

PARKINSON'S^{UK} CHANGE ATTITUDES. FIND A CURE. JOIN US.

WELCOME TO THE JULY 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.

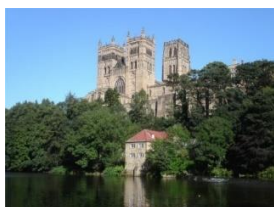
Carers – as we are a voluntary group of Parkinson's UK, we are unable to assume any responsibility for the action or needs of any individual and therefore it is strongly recommended that anyone who needs support should have a carer with them at all times.

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

1. I cannot cloak my Parkinson's.
Determined terms that dominate.
Unless some symptoms medicate.
The calmer quiver, further walk.
A better sleep, pills and a glass.
[Stephen, Wrexham](#)

2. For my retirement I've changed a plan or two.
It's because there are some things I can't do.
I was diagnosed with PD.
It's early stages for me.
Now I can't abseil or bungee jump too.
[Martin, Cornwall](#)

NAME THE CATHEDRAL- Well, did you manage to recognise **Durham Cathedral**, formally the Cathedral Church of Christ, Blessed Mary the Virgin and St Cuthbert of Durham. See if you can recognise this months (It's a tough one). Remember it can be anywhere in the United Kingdom. No prize, just pride in getting it right! Answer in the August Newsletter. Please email me with your answer if you wish, as this will help me to ascertain interest.



EVENTS PROGRAMME FOR JULY AND AUGUST.

July 3rd Singing with Helen. **Please note alternative venue on this date only.**
July 10th No meeting.
July 17th Seated exercise.
July 24th Seated exercise.
July 28th Afternoon Tea at Dean Row Chapel.
July 31st Seated exercise.

August 7th Singing with Helen.

August 14th No meeting.

August 21st Seated exercise.

August 28th Seated exercise.

Changed venue for our meeting on the 3rd July: All Saints Parish Rooms, Church Road, Cheadle Hulme SK8 7 JB

AFTERNOON TEA 28th JULY 2024. We only have a few places left so if you want to join us you need to be quick.

Food will be served in individual food boxes consisting of sandwiches, scones, cream and jam, and cakes all carefully prepared by Richard from Little Hideout Cafe in Bramhall.

Cost £10

Arrival from 2pm with tea served at 2.30pm.

Venue: Dean Row Chapel, Unitarian Meeting House, Chapel Road, Wilmslow, SK9 2BX

If you who wish to attend, please let Joyce know by ringing 0161 4857654 or 07736 346072 and no later than 17th July.

Access to the Chapel is best via Adlington Road and not Dean Row Road.

The best route is via Chester Road A5102 after passing Notcutts Garden Centre then The Deanwater take the 2nd exit at the roundabout onto Adlington Road A5102 then at the next roundabout take the 1st exit on Adlington Road A5102 then in 150 yds turn right onto Chapel Road and enter the car park in a few yds on the left.

BLOOD TEST SHOWS PROMISE FOR IDENTIFYING PARKINSON'S 7 YEARS BEFORE MOVEMENT SYMPTOMS APPEAR- Research co-funded by Parkinson's UK finds a new way to potentially improve diagnosis and monitoring of symptoms of Parkinson's.

Researchers at University College London have developed a test that was 100% accurate in identifying Parkinson's when comparing blood samples from 99 people with Parkinson's and 36 people without the condition.

The study used artificial intelligence alongside the analysis of blood samples to develop and fine tune a test based on the levels of 8 circulating proteins that they found to be early markers of Parkinson's.

For more information, please follow the link- <https://www.parkinsons.org.uk/news/blood-test-shows-promise-identifying-parkinsons-moveent-symptoms>

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

Refreshments will be provided.

PHARMACY FIRST- The new Pharmacy First service, launched 31 January 2024, enables community pharmacies to complete episodes of care for 7 common conditions following defined clinical pathways.

This new service is expected to free up GP appointments for patients who need them most and will give people quicker and more convenient access to safe and high-quality healthcare. It includes the supply of appropriate medicines for 7 common conditions including earache, sore throat, and urinary tract infections, aiming to address health issues before they get worse.

The following table shows the 7 conditions pharmacists can manage across various age ranges.

<u>Clinical Pathway</u>	<u>Age Range</u>
Acute otitis media*	1 to 17 years
Impetigo	1 year and over
Infected insect bites	1 year and over
Shingles	18 years and over
Sinusitis	12 years and over
Sore throat	5 years and over
Uncomplicated urinary tract infection	Women 16 to 64 years

* Distance selling pharmacies will not complete consultations for acute otitis media.

If you are not within the age ranges described above the pharmacist can still offer advice, but you may need to see a GP for treatment.

LATEST MEDICATION SUPPLY ISSUES REPORTED BY PARKINSON'S UK

Getting your prescription

Pharmaceutical companies have shared that they are facing supply problems with some medicines. Please check with your local pharmacy, as they may have your usual medicine in stock.

However, if your area does have supply shortages you may not be able to get your usual prescription.

Alternatives may be suitable. Your doctor or pharmacist will discuss this with you.

Parkinson's drugs: current shortages

Teva Pharmaceuticals

- Amantadine 50mg/5ml syrup 150ml will experience supply problems until June 2024.
- Carbidopa/entacapone/levodopa 18.5mg/200mg/75mg tablets x 30 and x 100 expected to experience supply issues until early July 2024.
- Ropinirole 0.25mg, 0.5mg and 2.0mg tablets will face supply problems until late March 2025.

Amantadine hydrochloride 100mg capsules x 14 and x 56 will no longer be supplied by Teva Pharmaceuticals but will still be available. The manufacturer, Lucis, will continue to make the product but will no longer be distributing it through Teva Pharmaceuticals.

Updated 4 June 2024

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.

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

What do members get?

4 editions a year of the magazine – **The Parkinson**. Each issue is full of experience of people living with Parkinson's and current information about the condition. 2 editions a year of the research magazine – **Progress**. Providing updates on the studies they fund and details on how to get more involved with Parkinson's research. **Support on your doorstep**. There are 365 local groups where you can meet other people living with Parkinson's for 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 COLLECTABLES – 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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