

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

WELCOME TO THE SEPTEMBER 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. My voice is weak, starting to fade
I talk to my wife's hearing aid.
With Bluetooth mic on my lapel
we keep in touch it works quite well.
But one thing I forgot to do
is turn it off when in the loo.
[Terence, East Dunbartonshire.](#)

2. Which one do you see, Parkinson's or me?
A friend, a stranger or passerby.
With my slurred speech, awkward gait and expressionless face.
Don't just stare, don't pity or judge.
It's me.
[Dee, West Midlands](#)

NAME THE CATHEDRAL- Well, did you manage to recognise Truro Cathedral, Cornwall. It was built between 1880 and 1910. It is one of three cathedrals in the United Kingdom featuring three spires.

See if you can recognise this months (perhaps a little difficult). Remember it can be anywhere in the United Kingdom. No prize, just pride in getting it right! Answer in the October Newsletter.

Please email me with your answer if you wish, as this will help me to ascertain interest.



EVENTS PROGRAMME FOR SEPTEMBER AND OCTOBER.

September 4th Singing with Helen.
September 11th No meeting.

September 18th Seated exercise.
September 25th Seated exercise.
October 2nd Singing with Helen
October 9th Meal at the Legh Arms, Adlington. (see below)
October 16th Seated exercise.
October 23rd Seated exercise.
October 30th 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 is now taking bookings until the end of September. Telephone: 07736346072

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

AN UPDATE ON THE BRAND REFRESH FROM HEAD OFFICE.

Thank you to all everyone who has generously given time to input into the creation of our visual and verbal identity (how we look and sound). As well as the brand questionnaire which we shared with you a few months ago, we've also worked with a group of volunteers from the outset, plus a local group in each of our four nations. We also tested our visual identity with volunteers back in March to make sure we're listening to the community.

We're nearly there in terms of the creation of the visual and verbal identity, and we couldn't have done it without the support we've had, so a huge thank you to everyone who's taken part!

Right now, we're talking with people from the community, our Volunteering team and local Parkinson's UK reps to understand what tools and support people need to use the brand. We'll be updating in the coming weeks about when we'll be launching the new brand.

Thanks again for your support.

PARKINSON'S UK BRAIN BANK- Not an easy subject, but one I like to share from time to time. The Parkinson's UK Brain Bank is the world's only brain bank solely dedicated to Parkinson's research. By pledging your brain to Parkinson's research, you can help find a cure to transform the lives of 145,000 people living with Parkinson's in the UK. What is the Brain Bank? The Brain Bank, based at Imperial College London, collects precious tissue from people with and without Parkinson's who have decided to leave their brains to Parkinson's research. The donation of brain tissue has already led to major advances in our understanding of Parkinson's and resulted in new treatments being developed and tested. People with and without Parkinson's can sign up and pledge to donate their brain for research. Donation is not an easy decision, and we are extremely grateful to the donors and their families who have chosen to do this. All the key questions you and your family may have about brain donation are in our [Brain Bank donor information booklet \(PDF, 5.9MB\)](#)

A REMINDER ABOUT PARKINSON'S UK NEWLY DIAGNOSED WELCOME SESSIONS.

Parkinson's UK have developed online Welcome Sessions, for those who are newly diagnosed with Parkinson's, are continuing to grow.

Their Welcome Sessions are a one-off Zoom meeting lasting around an hour and a half. They are a chance to meet others in a small group, share diagnosis experiences, and get a light touch introduction to Parkinson's UK information and support. They run monthly with some daytime and some evening sessions.

Spaces are now available on Welcome Sessions from September through to November. To find out more and book your place, please visit the [First Steps programme website](#).

If you have any questions or issues booking, please email newlydiagnosed@parkinsons.org.uk

YOUNGER PEOPLE WITH PARKINSON'S.

The Northwest regional team wants to understand the needs of people living with and affected by Parkinson's who are under 65 (or thereabouts) across the region. They have put together a survey, developed with the support of Nicky Parsons a member of the Parkinson's community in the Northwest. Please follow the link below for more information.

[NW Younger People's Survey](#)

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.

COLLECTION AT THE ALEXANDRA HOSPITAL CHEADLE. We collected our collection tin from the above hospital which is left in the dining room. We got a total of £67.51. Many thanks to the staff and visitors who chose our tin to put their small change in.

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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