condition directly. People who have Parkinson's at a younger age are more likely to have a genetic link.

A change in the LRRK2 gene known as G2019S is probably the most common genetic change linked to Parkinson's. In the UK, around 1 in 100 people with Parkinson's carry it. It's more common in North African and certain Jewish (Ashkenazi) populations. People who carry this gene change may develop Parkinson's later in life. They have around a 75% chance of being diagnosed by the age of 80.

There are also genetic changes that increase your risk of Parkinson's. The most common of these is a change in the GBA1 gene. Carrying one of these gene changes means you're more likely to develop Parkinson's, but the risk is very small.

If I have Parkinson's, will my children develop it?

It's very rare for people to pass Parkinson's on to their children.

Even if your Parkinson's is partly caused by genetic factors, it's not certain that you would pass the relevant genes on to your children.

However, there are some cases where it does seem that Parkinson's has been genetically passed or could be hereditary from one generation to the next.

For more information on this subject and much more please visit the Parkinson's UK homepage- www.parkinsons.org. and of course you can join Team Parkinson's UK.

PARKINSON'S LOCAL ADVISOR- Karen Walsh is our Local Advisor and can be contacted on 0344-225-3738.

Parkinson's local advisors provide confidential, one-to-one information about Parkinson's and local services.

They support anyone affected by the condition including family, friends, carers and colleagues.

For information about living with Parkinson's day to day, managing symptoms, emotional support, benefits, and much more, they are here to help.

They can also liaise with health, social care and other local professionals to access the support you need.

OUR RECORDS – It is imperative that our list of contact numbers for next of kin etc is kept up to date. Please let Helen have any changes. Many thanks

BRANCH RAFFLES: Occasionally at our Wednesday meeting we like to hold a raffle. Funds raised go straight back to support the activities of the Stockport Branch. Often, we subsidise the cost of meals when we go out on trips, and we also have other costs such as printing and postage. If able, please support our raffles

MEMBERSHIP OF TEAM PARKINSON'S UK - Parkinson's UK depends on your membership and donations to fund research. If you are not a member yet, please ring the Help Line number below or go onto the Parkinson's UK website. This applies to carers too! Membership is free but, if you decide to donate on joining, membership subs do come to the branch eventually. Telephone: - 0808-800-030 support and enjoy activities like exercise classes and day trips. **Your voice heard.** Help shape the future and campaign for a better quality of life for people living with Parkinson's.

PARKINSON'S UK HELPLINE - 0808-800-0303

POSTAGE STAMPS AND OTHER RECYCLABLES – Thank you for bringing in used postage stamps. Parkinson's UK also collects old bank notes, including foreign, which are no longer in circulation. Have you got old or broken jewellery knocking around that's destined for the bin? It could be worth more than you think. Recycling for Good Causes recycle all kinds of jewellery, from gold and silver to costume jewellery and watches. They are even able to recycle broken and damaged items, so hold onto those odd earrings and snapped chains. <https://www.parkinsons.org.uk/get-involved/recycle-parkinsons-uk>

LINKS - To open any links in this newsletter – right click and select Open Hyperlink or in some cases you might need to copy and paste to a browser.

LINKS TO LOCAL GROUPS-

HEALTHWATCH STOCKPORT- <https://www.healthwatchstockport.co.uk/>

AGE UK STOCKPORT- <https://www.ageuk.org.uk/stockport/>

SIGNPOST STOCKPORT FOR CARERS- <https://signpostforcarers.org.uk/>

ALZHEIMER'S SOCIETY- <https://www.alzheimers.org.uk/>

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