

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

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**WELCOME TO THE JUNE 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. For a year I've been suffering with Parky.  
And the symptoms are making me narky.  
What with bradykinesia, dystonia, amnesia...  
It's no wonder my language is sarky.  
Gaby, Hampshire.

2. I'd like to say it's a doddle,  
Living with PD.  
But that would be a lie,  
I think that's plain to see.  
Theresa, Kent

**NAME THE CATHEDRAL-** Well, did you manage to recognise the Cathedral Church of St Peter and St Wilfrid, commonly known as Ripon Cathedral, and until 1836 known as Ripon Minster, it is in Ripon, North Yorkshire, England. 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 July Newsletter. Please email me with your answer if you wish, as this will help me to ascertain interest.



**EVENTS PROGRAMME FOR JUNE AND JULY.**

June 5th Singing with Helen  
June 12th No meeting  
June 19th Seated exercise.  
June 26th Seated exercise.  
July 3rd Singing with Helen. **Please note alternative venue on this date only.**

July 10<sup>th</sup> No meeting.  
July 17<sup>th</sup> Seated exercise.  
July 24<sup>th</sup> Seated exercise.  
July 31<sup>st</sup> Seated exercise.

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

**AFTERNOON TEA 28<sup>TH</sup> JULY 2024.** Once again, we are having this popular event. 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.

**THE 10<sup>th</sup> GREATER MANCHESTER 10K RUN SUNDAY 21<sup>st</sup> MAY 2024** David White one of our club members took part in the above event. This is the 10<sup>th</sup> time he has run this race to raise money for the Stockport branch of Parkinson's UK.

Those of you who watched the race on the television might have seen the following message of support flash onto the screen.

“David White will be completing his 10<sup>th</sup> Greater Manchester run for Parkinson's UK. He's an absolute legend and we all adore him! He will be the very smiley chap in the blue tutu and fairy wings”.

Well done David! and many thanks for the picture and yet again for raising funds for our branch.



**85<sup>th</sup> BIRTHDAY CELEBRATION** At our meeting on Wednesday 22<sup>nd</sup> May we were able to join one of our members Mabel in celebrating her 85<sup>th</sup> birthday. Mabel is pictured below being presented with a birthday cake.



**STOCKPORT ROCKS VOLUNTEER AWARDS** On Tuesday 21<sup>st</sup> May, 4 members of the committee attended the above awards ceremony. Unfortunately, although we had been nominated for an award, we were not in the final shortlist. From feedback everyone had an enjoyable evening.



**HERBERT PROTOCOL** When a person goes missing, it is very distressing for family and friends and can be even more worrying when the missing person has Dementia.

The Herbert Protocol is a simple risk reduction tool to help the police in their search for people with Dementia who go missing. It encourages carers or family members of adults living with dementia to collate information on those who are vulnerable on to the Herbert Protocol form, which can be given to the police if they go missing.

The initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. He died whilst 'missing', trying to find his childhood home.

If you believe a person has gone missing and concerned for their safety, call the police on 999 and tell the police operator that you have a Herbert Protocol.

**What do I put on to the Herbert Protocol form?** It contains a list of information to help the police if the person goes missing, including:

- medication required
- mobile numbers
- places previously located
- a recent photograph

You'll find forms at the end of this page. Keeping a completed form saves the worry of trying to recall the information during the stressful time of someone going missing. It also saves time for the police, allowing the search to start sooner and the information to be gathered at the time. It should be kept up to date with a recent photograph of the person, to be passed to the police if needed.

**When should a form be filled in?** If you are a carer, you should use your professional opinion to judge when to complete a form. If you're a family member, you should use your knowledge to decide whether a person is at risk of going missing. Remember, having this information ready to provide can save worry and time if someone goes missing.

**Who completes the form?** The form can be completed by a family member or, with the permission of the next of kin, friend or neighbour working together with the vulnerable person. If the person is in a care setting, or the person filling in the form is a home carer or a representative of a partner agency, take advice from your management on your organisation's protocols. The form should be completed and regularly updated, so that all the information is as relevant as possible.

**When should the form be given to the police?** The police only need the form at the point the person is reported missing. There is no need to hand it to police before then and the form will be returned once the person is found.

**Where should the form be stored?** It should be stored securely, but where you can find it quickly. In a care setting, the information must be stored in accordance with data protection legislation. Please make sure you tell anyone else who needs to know where it is, including other relatives, friends or carers. You can download the form and print it off, but you will need a paper copy to hand to the police officer attending to take the missing person's report.

**What if the person goes missing?** If you discover a person is missing, conduct a brief 'open door' search of the address, grounds and outbuildings, to see if you can find them. If they're still missing, call 999 immediately. Don't worry - you won't be criticised for calling the police if you are concerned about a person's safety. The sooner the police know someone is missing, the sooner officers can start looking for them. When you ring the police, tell them you have the Herbert Protocol profile available. You can complete the form [online on the Safe and Found Online website](#).

[Herbert Protocol form \(Word\)](#)

[Herbert Protocol form \(PDF\)](#)

**[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.

**[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: - 0808-800-0303

**[PARKINSON'S UK HELPLINE](#)** - 0808-800-0303

**[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/>

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