



WELCOME TO THE APRIL 2023 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.

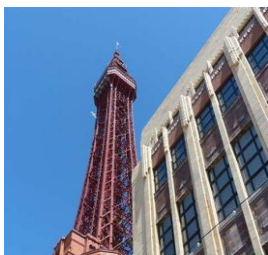
Carers – as we are a voluntary group of Parkinson's UK, we are unable to assume any responsibility for the action or needs of any individual and therefore it is strongly recommended that anyone who needs support should have a carer with them at all times.

TWO MORE POEMS/LIMERICKS WHICH HAD BEEN SUBMITTED TO CELEBRATE WORLD PARKINSON'S DAY APRIL 2022

1. It might make you small, hushed and weak,
but where there's a trough there comes a peak
Put under pressure, changing without your consent.
Gem like a diamond you roll with intent.
You are stronger than before, and your strength is infectious.
Past, present and future you'll always perfect us
Rebecca and Jan Edwards, London, Family member or friend of someone with Parkinson's

2. Find happiness without being idle.
Discover energy without being discouraged.
Do what you can, Do Increase your ability.
Put a smile on the face of those who make you sick.
Instead of holding on to those who inspire success.
No disease can paralyze you.
Hanna T P, Meitra Hospital Kozhikode, India, Living with Parkinson's

NAME THE ICONIC BUILDING Well did you manage to recognise Blackpool Tower from the cropped picture in the last issue. I am told it was a difficult one, but if you did, well done! See if you can recognise this months iconic building with only part of the picture revealed. No prize just pride in getting it right! Answer in the May Newsletter. Not sure how many of you have a go at guessing so please email me with your answer which should give me an idea if I should continue the theme.



EVENTS PROGRAMME FOR APRIL AND MAY.

The Stockport Branch of Parkinson's UK meets every Wednesday between 2pm and 4pm at Stockport Masonic Guildhall, 169/171 Wellington Road South, Stockport, SK1 3UA. All are welcome and free parking is available at the rear of the building. For more information, please email me at: stephen.scott687@yahoo.co.uk.

April 5th	Singing with Helen.
April 12th	Sitting exercise class.
April 19th	Musical Quiz with Eric Lupton.
April 26th	Sitting exercise class.
April 25th	Meal at the Legh Arms, Adlington. (see below for details)
May 3rd	Singing with Helen.
May 10th	Sitting exercise class.
May 17th	Magistrates in the Community.
May 24th	Sitting exercise class.
May 31st	Sitting exercise class.

MEAL AT THE LEGH ARMS, ADLINGTON Joyce has booked the Legh Arms, London Rd, Adlington, Macclesfield SK10 4NA for our next meal out.

Date: Tuesday 25th April 2023. Dining at 1pm

The cost for a meal from the carvery and dessert is £12 (No drinks included in the cost)

If you would like to attend, please contact Joyce on: Tel. 0161 485 7654

Last date for payment is 12th April 2023

FUNDRAISING AT MORRISON'S STORE FRIDAY 14th APRIL We still require helpers to collect at the Cheadle Heath Store between 10am and 5pm. The collecting slots are only for one hour. If you can help, please let me know: stephen.scott687@yahoo.co.uk
<https://www.parkinsons.org.uk/get-involved/recycle-parkinsons-uk>

17th APRIL, PARKINSON'S DAY AT THE DAY HOSPITAL, BUCCLEUCH LODGE.

Please see the attached poster for the upcoming PD Day at the Day hospital. These events are very informative and well attended. (The cakes are a nice treat as well) For more information, please contact the Day Hospital directly.

Fahimah Timol
The Day Hospital
Buccleuch Lodge
Elizabeth Slinger Road
M20 2XA
0161 217 4248



parkinson's
afternoon April22.docx

CAN I HAVE A 'P' PLEASE BOB A survey revealed that this simple request, from the 1980s teatime teen brain fest Blockbusters, is the nation's favourite TV gameshow catchphrase. But for me knowing where I can have a pee when out shopping in Stockport is very important.

Urinary symptoms are frequently present in patients affected with Parkinson's disease (PD). Symptoms such as urgency, frequency, nocturia and urge incontinence significantly impact the quality of life.

Attached below is a link that shows where it is possible to get relief whilst visiting Stockport. Please note facilities and details may change.

<https://www.stockport.gov.uk/community-toilets-scheme/list-of-community-toilets>.

RESEARCH OPPORTUNITY Exploring the link between physical and psychological symptoms of Parkinson's.

