

WELCOME TO THE FEBRUARY 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.

PRINTING COSTS Printer ink has become very expensive and so I have made the decision to print hard copies of the Newsletter in black only. Of course, those who receive theirs online will have them in colour.

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. There's a person behind the label.
Parkinson's does not define me.
Don't judge me by my symptoms.
This is not how I'd choose to be.
[Clare, Staffordshire.](#)

2. Who invited you? You're not welcome here.
I was doing just fine. I had nothing to fear.
But you crashed into my life when I was doing well.
And turned it on its head and made it hell.
[John, Essex.](#)

NAME THE CATHEDRAL- Well, did you manage to recognise The Cathedral Church of St. Michael, commonly known as Coventry Cathedral from the picture shown last month. The new cathedral was consecrated in 1962 having been built next to the ruins of the former cathedral which had been destroyed by bombing in World War Two.
If you got it right, well done!
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 March Newsletter.
Please email me with your answer if you wish, as this will help me to ascertain interest.



EVENTS PROGRAMME FOR FEBRUARY AND MARCH.

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

February 7th	Singing with Helen.
February 14th	Seated exercise.
February 21st	Age UK Stockport.
February 28th	Seated exercise.
March 6th	Singing with Helen
March 13th	Seated exercise.
March 20th	Amnesty International. Please see note below.
March 27th	Seated exercise.

Unfortunately, the Guildhall is not available for our meeting on the 20th of March. We are currently in the process of finding a new venue.

AGM OF THE STOCKPORT BRANCH OF PARKINSON'S UK.

The AGM of the branch was held at the Guild Hall on Wednesday, 17th January 2024. At the meeting the following persons were elected to the committee.

Chairperson:	Elaine Godfrey.
General Secretary:	Carole Scott.
Membership Secretary:	Helen Babych.
Social Secretary:	Joyce Grimwood.
Treasurer:	Richard McVey.
Information Officer:	Steve Scott.

The position of Fundraiser is now vacant due to the resignation for personal reasons of David White and Roger Poole.

Elaine thanked all who had held Committee places the previous year. This also included George Walker who for health reasons had stood down from the post of General Secretary.

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.

THE SCIENCE OF PARKINSON'S- One of our members (Christopher) sent me details of this site. Having checked it out I felt I should share it with you.

The author is Doctor Simon Stott, who is the Director of Research at Cure Parkinson's.

He tries to provide a better understanding of the second most common neurodegenerative condition: Parkinson's. Bridging the gap between the media headlines and the actual science.

HIS GOAL:

Is to simply explain the science and research that is currently being conducted on Parkinson's **in relatively plain English** that even his non-scientific mother will understand.

There is a lot of information about Parkinson's and certainly one for the inquisitive mind. For more information follow the link: - <https://scienceofparkinsons.com/about/>

PORTABLE RAMP AND THRESHOLD RAMP LOOKING FOR A NEW HOME- One of our members (Liz) has two ramps available for sale. Both have had little use and are in excellent condition. They were originally purchased from the ramppeople.co.uk where details can be viewed online.

Details: An aluminium 720cm by 5ft folding (lengthwise) portable ramp and a Standard aluminium threshold ramp with carry handle width 700cm.

Liz would prefer collection from Davenport but might be able to deliver. For further information you can contact her on 0161 292 2059.

Please note this would be a private arrangement and nothing to do with the branch.

RE-ENGAGE CALL SERVICE COMPANIONS- Parkinson's UK are working with Re-engage to offer older people with Parkinson's, and the people who care for them, a telephone befriending service.

This service was piloted in the North and East during 2023, and from 1 January 2024 it has gone UK-wide.

The Call Companions service offers a regular chat with someone who really listens. This service is completely free and is available not only to people with Parkinson's but also to carers of people with Parkinson's. Re-engage will match the person with a friendly, Parkinson's-trained volunteer with similar interests. The calls take place every 1 or 2 weeks for a casual chat. To use the service, the person must have Parkinson's, or be a carer of someone with the condition, aged 60 or over, and they must be able to speak on the telephone.

For more info, call the Parkinson's UK helpline and speak to one of their Advisers on 0808 800 0303 (free phone call). You can also sign up to use the service directly by calling Re-engage on 0800 716543.

TRUSTED TECH AND REVIEW PANEL- Parkinson's UK are in the process of developing a new system for reviewing devices and apps within the organisation, along with a dedicated platform for publishing these reviews. Their objective is to empower people with Parkinson's by providing them with the information and tools necessary to make informed decisions about technology that can improve their quality of life.

They want to make sure they build this in a way that will be useful to people like you, who are living with, or close to someone with Parkinson's. Your answers to this survey will help them even if you don't currently use technology. The survey will take around 5 minutes to complete.

Furthermore, they are assembling a large review panel consisting of individuals of varying ages, locations, ethnicities, time since diagnosis, symptoms, and more. Based on symptoms, a few people will be selected to try out each of the devices and apps for a few weeks, and then provide them with their valuable insights through a series of questions. Using the reviews they receive, they will put together a combined evaluation of each product, which will be published to the wider public.

You won't need to purchase any devices or apps as part of the review process. The Trusted Tech team will organise and provide the necessary tech for you to evaluate.

If you would like to find out more, please email John Pettigrew at devicesandapps@parkinsons.org.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: - 0808-800-0303

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.

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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