

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

WELCOME TO THE OCTOBER 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 3am pen and notebook at hand.
Trying to get the words to flow in five simple lines.
It's Parkinson's awareness and I can't think of what to write.
4am "Oh great, coffee's gone cold". 5am.
I give up – I'm going back to bed now.
[Cath, West Lothian.](#)

2. Evening: sat at the table, conversation is loud.
Hear myself getting quieter, fading, lost in the crowd.
Neck stiffens, can't turn my head, will I be mis-read?
I hear you; do you hear me?
Can you see me or the person I used to be?
[Linda, Teesside.](#)

NAME THE CATHEDRAL- Well, did you manage to recognise St Ann's Cathedral, Belfast. 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 November newsletter. Please email me with your answer if you wish, as this will help me to ascertain interest.



EVENTS PROGRAMME FOR OCTOBER AND NOVEMBER.

October 2nd Singing with Helen.
October 9th Lunch at The Legh Arms, Adlington.
October 16th Seated exercise.
October 23rd Seated exercise.
October 30th Seated exercise.

November 6th Singing with Helen.
November 20th Seated exercise.
November 27th Seated exercise.

YOU ARE INVITED TO PAR-CON 24 (YOU CAN JOIN ONLINE)

Par-Con is a free, 2-day event for the Parkinson's community on 11 and 12 October. Over 2 days, you can hear directly from expert speakers, connect with others and learn more about living well with Parkinson's.

Par-Con has been planned in collaboration with a team of people living with and affected by the condition and will cover the topics that matter to you. We'll have sessions on the latest research, hidden symptoms and cutting-edge technology. We have a fantastic lineup of speakers including:

- Professor Bas Bloem, Consultant neurologist, Radboud University Medical Centre, Nijmegen
- Kuhan Pushparatnam, Co-host of the '2 Parkies in a Pod' podcast and creator of the Parkinson's ON app
- Professor Camille Carroll, Professor of Clinical Neuroscience at Newcastle University
- Professor David Dexter, Director of Research at Parkinson's UK, and many more!

When? Friday 11 and Saturday 12 October

Where? Online or Royal Armouries Museum, Leeds, LS10 1LT (limited spaces)

Par-Con 2024 is a hybrid event, with all talks and panel sessions available online and in-person. You can choose to attend a single day or register for both days. There are a limited number of places to join in-person, but anyone is free to join the event online.

This year, Par-Con 2024 will include the Parkinson's UK Annual General Meeting and Community Awards to celebrate the everyday heroes of the Parkinson's community. These events will happen on day 2 of Par-Con.

Whether you are newly diagnosed, have lived with Parkinson's for many years, or know someone who is affected by the condition, this event gives you the chance to hear directly from experts, learn about the latest research, and connect with others. Find ways to stay positive and keep moving with the help of various activities and support across the UK.

Register now! For more information, and to secure your place, please visit our Par-Con webpage: parkinsons.org.uk/parcon24

If you have any questions about the event, please contact the Research team at researchevents@parkinsons.org.uk or on 020 7963 9253.

FREE HOME ENERGY AND BENEFITS CHECK

Age UK Stockport are once again taking part in the Age UK Warm Homes project. The Warm Homes Project is designed to keep you warm and well during the cold months.

The Warm Homes programme can help in two ways:

1. Help to increase your income to pay for energy bills.
2. Help make your home energy efficient so that you can stay warm during the winter months. Their Handy Help team can install energy saving equipment like draught excluders, radiator panels and energy efficient light bulbs.

This service is free and available to older people who are finding it difficult to keep their home warm and are therefore at risk of cold related illnesses.

For more information and to book a free home energy check phone Age UK Stockport on 0161 480 1211

[CLAIMING ATTENDANCE ALLOWANCE](#)

If you're aged 65 or over, have an illness or disability such as Parkinson's, and you need help with personal care or someone to watch over you to make sure you are safe, you may be able to claim Attendance Allowance.

Many of us find applying for allowances and filling out the relevant forms a daunting task and often give up. You don't need to as help is available.

This is something that you can seek help with from Karen Walsh our Parkinson's Local Advisor. (see below)

[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.

[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 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.

Age UK Stockport: is a local registered charity, and all their efforts and resources are used for the benefit of people within the Metropolitan Borough of Stockport. Age UK Stockport is a fully independent local registered charity.

An excerpt from their mission statement: Every day we live we get older, it's just a fact! This adventure is often compared with a journey. Some people come to unfamiliar junctions along that road through changes in their health, bereavement and any number of other situations frequently not foreseen and sometimes unimagined in earlier years. Sometimes the road just gets a little bumpy but enough to take the pleasure away from everyday living. Wherever older people are on that journey our ambition is to be a point of contact to provide or point to whatever assistance is required.

Just some of the support they can provide:

Information and Advice: Free, confidential and expert information and advice with a focus on issues affecting those in late life and their carers and families.

Handy Help & Gardening Service Their Handy Help & Gardening Service carries out minor repairs, improvements or adaptations in the home.

Wellbeing Varied practical and social support and activities for living well.

Leaving Hospital Support for people to make leaving Hospital or other community beds as smooth as possible.

Stockport Support Hub Home Support Having a safe and comfortable home environment is essential for maintaining health and wellbeing and quality of life. Sometimes practical matters get overwhelming, or you may not have the right support networks to turn to for assistance.

Tandem Tailored care and support for individuals and carers at home and in life.

Step Out Day Services Step Out Stockport provides a range of social, personal and practical support.

For further information, please contact the [Age UK Stockport central admin office.](#)

Telephone: 0161 480 1211

[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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