This research aims to assess whether there is a link between some of the physical and psychological symptoms of Parkinson's, a relationship that has not yet been explored in detail.

Who? 50 people affected by Parkinson's, including carers and loved ones, who are over 18 years old.

What? You will be asked to complete an online survey about the symptoms you experience and how you feel these may interact.

Questions will also ask about your involvement with physical activity and local healthcare services including the impact and recovery of these services following the Covid-19 pandemic.

The survey will take approximately 20-30 minutes to complete.

For more information and for a link to complete the survey please read the **participant information sheet**.

The deadline for taking part in this research is 15 June 2024. If you have any questions before participating, please contact Philip Hodgson by email at philip.hodgson@yorks.ac.uk. **Deadline 15th June 2023**

UNDERSTANDING DEMENTIA EVENT AT ABNEY COURT CARE HOME IN CHEADLE

Abney Court Care Home, Abney Hall Park, Manchester Road, Cheadle SK8 2BE.

Members of our club are invited to a talk about Dementia. The guest speaker is Dr Nori Graham, Vice President of the Alzheimer's Society

Date: 18th April 2023. Time: 2pm to 4pm. The talk looks at understanding dementia, how memory is lost, language and communication changes and positive approaches to living with dementia.

For more information, please ring 0161 516 1156 or email: - ermina.anglesea@careuk.com

Please note: This event is not being run by Parkinson's UK, Stockport Branch.

MOVERS AND SHAKERS Six familiar faces launch podcast about living with Parkinson's.

A group of six friends living with Parkinson's – some or all of whom you may recognise – have launched a podcast to raise awareness of the condition. Cure Parkinson's Patron and Vicar of Dibley co-writer Paul Mayhew-Archer is joined by former BBC presenter and legendary inquisitor Jeremy Paxman; former BBC technology correspondent Rory Cellan-Jones; High Court Judge Sir Nicholas Mostyn; former BBC political expert Mark Mardell and former 'Working Lunch' presenter, management consultant and lecturer Gillian Lacey-Solymar.

Listen on Spotify below. The podcast is also available on other listening platforms.

<https://cureparkinsons.org.uk/2023/03/movers-shakers-six-familiar-faces-launch-podcast-about-living-with-parkinsons/>

NEURO HEROES Parkinson's UK is helping more people with Parkinson's to stay active with a new physical activity grant to support a series of online fitness sessions from Neuro Heroes.

They have awarded a new physical activity grant to Neuro Heroes, an online physical activity provider which supports people with neurological conditions. Neuro Heroes offer physiotherapist-led classes to help people living with Parkinson's to improve their wellbeing and stay active.

Online sessions target symptoms and can help with balance, strength and coordination. Specialist coaches offer high energy activities for people with neurological conditions. Participants can work out in small online groups, with instructors tailoring exercises for symptoms while providing real time feedback on user progress.

Making physical activity available for all

Neuro Heroes will use the funding to subsidise the first 6 activity classes for people with Parkinson's who would otherwise be unable to attend. Known as the Neuro Heroes Community Exercise Fund, classes will present more opportunities for people with Parkinson's to participate in physical activity.

Anyone with Parkinson's who claims universal credit or pension credit can sign up for 6 subsidised classes by [completing a Neuro Heroes application form](#).

Tim Morton, Physical Activity Programme Manager for Parkinson's UK, said:

"We are delighted to be working with Neuro Heroes and hope the new grant funding will allow more people with Parkinson's to try something new and stay active.

"Neuro Heroes offer an innovative programme of online physical activity courses for the Parkinson's community and for people with neurological conditions. The grant funding represents a fantastic opportunity for more people to get involved and begin their physical activity journey."

Note: I believe the normal rate for attending any class if not eligible for the grant is £15.

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.

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.

USEFUL PHONE NUMBERS - Karen Walsh (Local Adviser) – 0344-225-3738.

There is lots of information about the care and management of Parkinson's as well as up to date news on research on the Parkinson's UK website <https://www.parkinsons.org.uk>.

PARKINSON'S UK HELPLINE - 0808-800-0303

PLEASE NOTE: - All pictures and articles in the Newsletter are printed with kind permission of those portrayed.

I appreciate that not everyone uses technology and therefore will not be able to follow the links on the Newsletter. If you want more information on any item, please contact me directly on 07941534670 and I will strive to get the information to you another way.

You're receiving this email because you have subscribed to the newsletter. If you do not wish to receive further communication like this, please contact Steve Scott at email: stephen.scott687@yahoo.co.uk

