

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

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**WELCOME TO THE NOVEMBER 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. It's hard to explain to those not "in the know".  
How you used to be fast, but now you're so slow.  
How you struggle to dress, sleep, shower or bake.  
Or hand write a note or stay still and not shake.  
These are some of the things that Parkinson's will take.  
[Jane, Middlesex](#)

2. Weeble's wobble but don't fall down so they say.  
Unfortunately for me I am not a Weeble.  
So, I regularly go wobbly and fall over.  
[Margaret, Selkirkshire](#)

**NAME THE CATHEDRAL-** Well, did you manage to recognise St Giles's Cathedral, Edinburgh. The cathedral was founded in 1124 by King David I and has been a working church for almost 900 years. A backdrop to Scotland's turbulent religious history, it has seen the seeds of civil war sown and been John Knox's parish church during the Reformation.

See if you can recognise this month's. Remember it can be anywhere in the United Kingdom. No prize, just pride in getting it right! Answer in the December newsletter. Please email me with your answer if you wish, as this will help me to ascertain interest.



**EVENTS PROGRAMME FOR NOVEMBER, DECEMBER AND JANUARY.**

November 6<sup>th</sup> Singing with Helen.  
November 20<sup>th</sup> Seated exercise.

November 27<sup>th</sup> Seated exercise.  
December 4<sup>th</sup> Singing with Helen.  
December 18<sup>th</sup> Christmas Lunch at the Alma Lodge.  
No meetings Wednesday 1<sup>st</sup> or 8<sup>th</sup> January.  
January 15<sup>th</sup> Seated exercise followed by the Club AGM (see below).  
January 22<sup>nd</sup> Seated exercise.  
January 29<sup>th</sup> Seated exercise.

### AGM OF THE STOCKPORT BRANCH OF PARKINSON'S UK.

Please accept this as notice of the AGM which will be held at Offerton Community Centre on Wednesday, 15th January 2025 following our seated exercise class which commences at 2pm. All the Committee will be resigning at this meeting, and we welcome new volunteers to take this opportunity to put their name in the frame to take an active part in how the Group progresses. Most of the Committee have served for a very long time and it would be great to see some new blood coming into our Group Committee to help us develop and grow. If you feel you have something to offer and would like to join the Committee, please let us know and if you just want more information speak to our Chairperson Elaine or any other member of the Committee.

### MEAL AT THE LEGH ARMS ADLINGTON

Unfortunately, I could not make the meal on the 9<sup>th</sup> October as I was in hospital, but from all accounts it was, as always, an excellent meal.

There was also a lot of cake to be had as two of our members were celebrating their birthdays. Pictured below the birthday boys Barry Keeling and John Corker.



### HEALTHWATCH STOCKPORT INVITE YOU TO JOIN THEIR NHS FIT FOR THE FUTURE EVENT.

They are supporting NHS colleagues in Stockport to host a public listening event at Stockport Guildhall on **19<sup>th</sup> November 2024, 1pm – 3.45pm.**

NHS Greater Manchester (Stockport Locality) is keen to hear from people living and working in Stockport. They want to know what you feel is working well and what could change to improve both your experience of receiving care and improving your health, whilst increasing awareness and understanding of the challenges faced by the Stockport health and care system.

At this event you will:

- Hear from System leaders
- Have an opportunity to share your views
- Ask questions

They are inviting you to share your views at the event. To book your place go to their **Eventbrite page** asap to avoid disappointment.

If you have any questions, please contact [gmhscp.engagement@nhs.net](mailto:gmhscp.engagement@nhs.net)

**PENSION CREDIT** is a means-tested benefit for people who have reached the State Pension age and are on low to modest income. If you receive Pension Credit you will also be eligible to claim the winter fuel allowance.

It is estimated that only 63% of those who are eligible claim it.

If you want to know more about eligibility and how to claim it, please ring the DWP Pension Credit helpline Telephone: 0800 99 1234 or click on the following link- <https://www.gov.uk/pension-credit/how-to-claim>

### **PARKINSON'S UK 2024 CHRISTMAS CARD AND GIFT CATALOGUE.**

Their Christmas catalogue is packed full of festive essentials including Christmas cards, books, crackers and gifts.

Sustainability and British manufacturing are at the heart of their range.

Great design, top quality and value of money are key to their unique range of cards and gifts.

With every product you buy, you're helping someone living with Parkinson's.

**100% of profits help fund their work. Providing information and support, campaigning for fair treatment and continuing pioneering research to chase down a cure.**

[Download your copy here](#)

### **RENEWING DRIVING LICENCE WHEN DIAGNOSED WITH PARKINSONS.**

You can be fined up to £1,000 if you don't tell DVLA about a medical condition that affects your driving, and you may be prosecuted if you're involved in an accident as a result. Parkinson's is one of the many medical conditions that must be reported to the DVLA.

As a rule, once you have notified the DVLA you can continue to drive until they have made their decision. That is provided you and others feel you are capable of driving safely.

To contact DVLA for more information follow the link below: - <https://www.driving-medical-condition.service.gov.uk/report>

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

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.

Parkinson's UK website at [parkinsons.org.uk/privacy](http://parkinsons.org.uk/privacy) to see how we will treat the personal information that you provide us.

**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.

We are also seeking for prizes for our Christmas raffle so if you have anything to donate Helen will be pleased to accept it. (Please no cosmetics skin lotions etc).

**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

**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 OTHER GROUPS AN INTRODUCTION.**

For a few months I have been providing links to other organisations in Stockport who I feel might be of benefit to our members (see below).

For the next four months I aim to give more information of one of these groups and how they might be of benefit to you. This month it is: -

**HEALTHWATCH STOCKPORT** is one of the 152 Healthwatch that works in each local authority area in England, that has statutory powers under the health and social care act 2012. They are an independent health care champion for the Stockport community. You come first - especially if you find it hard to be heard elsewhere.

Healthwatch will help you and your family get the best out of your local health & social care to create better services for all of us.

Whether it's improving them today or helping to shape them for tomorrow, the best health & social care services are based on respect, compassion, excellence, and driven by you.

This is an opportunity for us all to create a health & care system that really meets our needs. Every voice counts when it comes to shaping the future of health & social care.

### **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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