



WELCOME TO THE DECEMBER 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

1. It's a funny old world, don't I know it.
I have Parkinson's and boy can I show it.
When my drugs work well
I bet no-one can tell.

When the dose doesn't work, I think blow it

Ronald Graham, Sileby, Loughborough, Living with Parkinson's since 2006

2. Parkinson's sucks, and it is what's happening.
Inhabiting this new reality, I discover new ways of seeing,
New ways of living, new ways of caring.
I'm not grateful for Parkinson's,
And I don't wish my life to be anything other than how it is.

Rebecca Crane, UK, Living with Parkinson's since 2020

NAME THE CATHEDRAL Well, did you manage to recognise Salisbury Cathedral from the picture shown last month. If you got it right, well done! (It would seem it was an easy one) 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 January Newsletter. Please email me with your answer if you wish, as this will help me to ascertain interest.



EVENTS PROGRAMME FOR DECEMBER AND JANUARY.

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

December 6th Singing with Helen.
December 13th Seated exercise.
December 20th Christmas Lunch. **See note below re raffle and times.**

Note: - there will be no more meetings until January 10th, 2024.

January 10th Singing with Helen.
January 17th Club AGM.
January 24th Seated exercise.
January 31st Seated exercise.

BRANCH MEETING 13TH DECEMBER We want to have a Christmas feeling to this meeting and as such we will be serving up mince pies at our break time. It would be great to see members wearing Christmas apparel. Carole and I are going to bring a prize for the member we deem to have the best outfit.

BRANCH CHRISTMAS LUNCH AND RAFFLE At our Christmas lunch we will be holding a raffle. As always there will be a lot of excellent prizes to be won. Please be generous and support this effort to raise funds for the club. We will not have the card reader with us so please could you bring cash to buy tickets. All money raised goes 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.

I made an error in the last Newsletter regarding times. Please be at The Alma Lodge for 12.30pm to dine at 1pm not 12.15 as previously stated.

Important: - If you need to cancel your booking for the meal you must contact Joyce as soon as possible on 07736 346072 and certainly no later than Friday 15th December. After this date the venue will expect full payment and will not issue a refund.

AGM OF THE STOCKPORT BRANCH OF PARKINSON'S UK.

Please accept this as notice of the AGM which will be held at the Guild Hall on Wednesday, 17th January 2024 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.

GREAT NORTH RUN UPDATE David one of our committee members who ran the race in September has collected in all his sponsorship money raising £394 directly for the club and £461 for Parkinson's UK an incredible total of £855.50. Well done, David!

David is pictured with his well-earned medal for taking part in the race.



CHRISTMAS CARDS AND GIFTS



If you are still looking for inspiration why not visit the shop at Parkinson's UK. They have some great gifts and ideas for making the home Christmassy and a good selection of cards.

On looking at the site I noticed that a lot of the gifts are eco-friendly so why not help the planet a little when buying your presents. <https://shop.parkinsons.org>.

NEWLY DIAGNOSED WITH PARKINSON'S (courtesy of Parkinson's UK magazine)

Getting a diagnosis of Parkinson's affects everyone differently. Some people go through a range of emotions, from feeling overwhelmed to feeling relieved.

Here are some questions lots of people have after diagnosis. You may find this information helpful if you've been recently diagnosed with Parkinson's. You may also find it helpful if someone you know like your partner, friend or relative has been diagnosed.

Please follow the link: <https://www.parkinsons.org.uk/information-and-support/newly-diagnosed-parkinsons>

MONEY, GRANTS AND BENEFIT (courtesy of Parkinson's UK magazine)

If you have Parkinson's or care for someone who does, you might be worried about your money and finances. Feeling in control of your finances is incredibly important for your mental and physical health, especially if you have Parkinson's. From benefits and grants to loans and other support, there is support out there. And we can help you find what's available to you.

<https://www.parkinsons.org.uk/information-and-support/money-grants-and-benefits>

POSTAGE STAMPS AND OTHER COLLECTABLES. Don't forget to collect all the stamps from your Christmas cards. Perhaps ask your family/ friends to also collect them. Please bring them to the club and give them to David. 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>

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

What do members get?

4 editions a year of the magazine – The Parkinson. Each issue is full of experience of people living with Parkinson's and current information about the condition.

2 editions a year of the research magazine – Progress. Providing updates on the studies they fund and details on how to get more involved with Parkinson's research.

Support on your doorstep. There are 365 local groups where you can meet other people living with Parkinson's for 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.

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.

FEEDBACK This is your club and as such the committee welcomes any suggestions or feedback on any subject.

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.

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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AND FINALLY On behalf of the committee of the Parkinson's UK Stockport Branch I would like to wish you all the very best for Christmas and hope that the New Year brings you all that you hope for.

