

**PARKINSON'S<sup>UK</sup>**  
**CHANGE ATTITUDES.**  
**FIND A CURE.**  
**JOIN US.**

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**WELCOME TO THE FEBRUARY 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**

Young and fun my mum,  
Parkinson's took over,  
Still Young and fun,  
If only it was me suffering,  
Because you could mother me,  
Still young and fun, My mum.

Millie Hann, South Devon, Family member of someone with Parkinson's

I was diagnosed with Parkinson's at 72  
And I asked myself what am I to do?  
Things are ok on the whole.  
Because my Parky is under control  
And at least I am able to Rock and Roll 🎸🎸

BASHAP, West Midlands, Living with Parkinson's since 2019

**NAME THE ICONIC STRUCTURE.** Well did you manage to recognise The Brandenburg Gate from the cropped picture shown last month. If you did, welldone!

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 March Newsletter.



## 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](mailto:stephen.scott687@yahoo.co.uk).

February 1st	Singing with Helen
February 8th	Sitting exercise class.
February 15th	Guest speaker. The 50s & 60s John Hallworth
February 22nd	Sitting exercise class
March 1st	Singing with Helen
March 8th	Sitting exercise class.
March 15th	Stockport Homes
March 22nd	Sitting exercise
March 29th	Sitting exercise

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

**BRANCH AGM** – At our AGM on the 18<sup>th</sup> January the following members were elected as Officers of the club:

Chairperson:	Elaine Godfrey
General Secretary:	George Walker
Membership Secretary: and Welfare Officer	Helen Babych
Social Secretary	Joyce Grimwood
Treasurer:	Vacant
Fundraising:	David White and Roger Poole
Information Officer:	Steve Scott

As you can see the post of Treasurer is vacant and if it is role you feel you or someone you know could take on, please let me know at [stephen.scott687@yahoo.co.uk](mailto:stephen.scott687@yahoo.co.uk)

**PAYMENT OF ENTRANCE FEE** We now have a card reader for taking the entrance fee payment of £4 but sometimes it plays up and does not accept payments. It would be helpful if attendees had the cash in case of this potential problem.

**THE HERBERT PROTOCOL** is a national scheme introduced by the police in partnership with other agencies to encourage carers to compile useful information which could help locate a vulnerable person if they go missing.

The initiative is named after George Herbert, a war veteran of the Normandy landings, who lived with dementia. George Herbert died whilst 'missing', trying to find his childhood home.

**What is the Herbert Protocol?** It is a simple risk reduction tool to be used in the event of an adult with care and support needs going missing. It consists of a form that contains vital information about a person at risk that can be passed to the police at the point the person is reported missing. For more information, please follow the links:

<https://www.gmp.police.uk/notices/hp/herbert-protocol/>

**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/>

**WORLD PARKINSON'S DAY** is on Tuesday 11th April. The club is not doing anything on the day, but we have been granted permission to fundraise at Morrison's store in Cheadle Heath on Friday 14th between 10am and 5pm. We are looking for volunteers to fill one hour collecting slots. If you can help, please let me know: [stephen.scott687@yahoo.co.uk](mailto:stephen.scott687@yahoo.co.uk)

**POSTAGE STAMPS** - Thank you for bringing in used postage stamps. Parkinson's UK also collects old bank notes, including foreign, which are no longer in circulation. Follow the link to see what else can be recycled to raise money for Parkinson's UK.

<https://www.parkinsons.org.uk/get-involved/recycle-parkinsons-uk>

### **MOBILE PHONES, CAMERAS AND GADGETS**

Not sure what to do with your old phone, satnav or tablet? They can all be recycled for Parkinson's UK.

We work with [Recycling for Good Causes](#) to recycle the following items:

- Mobile phones
- Video cameras, old film cameras and digital cameras
- Satnavs
- Game consoles, games and accessories
- iPods and MP3 players
- iPads and tablets.

For any mobile phones or gadgets that hold personal information, we recommend restoring them to factory settings before donating.

There are 2 easy ways to recycle electronics for Parkinson's UK.

Post your mobile phone or gadget to us. Please ensure you cover the full cost of postage otherwise the charity will incur a cost once they're delivered. [Read the Royal Mail size and weight guide.](#)

The Fundraising team  
Parkinson's UK  
215 Vauxhall Bridge Road  
London  
SW1V 1EJ

Alternatively, you can donate a larger collection of items or create a collection point for your local community. Simply request a recycling box or sack from Recycling for Good Causes and arrange a free collection when it's full or at a minimum weight of 10kg.

Call 0800 633 5323 or email [info@recyclingforgoodcauses.org](mailto:info@recyclingforgoodcauses.org) to start your recycling collection. Once collected, your donated goods are recycled and Parkinson's UK will receive a cheque for the recycled value.

**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 me for the relevant form.

**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.

**DATA PROTECTION** - We take the protection of the data we hold about you as a local group member/attendee seriously. We will do everything possible to ensure that data is collected, stored, processed, maintained and retained in accordance with current and future UK data protection legislation.

The only information we have on record for each member is: Name. address home/mobile phone numbers, email for contact, and emergency contact details so that the local group volunteers can contact someone on your behalf in the case of an emergency.

If you wish to withdraw or change your consent preferences in the future, please contact our branch membership secretary Helen.

You can read the full privacy notice on the Parkinson's UK website at [parkinsons.org.uk/privacy](https://www.parkinsons.org.uk/privacy) to see how we will treat the personal information that you provide us.

**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.

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