

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



WELCOME TO THE DECEMBER 2022 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.

A CHRISTMAS POEM FROM ONE OUR OWN MEMBERS.

Christmas Away
by Christopher Coxhead

I do love my Christmas Day,
Though not, when working away.
I'll probably be on shifts,
Not opening my gifts.
At least, everyone will wait,
Until I get home at eight.

Though I might well be at sea,
Where I wouldn't be home for tea.
I could be on an oil rig,
But here, there's no booze to swig!
Gifts, I'm hoping to receive,
All wrapped, waiting for my leave.

These are your friends and neighbours,
All those vital labourers.
So, enjoy your Christmas day
While you watch the children play.
And If you're home for Christmas,
Raise a glass, 'to absent friends.'



WHERE IN THE WORLD PICTURE? Well did you manage to recognise the Chrysler building to be found in New York from the cropped picture in the last issue.

If you did, well done! Full size picture shown below



Sorry, but no picture this month due to the amount of important articles in the Newsletter. Hopefully I will have one for you next month.

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 7th Singing Class followed with mince pies. (Festive dress optional)
December 14th Christmas Party at The Alma Lodge
We are then closed until Wednesday 4th January 2023.
January 4th Singing Class
January 11th Exercise Class
January 18th AGM
January 25th Exercise Class

We are looking for more volunteers to help at our meetings to meet and greet, serve drinks, etc. Please let us know if you are able to help.

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, 18th January 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. We are particularly seeking a new Treasurer and if you feel can take on this role, please let me know at email: stephen.scott687@yahoo.co.uk.

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.

Our current Treasurer Carol will not be putting herself forward to take on that role again. On behalf of the Committee and members of the branch I would like to thank Carol for her service in that, and various other roles over many years.

WARM AND WELL IN STOCKPORT I read this article in the Stockport Healthwatch Information Round Up Circular (IRU). It is a great initiative and one I felt I should share. Over 100 warm spaces in Stockport are launching on 1 November: these are spaces where anyone can drop in and relax, without any pressure to buy or join in with anything. These spaces will be open across the winter, until March 2023. Many will be offering activities, free Wi-Fi and free food and drink.

Use the [interactive map](#) to explore venues opening times and what's available in each warm space.

For more advice on how to keep warm this winter please follow the link:

<https://www.healthwatchstockport.co.uk/advice-and-information/2022-11-18/what-know-winter>.

CAN'T WAIT

Those registered to receive emails from Parkinson's UK will have already had this petition. It only took me a few minutes to sign.

We want you to take action today, to help people with Parkinson's access healthcare now and in the future.

There is a workforce crisis in the NHS. It's affecting people with Parkinson's, and we

need the government to take action now.

Write to the Health Secretary

The UK is short of at least 100 full time equivalent Parkinson's nurses. And **some people are waiting 2 years for an appointment** with a consultant after their diagnosis.

Help us make sure Parkinson's services are improved now and for the future.

We need a proper, fully funded workforce plan. NOW!

It's easy to get involved. **Just click the link**, add your details and you'll see a pre-populated email you can send to the Health Secretary. You can also add your own experience accessing care.

Please help make sure people with Parkinson's don't wait any longer for vital care.

MEMBERSHIP OF 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.

Team Parkinson's brings together everyone who cares about Parkinson's. Join the movement to transform lives and find a cure. <https://www.parkinsons.org.uk/>



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, 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.uk/>



POSTAGE STAMPS AND OTHER RECYCLABLES.

Don't forget to collect all the stamps from your Christmas cards. Perhaps ask your family/friends to collect them. If you have any Penny Black stamps to donate, contact me directly and I will collect them personally – just a joke.

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>

DRIVING WITH PARKINSON'S DISEASE People with Parkinson's are now getting this cautionary notice when they apply for a new driving licence. "If you are currently being treated with or start being treated with Selegiline please be aware that if you are tested by the police for drugs or accused of drug driving and are asked by police if you are taking medication, you should declare your use of prescribed Selegiline. You may also need to provide the police with anything you have that would confirm this, such as the medication if you have it with you or a prescription, counterfoil or any medical letter, report, or advice".

GIFT AID. If you are a taxpayer, you can help us by donating with Gift Aid. This means that Stockport Branch can claim an extra 25p for every £1 you donate. Please ask Carol for the relevant form.

AN EASY WAY OF SUPPORTING PARKINSON'S UK - if you shop on, say, Amazon Smile website you can support Parkinson's UK by opting for donations on your purchases to go to Parkinson's UK.

Over the last quarter Amazon have donated £16991.02 to UK charities.

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 in the Newsletter are printed with kind permission of those portrayed.

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.



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



