

WELCOME TO THE MAY 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. Can't make any decisions today, I fear.
Parkinson's thought processes unfocussed, unclear.
Feeling fragile but people can't see.
What's happening inside is not how I was, or I want to be.
Linda, Teesside.

2. A day trip to the country.
An unwelcome need to pee.
Grappling with button-fly trousers (early PD ignorance)
Help!
Where's the nearest tree?
Peter, Kent

NAME THE CATHEDRAL- Well, did you manage to recognise Lichfield Cathedral. It is an Anglican cathedral in Lichfield England, one of only three cathedrals in the United Kingdom with three spires (together with Truro Cathedral and St Mary's Cathedral in Edinburgh), and the only medieval one of the three.

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 June Newsletter.

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



EVENTS PROGRAMME FOR MAY AND JUNE (NOTE NEW MEETING VENUE)

The Stockport Branch of Parkinson's UK meets every Wednesday with the exception of the 2nd Wednesday of each month, between 2pm and 4pm at Offerton Community Centre, Mallowdale Road, Offerton, Stockport, SK2 5NX.

All are welcome and free parking is available, also blue badge spaces. For more information, please email me at: stephen.scott687@yahoo.co.uk

May 1st Singing with Helen.
May 8th No meeting or activity planned at this time.
May 15th Seated exercise.
May 22nd Seated exercise.
May 29th Seated exercise.
June 5th Singing with Helen.
June 12th Activity to be confirmed.
June 19th Seated exercise.
June 26th Seated exercise.

A DATE FOR YOUR DIARY - AFTERNOON TEA 28TH JULY 2024. Plans are underway once again to have this popular event. It is hoped to have individual food boxes consisting of sandwiches, scones, cream and jam, and cakes all carefully prepared by Richard from Little Hideout Cafe in Bramhall.

Arrival from 2pm with tea served at 2.30pm.

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

I will provide more information in June's newsletter when hopefully we will be able to take the names of those who wish to attend.

A TASTY TREAT. On Tuesday 16th April, 23 of our members were treated to lunch at Taylor's fish and chip shop in Woodley. We were not only there for the meal but also to celebrate the 70th birthday of one of our members who kindly paid the bill. Many thanks to Phil for his generosity and of course, Happy Birthday!

Thanks also to Anne and her staff at Taylor's for an excellent meal and service.

Phil pictured below receiving a surprise birthday cake from the staff at Taylor's.



A MUST READ: I was fortunate to attend the book signing by Howard Clarke of his book "My Life With Parkinson's" which he co-wrote with Rob Parker.

I was welcomed by his family and friends and thoroughly enjoyed the presentation that preceded the book signing.

From the shocking moments of diagnosis, via the darkest battles with despair, to getting kicked out of British Home Stores for being 'drunk' and having electricity fired directly into his skull, Howard brought his unique honesty and humour to a triumphant tale of dealing with one of life's cruellest blows and finding a way to love and prosper in the process.

I have read the book and can relate to many of the symptoms and concerns he raises. There is lots of humour and the book provides lots of positive moments.

The paperback book is available on Amazon at £7.99 with free postage.

BRASS BAND CONCERT BY VERNON BUILDING SOCIETY (POYNTON)

The brass band concert at Woodley Methodist Church, Hyde Road, Woodley on Friday 19th April 2024 was by all accounts a sellout success.

The incredible amount of £2000 was raised on the night and this was donated to our branch of Parkinson's UK.

Our thanks go to the band for the excellent entertainment, Woodley Methodist church for allowing use of the venue but most of all to Philip Taylor who organised every aspect of the concert and had suggested our branch be the recipient of monies raised.

Pictured below is Philip Taylor presenting the cheque for £2000 to our branch Chairperson Elaine Godfrey, also present is Amanda Ashworth, Local Volunteer Officer, North West Parkinson's UK



COST OF LIVING CRISIS – PARKINSONS UK'S STILL NOWHERE NEAR ENOUGH REPORT

In April Parkinson's UK published their latest report, [Still Nowhere Near Enough](#), which has found that, for many people with Parkinson's, the cost of living is far from over.

Just over 3,000 people with Parkinson's and their loved ones responded to their survey in September and October 2023. A quarter of those respondents reported they are struggling to cover costs of essentials such as heating and food.

Of that quarter:

- Almost 8 in 10 said they will turn on their heating less frequently during winter to save on fuel costs.
- A third are having fewer meals to save money.
- Half say their symptoms have been made worse by their financial situation.

The government's cost of living support ended in March and there is concern that people with Parkinson's will still be living in cold homes, with not enough food to eat, unable to get out, with their health deteriorating.

Will you help Parkinson's UK to make funds help for people with Parkinson's in need.? [Write to the Chancellor.](#)

FIRST STEPS: NEW COURSES OPEN FOR BOOKINGS. If you have been newly diagnosed with Parkinson's, you, along with your friends, family and carers, can find out more and [book a place on one of our online courses](#). If you have any questions, please contact firststeps@parkinsons.org.uk.

ADDRESSING PARKINSON'S WITH BLACK COMMUNITIES IN THE UK.

Families from Black African and Caribbean backgrounds are invited to a supportive new online event series about living with Parkinson's. Whether you're a person living with Parkinson's, or know someone who is, join the community for these free, informal information days to share experiences, create connections, and access information.

The events will take place on:

Wednesday 8 May from 12-4pm
Saturday 11 May from 12-4.15pm

There will be different topics and speakers on each day, so please join us for both days if you can! Can't come for the whole day or both days just drop in whenever suits you.

[Find out more and book your place.](#)

JUSTINE CURRIE ANNOUNCES HE HAS PARKINSON'S.

The lead singer of the Band Del Amitri is yet another celebrity to reveal he has been diagnosed with Parkinson's. (The list gets longer and longer)

In an interview that was broadcast on the BBC Radio 4 Tremelo programme he gives a candid view on how he first noticed the changes that led him to seek advice and the affect it has had on his career. To hear the interview visit BBC Sounds.

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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